

MSDs - *Are you at Risk?*

CSP In-service Session



Section 2: CSP Safety Rep's Resource Pack

MSDs - *Are you at Risk?*

CSP In-service Training Activities

Introduction:

Past CSP's findings regarding our members' MSDs risks at work shows:

1. 68% of members may suffer a work-related MSD sometime during their career
2. Their injury could occur as a gradual occurrence or through manual handling/lifting a patient
3. New graduates/students on clinical placement seem to be most at risk - 32% injured in the first 5 years of practice
4. 1 in 16 likely to leave the profession due to their injury
5. 44% of the study's respondents were not MH risk assessed in their first/new post.

Today's in-service training will:

- 1 Raise awareness of the factors that can lead members to incur MSD injuries.
- 2 Discuss/identify which of those potential factors (or if there is other influences) in your workplace that could cause an MSD injury to you or colleagues.
- 3 Discuss possible actions members could take to limit or remove any identified hazards.

Activity 1 - MSD injuries at work

In your groups, please discuss the following questions:

1. Do you think that you or your colleagues could be at risk of an MSD injury? Have you suffered an MSD injury in the past? If so, do you feel your employer did enough to reduce the chances of the injury happening again?
 2. If you think you or your colleagues are at risk, what do you see as the possible causes or hazards in your workplace?
 3. Have you been risk assessed for the manual handling work you undertake in your present role? Did you feel this assessment was effective for your needs?
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Activity 2 - Taking Action

In view of the potential or possible causes/factors that you identified from the last activity now consider-

What action can be taken to reduce/remove the identified risks by your

- Colleagues?
- Employer?
- The CSP?