

# MSDs & New Grads

CSP In-service Training Activities



**Section 2 - Safety Rep's Resource Pack**

# Introduction

## New graduates & MSD injuries In-service Session

The CSP's past research shows that MSDs is potentially a big problem among physios and associates and particularly at risk is our new graduates.

From our 2005 CSP MSD study, we learnt:

1. 68% of members 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 are most at risk - 32% injured in the first 5 years of practice
4. 1 in 16 will likely leave the profession due to their injury
5. 44% of the respondents from the study were not MH risk assessed in their first/new post.

Purpose of today's session is to discuss - Is MSD injuries, particularly among new graduates a problem?

Today's in-service training will:

1. Raise your awareness of the factors that can lead to MSD injuries - especially for new graduates.
2. Discuss what could be the potential MSD risks facing new graduates in your organisation today?

## Activity 1

### The Risk Factors facing New Grads

New graduates & MSD injuries

Please discuss the following question

What do you think are the factors or reasons behind why a new graduate or a student may possibly be at risk of an MSD within your workplace?

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## Activity 2 - Taking Action

New graduates & MSD injuries

When considering your feedback from the last session where you identified potential or possible causes/factors, what action could the following take to ensure new graduates or students are not at risk:

- Staff?
  - The employer?
  - The CSP?
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