



# On course for managing musculoskeletal disorders and ergonomics

Because everyone  
needs a back-up plan



Musculoskeletal disorders (MSDs) are a major cause of sickness absence in the UK. In 2013, over 30 million days were lost in the UK due to MSD-related sickness absence.

The cost of absence can heavily impact a business financially. Tackling the causes of an MSD and implementing preventative measures are key to reducing staff absence and improving productivity.

<b>Who should attend?</b>	The workshop is primarily aimed at line managers and HR professionals.
<b>Why?</b>	The session highlights the importance of implementing best ergonomic practice in the workplace while identifying the responsibilities of both the employee and employer in preventing and managing MSDs.
<b>What does it cover?</b>	<p>At the end of the session, participants will be more confident about:</p> <ul style="list-style-type: none"><li>• MSDs and the anatomy involved</li><li>• Causes of MSD and the impact of the working environment</li><li>• Responsibilities – the employer's and employees'</li><li>• Practical ergonomic principles to prevent MSDs</li><li>• Managing MSDs through workplace adjustments</li><li>• Practical tools to improve physical wellbeing in the workplace</li><li>• Resources to support employees and where to access them</li></ul> <p>All this will be illustrated through practical activities, case studies and group discussion.</p>
<b>Who delivers the workshop?</b>	A Vocational Rehabilitation Consultant from the Unum team who has experience in managing musculoskeletal conditions, using early intervention and has seen the techniques featured in the session work in practice.
<b>How long do the sessions last?</b>	2 to 2.5 hours.
<b>How many participants at each one?</b>	10 to 25.
<b>Do they have to be face-to-face?</b>	No, the workshop is also available as a webinar.
<b>Any pre-work?</b>	No, all content will be covered during the session.

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