

MUSCULOSKELETAL DISORDERS

Assured 2024/26
RQSPA
Qualifications



Upper limb disorders

About 40% of all work-related musculoskeletal disorders affect the upper limbs and are often associated with the use of display screen equipment (DSE), or work using vibrating tools.

Upper limb: arms from shoulder to fingers or neck.



40%
Upper Limb
Disorders

Three stages of MSDs

As mentioned earlier, work related MSDs may occur over a period of time and progress in stages from mild to severe.

Early stage Intermediate stage Late stage

Aching and tiredness of the affected limb occur during the work shift but disappear at night and during days off work.
No reduction of work performance.

Aching and tiredness occur early in the work shift and persist at night.
Reduced capacity for repetitive work.

Aching, fatigue, and weakness persist at rest.
Inability to sleep and to perform light duties.

Training infographic

85 18 6 140

ACTIVE COURSES



7h 42m
TRAINING TIME

OVERVIEW

Musculoskeletal disorders (MSDs) are fairly common and affect the body's joints, ligaments, muscles, nerves, tendons, and structures that support limbs, neck and back. They affect three main areas of the body; upper limb, back and lower limb.

When people suffer from an MSD, it can lead to a reduction in an individual's assessment of their general health, and to a reduction in their quality of life. MSDs are not always caused by work, but they are often made worse by the work we do and they often develop over time.

Work related MSDs account for 44% of the total number of work related illnesses. That's about 553,000 current cases, and about 169,000 new cases a year.

In this Musculoskeletal Disorders e-learning course learners will gain the knowledge and understanding required to help reduce the likely impact arising from MSD's in the workplace.

OBJECTIVES

- Explain what an MSD is and its impact on personal lives and the workforce
- Identify the typical symptoms of MSD's
- Describe the three stages of MSD severity
- Understand what can be done to avoid MSD's in the three areas
- Explain what a risk assessment is and how to carry one out
- Explain how best to deal with MSD hazards
- Help create a culture of positive health and safety practice in the workplace



DURATION

1 hour.



AUDIENCE

This musculoskeletal disorders e-learning course is essential health safety training. It's particularly appropriate for people new to an organisation or for use as a refresher for existing employees.



CERTIFICATION

Upon completion of the course the learner will receive a CPD certificate.

