

UNISON
health and
safety -
we are the future



UNISON national health and safety seminar / Belfast 2019

UNISON
Health
and
Safety-
we are
the
future



UN
Health and
seminar
t 2019

Musculoskeletal Disorders

Andrew Goring
NHSC (Sub) Member

The Body Map

EXERCISE

Each person is to take **ONE** tab and stick it to the area on the body map that hurts **most** at the end of your working day.

Are there any key areas?

Is there any similarities in the jobs you do?

Discuss.....

ISON
ealth
d
fety-
e are
e
ture



N
al health and
seminar
t 2019

Background

MSD's including Manual handling

The most common cause of ill health in UK

Major cause of sickness absence

Can result in lifelong conditions

Upper & lower limbs

Repetitive Strain Injury(RSI)

Frozen shoulder

Carpal tunnel syndrome

Statistics – HSE figures 2013/14

1.2 million people suffer work related illness

78,000 injuries reported via RIDDOR

629,000 injuries at work – LF survey

28.2 million working days lost, illness & injury

£14.2 billion cost to society(2012/13)

MSD's – 526,000(Out of total 1,241,000 WRI)

184,000 new cases, up from 141,000 in 2012/13

8.3 million working day lost due to MSD's

ISON
ealth
d
fety-
e are
e
ture



N
al health and
seminar
t 2019

Cause & Effect

Lack of training & supervision

Tasks not properly assessed

No Risk ratings

Poor or non-existent DSE Assessments

Lack of or unsuitable training for manager/supervisor

Lack of mechanical aids

No proper maintenance

Poor or no consultation with Safety reps

UNISON
Health
and
Safety-
e are
e
ture



N
al health and
seminar
t 2019

Case study – NSW – Health Service

The task

A newly built hospital had received reports from the nurses that the carpets made the mobile patient hoist far too difficult to manoeuvre. As a result the nurses stopped using the hoists.

Assessing the risk

The nurses identified that the carpets were an important risk factor in the task. When a patient was occupying the hoist, the wheels sank into the carpet, making it difficult to move. The hoist's wheels were made from rubber, which is suitable for smooth and/or hard floors.

Case study - continued

The solution

Consulting with the supplier they found it was possible to change the wheels of the hoist to a type that is more suited for use on carpets such as polyurethane. The required force to manoeuvre the hoist was reduced by approximately 40% due to the new wheels. The hoists were now used when necessary for moving patients.

ISON
ealth
d
fety-
e are
e
ture



N
al health and
seminar
t 2019

ISON
ealth
d
fety-
e are
e
ture



N
al health and
seminar
t 2019

Prevention

MH Risk Assessments

Assessment charts (MAC)

Instruction, supervision & training

Policy & procedure on prevention

Safe system of work plan's

Prevention

Injury management

Retention, rehabilitation & return to work

Including appropriate use of Occupational Health

Legal compliance (RIDDOR etc.)

Internal auditing

ISON
Health
and
Safety-
e are
e
ture



N
al health and
seminar
t 2019

Managing MSD's at Work

EXERCISE

In groups discuss systems in place at your work to prevent MSD's.

Do they work?

Are there other (better) ways to minimise the risk?

Discuss.....

Branch approach

Training & development of our Safety reps
Ensure proper consultation & legal compliance
Including the procurement of equipment & task/job design
Ensuring workplace adjustments where required
Dealing with Attendance management issues
Identify useful resources & information
Discussing & raising issue with the employers
Local Safety committees
Corporate Safety issue
Legal advice & representation

UNISON
Health
and
Safety-
We are
the
future



UNISON
Annual health and
safety seminar
October 2019

Further information

[Hse.gov.uk/msd/mac](https://hse.gov.uk/msd/mac)

[Hse.gov.uk/prevention](https://hse.gov.uk/prevention)

[Arthritisresearch.uk.org](https://arthritisresearch.uk.org)

hse.gov.uk/research/rrpdf/rr799.pdf

[**nhsinform.co.uk/msk/back**](https://nhsinform.co.uk/msk/back)



Thank you!

Any Questions?



healthandsafety@unison.co.uk



020 7121 5156



<http://www.unison.org.uk/knowledge/health-and-safety/>



<https://www.facebook.com/UNISONHHS>



twitter.com/UNISON_HS



<http://www.linkedin.com/company/unison>

UNISON
Health
and
Safety-
We are
the
future



UNISON
Annual health and
safety seminar
October 2019