

Tips for Support with Musculoskeletal Disorders (MSD)

What is an MSD?

Musculoskeletal disorders (MSD's) are conditions that affect the nerves, tendons, muscles and supporting structures, such as the discs in your back. They result from one or more of these tissues having to work harder than they are designed to. MSD's are extremely common, and your risk increases with age.

DSE (Display Screen Equipment) and Working from Home:

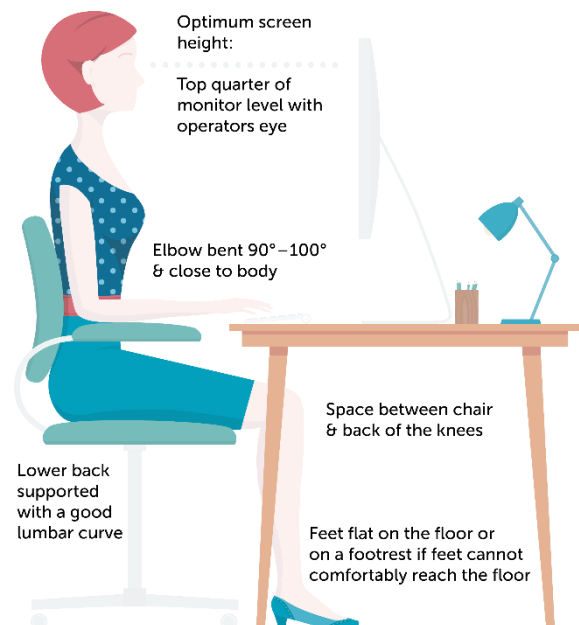
Failing to adopt a good posture or setting up equipment properly at a computer workstation will lead to MSD's and potentially to chronic health issues, particularly if users are at their desks all day without moving or changing their posture much.

The DSE process and good practice for an employer would be:

- The user undertakes a DSE self-assessment of their work station
- The assessment can be reviewed by Health and Safety and any issues discussed with management
- Work to resolve any issues arising from the assessment
- Any medical issues refer to Occupational Health
- The DSE assessment must be reviewed if any significant changes occur in your workplace, or it has been three years since your last assessment. Line Management should remind you when you next require a review.

DSE (Display Screen Equipment) Tips and Exercises:

- Support your back with the correct chair adjustment
- Rest your feet on the floor
- Place your screen at eye level
- Have the keyboard straight in front of you
- Keep your mouse close
- Avoid screen reflection
- Make objects easy to reach
- Avoid phone strain
- Take regular breaks



If you would like to view the Webinar on 'Tips for support with MSD's' this is being delivered live on Tuesday 16th June 2020 at 11am-11:45am, please use the below link to register for this session –

<https://attendee.gotowebinar.com/register/1857911175648380175>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place. If you wish to contact the Care first telephone counselling and information line then please don't hesitate to call the Freephone number provided by your organisation and you can speak to a professional in confidence.