

Quick Reference Guide

WHS: Preventing Musculoskeletal Injuries at Work

Musculoskeletal Disorder (MSD)

What is a **Musculoskeletal Disorder**?

- An injury or disease of the musculoskeletal system that is largely preventable
 - One of the most common workplace related injuries
 - An injury that can range from short term physical impairment to chronic disability
 - In the aged care sector, MSD's most commonly affect the back, shoulders and knees
-

Factors leading to Musculoskeletal Disorders

- Organisational – the design of work systems and the process of identifying and controlling risk in the workplace
 - Psychological – the wellbeing of each individual
 - Physical capacity – a person's ability and how they complete the task
-

TILEO

Task – What, where and how does something or someone need to be moved? What are the hazards? Is there a risk of stooping, twisting, precarious balance or repetitive movements?

Individual – Does the person performing the task have the physical capacity to carry it out? Are they mentally and emotionally prepared, in need of special training or instruction or do they have any health conditions that should be considered?

Load – How will the weight, size, balance and shape of the item being moved affect the task? Does the load need to be divided up? If it is a person, will their physical condition, cognition or mental state have an impact?

Environment – Is the work area clear, lighting adequate and the temperature comfortable?

Other Factors - Is there anything else that you need to be aware of? For example, do you need Personal Protective Equipment?

Quick Reference Guide

DISCLAIMER:

Except where otherwise stated, scenarios depicted in this course are fictional and any resemblance to any person or event is purely coincidental. The information in this course has been prepared as general information only. It is not intended to provide legal, industrial or other specialist advice and should not be relied upon as such. All advice and information are professionally sourced and provided in good faith and, while all care has been taken, no legal liability or responsibility is accepted for any possible error. For direction concerning your particular circumstances, independent advice should be sought. Copyright 2018. The contents of these Learning Resources remain the property of Altura Learning. They are for the exclusive use of current members of Altura Learning; their use, distribution, and storage are subject to the terms and conditions laid out in Membership Agreements. Altura Learning and Engage. Inform. Inspire are registered trademarks of Altura Learning.