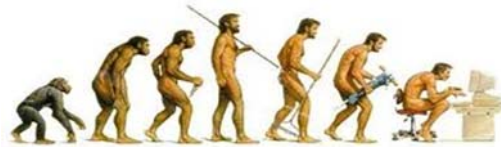


Back Care Awareness Week



Back Care Awareness Week

- Musculoskeletal issues in the workplace
 - Importance of your DSE set-up
 - Self-responsibility
 - HSE Guidelines
 - Who to contact
 - Products



Musculoskeletal Issues in the Workplace



- Back Pain, Neck Pain, Upper Limb Disorders, Repetitive Strain Injuries, Visual Fatigue, Mental Stress
- Manual Handling, Keyboard Work, Postural



Facts and Figures

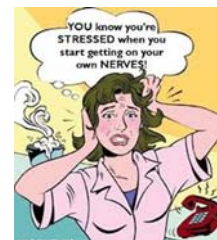


2011/12 - 22.7 million days were lost to work-related illness

4.3 million due to injury

Total of 27 million days = 73,972 years!!!

10 years ago = 39.8 million




80% of Work-related conditions are through Musculoskeletal issues or Stress

Of injuries: **27% - lifting and carrying**
26% - Slips, Trips and Falls


£ £13.8 billion to society as a whole

Effects of Poor Posture




- Inhibits blood flow to and from the heart
- Stifles breathing and diaphragm function
- Shortens muscles in front of body
- Stresses the lower back
- Hyperextends back muscles
- Closes off throat and windpipe
- Constricts the voice
- Habituates bending forward
- Adds pressure to kidneys, adrenals, colon and stomach
- Inhibits cerebrospinal fluid flow
- Inhibits learning
- Invites osteoporosis
- Impedes nerve force from the spine
- Restricts solar plexus (abdominal brain)

Your Posture is YOUR responsibility!



Poor Sitting Posture



DSE Set-Up

DESK LAYOUT

1. Screen height, tilt, eye to screen distance
2. Mouse and keyboard
3. Telephone
4. Documents
5. Desk
6. footrest?
7. Laptop/Tablet?

ENVIRONMENT

1. Lighting
2. Temperature
3. Noise
4. Space
5. Humidity

CHAIR

1. Stable? 5 star base?
2. Height
3. Back angle and height, lumbar support?
4. Seat depth
5. Arm Rests



Good Posture?



Good Posture?



Good Posture?

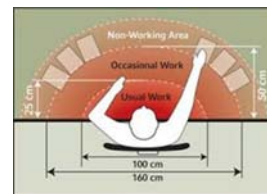


Self-Responsibility

- **Get to know your CHAIR!**
 - Seat height
 - Back angle and height
- **Do you need a footrest?**
- **Screen**
 - Height, tilt, eye to screen distance
 - Brightness, contrast, flicker
- **Mouse and Keyboard Position**
- **Documents**
- **Phone**

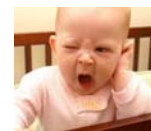
- **Organise your space**
- **Is your Equipment FIT FOR PURPOSE?**

- **Stretch! Move!**
 - Walk to printer
 - Speak to each other face to face
 - Drink more water
 - Relax your eyes



HSE: DSE Regulations

1. Any alphanumeric display screen, regardless of the display process involved. The user is someone who regularly uses this equipment as a significant part of their working day.
2. Employers must perform suitable and sufficient analysis of risk and ensure it is kept up to date, reducing risks identified to the lowest extent reasonably practicable. Review is necessary following a significant change.
3. Employers must ensure workstations are fit for purpose and meet minimum requirements.



Continued...

4. Daily work routine should be planned so that it is periodically interrupted by breaks and/or changes of activity

5. Provision of eyesight testing

6. Provision of Health and Safety Training concerning the use of any Display Screen Equipment workstation to be used

7. Provision of information relating to the Health and Safety of their workstations.



Who to contact

- Speak Up!
- Line Manager
- Health Issue – Occupational Health
- DSE Issue – Health and Safety Team



Products



THANK YOU!

Questions?