



Upper Limb Disorders Risk Assessment



Introduction

Musculoskeletal Disorders (MSDs) are the most common occupational illness in Britain, affecting over 500,000 people a year. Nearly half of these illnesses are joint injuries and repetitive strain injuries of various sorts affecting the upper limbs.

Course Aims

To enable delegates to carry out risk assessments of Work Related Upper Limb Disorders (WRULDs) associated with repetitive activities.

Course Objectives

By the end of this training programme, delegates will be able to;

1. Explain common ULDs, how they are caused and how they develop.
2. List key ULD risk factors.
3. Practise recording WRULD RA's using HSE's ART tool on relevant in-company based activities.
4. Give examples of possible risk control measures.
5. Complete an exam, based on the course content.

Who will benefit from this training course?

Managers, supervisors and operatives engaged in handling tasks involving lightweight (less than 8 kg) loads of a repetitive nature.

The views of operatives are essential in assessing the risk from repetitive tasks.

Course Outline

HSE Statistics on musculoskeletal injuries.

Common WRULDs and how they develop including; **ganglion, tendonitis, bursitis, impingement syndromes, calcific tendonitis, epiconylitis, tenosynovitis, ulna nerve entrapment, de quervains, intersection syndrome, carpal tunnel syndrome and Raynaud's disease.**

How they can be recognised and stages of progression.

Factors which increase the risk of developing WRULDs.

The HSE Assessment of Repetitive Tasks (ART) tool.

Practical WRULD risk assessments using the ART tool on in-house related activities.

Controlling the risk and problem solving.

End of course questionnaire.

Training Methods

Lectures, discussions and practical exercises.

Delegate numbers

Up to a maximum of 12 delegates per programme

Programme times

0900 to 1600

For more information

Tel: 01603 487238

Mobile: 07868718952

email: agbunting@virginmedia.com

Alan Bunting Dip NEBOSH. Grad IOSH. MIIRSM.

Trainer and safety consultant, has been involved in training for over 30 years, leaving the Governments' Skills Training Agency as a higher instructional officer in 1992 to set up his own Training and Safety Services.

He is a safety advisor to a number of small/medium size businesses in the Norwich and Norfolk area and assists them in the completion of safety policies, general risk assessments, noise risk assessment and hearing tests. He also provides specially designed tool-box training sessions for his clients so that his training is always relevant to the client needs.

Training sessions include:

Accident investigation, Asbestos awareness, Compressed air safety, Control of substances hazardous to health, Display screen equipment, Electrical safety, Fire warden training, Hand arm vibration, Human behavioural safety, Human Kinetics, Manual handling, Noise awareness, Permit to work, Provision and use of work equipment, Risk assessment, Safety leadership, Safety Policy, Safe use of lifting equipment, Working at height, Workplace safety, Work related upper limb disorders.

Training and Safety Services
22 Coldershaw Road
Hellesdon
Norwich
Norfolk

Tel: 01603 487238
Mobile: 07868718952
email: agbunting@Virginmedia.com
Web site: www.abasafetyservices.co.uk