

# Health and Safety Consultancy



## Preventing & Managing Musculoskeletal Disorders

According to HSE statistics more than a third of reportable injuries are based around musculoskeletal disorders. As a business you will also add the injuries to your staff picked up outside of work which you need to try and manage in order to avoid sickness absence and increased costs to your business. As a business you need options and solutions, and IOH can provide these for you.

### We have extensive experience in;

- Induction training - understanding the risk, improving function, avoiding injury
- Early assessment of injuries or employees experiencing discomfort - contemporaneous record of the nature and cause of problems
- Immediate advice to management and employee and treatment of individual —damage limitation:
  - to minimise or eliminate lost time
  - integrated with shop floor activity to identify and eliminate the cause
- Rehabilitation programmes
- Assessment of problem cases aimed at validating the nature and cause of complaints of pain or dysfunction
- On-going management of the chronic recurring problem and persisting pain
- Training and information for the workforce to reduce the risk of injury and establish a culture of selfcare
- Objective functional evaluation of your employee to identify work capabilities.
- Ergonomics - Fitting the job to the operator!
- Work station and work assignment assessment for risk
- Design of user-friendly working environments for improved productivity to reduce the risk of injury
- Manual handling assessment and training
- Assessment of equipment specification – hand tools, work station furniture, display screen equipment

IOH is here to help you with ***Reasonable and practical health and safety***  
adding value and not cost to your business.