



An Introduction to The Management of Work Related Musculoskeletal Disorders (MSDs)

“A course designed especially for Occupational Health Nurses and Advisors”

Every OH department should attend this course! (Heather Bearpark,OHN University of Huddersfield)

Fantastic day! Very informative course, very friendly relaxed approach from trainers who remind very professional. (Ruth Billington OHN)

An excellent course. I think every Occupational Physician should attend. (Dr Neil Shaw , Occupational Health Physician)

Thought provoking insight into *the management of MSD`s* (Ruth Pawson OHN)

About the course:

This one day course has been specifically designed to increase the knowledge and confidence of OHN`s and OHA`s in their management of MSD`s.

It looks at common work related MSD`s such as Low back pain, Upper Limb Conditions and their management.

Early intervention is key and we look at the important role of the OHN in early identification of symptoms to prevent disorders becoming chronic. It also investigates barriers to the employee returning to work following sickness absence.

Exploring the use of Flag systems in identifying barriers in return to work, this is a highly functional course that will provide OHN`s with the tools to be able to think out of the box.

The course also explores the importance of good posture and 1st line ergonomics in preventing and reducing MSD`s . The advice you will be able to pass onto your employees will be invaluable.

For Further details please contact FitBack