



## Musculoskeletal Disorders

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**Charity Walk** - Our Charity Walk will take place next Monday on the 10th September.

**Video** - Musculoskeletal Disorders

**Musculoskeletal Disorders** - Work-related musculoskeletal disorders (MSDs) are the most commonly reported cause of occupational ill health in Great Britain. MSDs account for 41% of all ill health cases and 34% of all working days lost due to ill health.

## Charity Walk

Next Monday will be the day of our charity walk. The whole team including the office dogs will be climbing Scafell Pike in aid of the Yorkshire Air Ambulance.

We will be videoing our experiences along the way, the footage will be uploaded onto our YouTube channel.

We really would appreciate your donations no matter how small, as every penny helps.

Our just giving page is <https://www.justgiving.com/fundraising/craven-safety-services1>

Thank you



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## Musculoskeletal Disorders

MSDs include disorders of the back, upper limbs and lower limbs, the former two being the most common. Both physical and psychosocial factors can contribute to work-related MSDs, and they can be aggravated by people's activities outside work and their general health and fitness.

The total number of working days lost in 2015/16 was 8.8 million, with an average of 16 days per case. Of the 539 000 cases, 176 000 were new in that year.

Some ways we can prevent MSDs are:

- Vary your activities to change your posture and the muscles you are using
- Perform simple stretching exercises to reduce muscular discomfort
- Don't try lift things that are too heavy, you should get help from another colleague or even if it is too heavy still then use a manual aid
- Probably the most important one is to: Stay Proactive!

(Statistics were taken from: <http://www.hse.gov.uk/statistics/>)

We are always looking to assist businesses with their Health & Safety, if you know of anyone who would benefit from our services please do let us know. Many thanks.