

Musculoskeletal Disorders and Ergonomics Highlights

Low Back Pain

Dr Nick Kendall reviews the evidence on prevention of back pain in the workplace and strategies to prevent the development of long-term consequences. He offers some practical solutions to ensure minor problems do not escalate.

Coping with Knee Pain

The University of Salford's **Lee Herrington** explains the triggers to non traumatic knee injuries and pain, and how they can be avoided. He looks at how altered loading affects knee pain and how it can be managed, through consideration of load management, exercise and other treatment modalities.

MSDs in an Ageing Workforce

Managing MSDs in an ageing population in industry can be challenging, especially with liberal use of Med 3s for those with age-related aches and pains. Physiotherapist and Consultant **Judith Pitt-Brooke** profiles the work she has been undertaking with Pepsico International UK to improve sickness absence rates, as well as the value of work as a health promoting mechanism for an ageing workforce.

Psychosocial Risk Factors in Ergonomics

Director of the Robens Institute, **Professor Peter Buckle**, examines the role played by psychological and social factors in ergonomics, most notably where poor physical factors co-exist. Whilst the epidemiological evidence base enables estimates of risk to be derived and used for evidence based interventions, he also illustrates the relatively limited data set that exists regarding the efficacy of intervention strategies.

Are Laptops a Problem?

With technology changing at an ever increasing rate, the work we do has been affected by changing hardware, including laptop size, netbooks, additional peripherals such as dongles and connectivity outside the workplace with pda and iphones, all putting increasing demand on screen-based work. Ergonomist and Physiotherapist **Catherine Albert** describes how ergonomics ensures the needs of a business and the health of an employee result in best practice when working with laptops.



Lee Herrington



Catherine Albert



Dr Nick Kendall



Prof. Peter Buckle

- Managing MSDs in an Ageing Workforce *Tues 10.00am*
- Strategies for Coping with Knee Pain in the Workplace *Tues 12.15pm*
- Preventing and Managing Low Back Pain and its Consequences *Tues 2.15pm*
- Psychosocial Risk Factors in Ergonomics *Wed 2.15pm*
- Improving Productivity for Laptop Users *Wed 4.15pm*