

“Assessing and Reducing the Risk of Musculoskeletal Disorders”

Date: 25th August 2023

Time: 9.00am – 1.00pm (4 hours)

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09.00 – 09.30	Welcome and Introduction: What are MSDs?
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	(Backs, Upper Limbs, Necks & Shoulders)
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09.30 – 10.50	Back Pain
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	Main causes
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	Assessing risks
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	Actions to reduce risks
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<i>10.50 – 11.00</i>	<i>Break</i>
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11.00 – 12.20	Upper Limb Disorders (ULDs)
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	Main causes
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	Assessing risks
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	Actions to reduce risks
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12.20 – 12.40	Necks and Shoulders
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	Main causes
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	Assessing risks
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	Actions to reduce risks
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12.40 – 13.00	Final Questions & Discussion
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