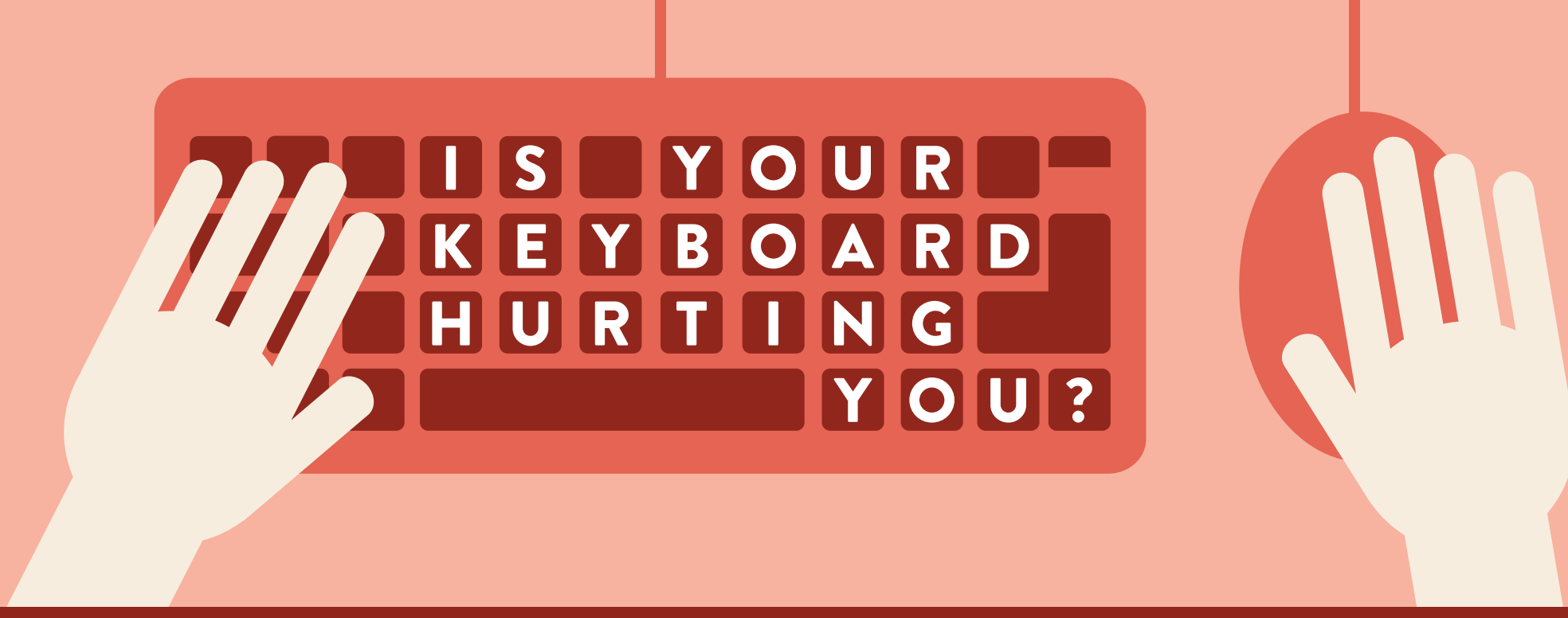
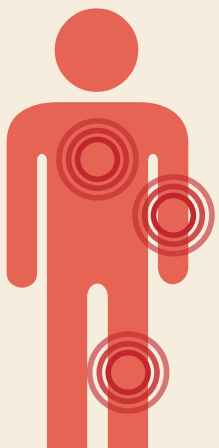


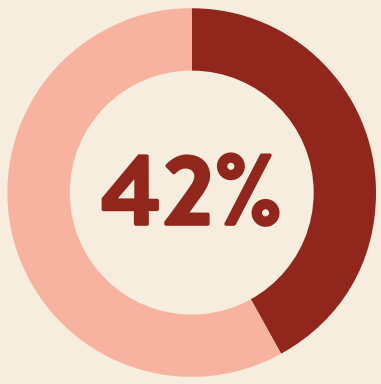
WHAT ARE MUSCULOSKELETAL DISORDERS (MSDS)?

MSDs affect the muscles, joints and tendons of the body. They are subdivided into conditions which affect the back, upper limbs and lower limbs.

Work-related conditions such as repetitive strain injury (RSI), hand arm vibration syndrome (HAVS), vibration white finger (VWF) and carpel tunnel syndrome (CTS) all fall under the umbrella term of musculoskeletal disorders; specifically **upper limb disorders (ULDs)**.



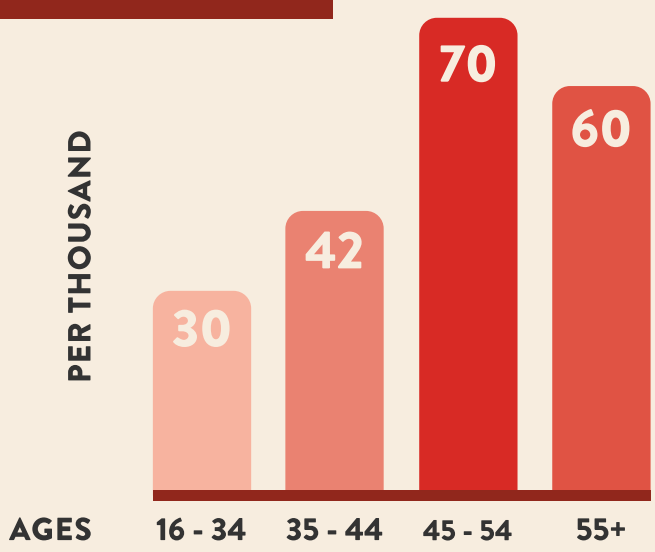
The LFS states that out of a total 1,241,000 work-related illnesses suffered in 2013/14, 526,000 were MSDs.



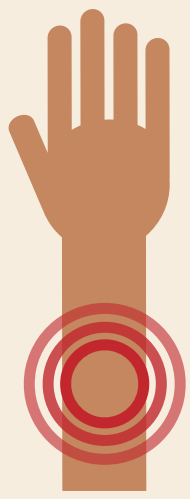
The rate of women suffering ULDs was significantly greater than that of males;

790 cases per 100,000 for women compared with 520 per 100,000 for men.

WORKERS OVER THE AGE OF 45 HAD THE HIGHEST (ESTIMATED) PREVALENCE OF ULD



UPPER LIMB DISORDERS - REPETITIVE STRAIN

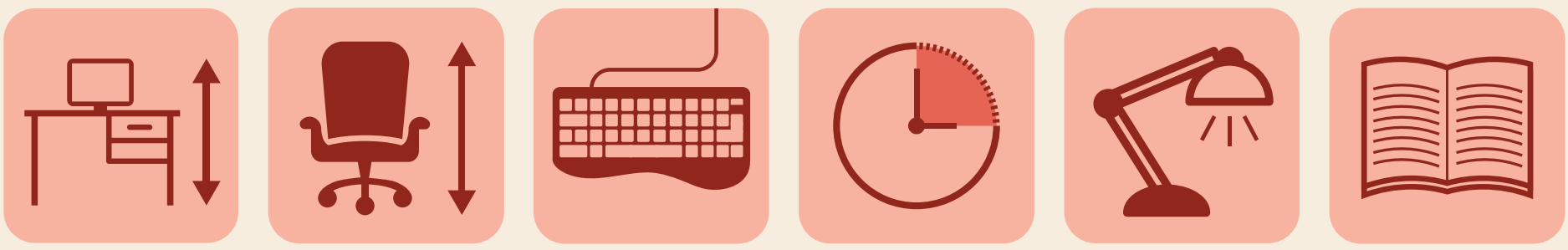


ULDs are often associated with repetitive strain; also known as RSI, cumulative trauma disorder or occupational overuse syndrome.

These types of injuries are often connected to use of display screen equipment such as laptops, handheld devices and touchscreen devices.

HOW TO BE HAPPY AT YOUR KEYBOARD

The HSE provides a number of tips for employers on how to reduce the risk of ULDs in the workplace, such as:



Make workstations adaptable to each employee

Provide adjustable chairs, footrests, platforms and screens

Provide various sizes of tools to suit differing grips

Allow for short, frequent pauses when work is intense

Make sure lighting is adequate and adjustable

Provide training for staff to help reduce the risks of ULDs

CAN YOUR KEYBOARD DO YOU HARM?

Any job where a worker is repeating the same movement, such as typing, can cause physical harm if precautions aren't taken to ensure workstations and equipment are comfortable and safe to use.

63,000

LFS statistics for the 3 year period between 2009/10 and 2011/12 show that an annual average of 63,000 ULDs were reported as a result of keyboard use or repetitive action.

This equates to a rate of 210 instances per every 100,000 people employed.

MAKING A REPETITIVE STRAIN INJURY CLAIM

If you have suffered pain, and loss of earnings as a result of RSI, talk to a personal injury solicitor today.

Seth Lovis & Co can help. Contact us today.

Seth Lovis & Co PI SOLICITORS