

Musculoskeletal disorders

Work-related musculoskeletal disorders (MSDs) are the most commonly reported cause of occupational ill health in Great Britain. MSDs are prevalent in all sectors, but agriculture, logistics and transport, construction and health and social care have significantly higher than average rates.



The MSD Toolkit

Each of these three publications include numerical and colour coding score systems to highlight high-risk tasks.

INDG438 Assessment of repetitive tasks of the upper limbs (The ART Tool)

The assessment of repetitive tasks (ART) tool is designed to help you assess tasks that require repetitive moving of the upper limbs (arms and hands). It helps you to assess some of the common risk factors in repetitive work that contribute to the development of upper limb disorders (ULDs).

9780717663934

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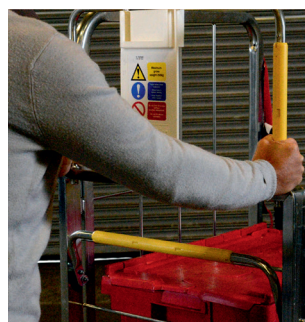


INDG478 Risk assessment of pushing and pulling (RAPP) tool

This tool will help you identify high-risk pushing and pulling operations and check the effectiveness of any risk-reduction measures.

9780717666577

pack of 5 **£7.50**



INDG383 Manual handling assessment charts (The MAC Tool)

MAC is a tool developed to help users identify high-risk lifting, carrying and team handling activities.

9780717667109

pack of 5 **£7.50**



Manual handling

“...any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or bodily force”.

INDG143 Manual handling at work: A brief guide

This leaflet is aimed at managers in SMEs. It explains the problems associated with manual handling and gives guidance on how to deal with them.

9780717664788

pack of 5 **£5.00**



L23 Manual handling. Manual Handling Operations Regulations 1992: Guidance on Regulations

This guidance explains how to avoid, assess and reduce the risk of injury from manual handling. It contains risk filters to help you identify those tasks that don't require a detailed assessment.

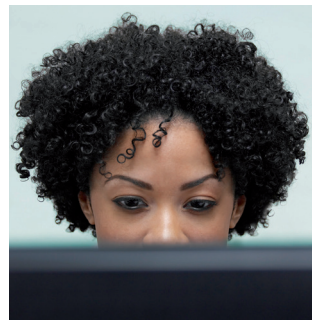
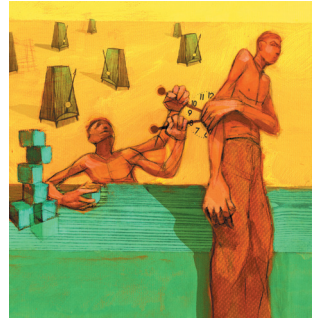
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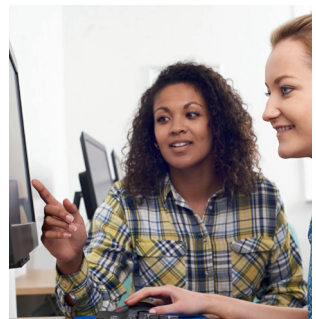
Manage Risk

- L24 Workplace health, safety and welfare: ACOP**
The Workplace (Health, Safety and Welfare) Regulations 1992 cover a wide range of basic health, safety and welfare issues and apply to most workplaces.
9780717665839 **£18.00**
-
- HSG60 Upper limb disorders in the workplace**
A very detailed study for managers which explains how to identify and control upper limb disorders.
9780717619788 **£20.00**
-
- HSG220 Health and safety in care homes**
This guidance is intended to help give a better understanding of the real risks and how to manage them effectively.
9780717663682 **£18.00**
-
- HSG268 The health and safety toolbox: How to control risks at work**
Whatever line of work you're in, the Toolbox provides advice to help you identify, assess and control the activities that might cause harm in your business.
9780717665877 **£18.00**



Display screen equipment

- INDG36 Working with display screen equipment (DSE): A brief guide**
This leaflet explains what employers may need to do to protect their employees from the risks of DSE.
9780717664726 **pack of 5 £5.00**
-
- CK1 Display screen equipment (DSE) workstation checklist**
This checklist can be used by employers who need to comply with the Health and Safety (Display Screen Equipment) Regulations 1992.
9780717665211 **pack of 5 £12.50** (£15.00 inc. VAT)
-
- L26 Work with display screen equipment. Health and Safety (Display Screen Equipment) Regulations 1992: Guidance on Regulations**
Comprehensive guidance on how to comply with the Regulations.
9780717625826 **£18.00**



Health and Safety Online Library



This online library brings together essential guides from the Health and Safety Executive, alongside the relevant legislation, regulations, parliamentary papers and reports that complement them. All the publications you need in one place, enabling you to search guidance efficiently and be kept up-to-date with new publishing.

For further information, prices or to arrange a demonstration, please contact us on the details below.



Online guidance

- INDG398 Making the best use of lifting and handling aids PDF <http://www.hse.gov.uk/pubns/indg398.pdf>
- INDG171 Managing upper limb disorders in the workplace: A brief guide PDF <http://www.hse.gov.uk/pubns/indg171.pdf>
- INDG269 Managing musculoskeletal disorders in checkout work: A brief guide <http://www.hse.gov.uk/pubns/indg269.pdf>
- INDG439 Reducing manual handling risks in carpet retail PDF <http://www.hse.gov.uk/pubns/indg439.pdf>
- The MSD home page on [hse.gov.uk](http://www.hse.gov.uk): <http://www.hse.gov.uk/msd/index.htm>
- Moving food and drink: Manual handling solutions for the food and drink industries <http://www.hse.gov.uk/pubns/books/hsg196.htm>
- Roll cages and wheeled racks <http://www.hse.gov.uk/food/roll-cages-wheeled-racks.htm>



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