

MUSCULOSKELETAL HEALTH IN THE WORKPLACE

INTRODUCTION:

Musculoskeletal health is the health of the muscles, bones, and joints in the body. In the workplace, musculoskeletal health is an important factor to consider as it can impact employee productivity and well-being.

This session will cover musculoskeletal health in the workplace and provide strategies for improving it.

Topics to be covered:

- 1. Introduction to musculoskeletal health:** We will provide an overview of musculoskeletal health, including common problems and the impact they can have on the body.
- 2. Risk factors for musculoskeletal problems:** We will discuss the risk factors for musculoskeletal problems in the workplace, such as repetitive tasks, awkward postures, and heavy lifting.
- 3. Strategies for improving musculoskeletal health:** We will explore strategies for improving musculoskeletal health in the workplace, including ergonomic design, proper body mechanics, and stretching and strengthening exercises.
- 4. Practical exercises:** We will provide a range of practical exercises to help participants understand the importance of musculoskeletal health in the workplace and how to improve it. These exercises may include assessing current work habits, identifying areas for improvement, and creating a plan for improving musculoskeletal health.

Conclusion:

By the end of the training, attendees and participants will have a comprehensive understanding of musculoskeletal health in the workplace and the importance of maintaining it.

They will have the opportunity to apply this knowledge through practical exercises, giving them the skills and knowledge to make informed and supportive choices for improving musculoskeletal health in the workplace.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

