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**A Versatile Cost Effective Multi-Modal Programme for Managing Musculo-Skeletal Discomfort in the Workplace**

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**Workshop Abstract 1.5 Hours**

**Introduction**

In recognition of the widespread concern regarding the health cost implications associated with musculo-skeletal disorders in the workplace (Waddell & Burton 2001) a multi-modal intervention was designed, trialled, successfully implemented then replicated across a number of industries - commencing with the computer based industry then extending to manufacturing and hospitality.

**Objectives**

The overall objective is for workshop participants to be equipped to conduct effective multi-modal programmes in the workplace aimed at minimising the incidence and severity of musculo-skeletal disorders and maximising worker wellbeing.

- For participants to be able to readily identify hazards and risks in the workplace and importantly to be able to establish and implement control procedures involving modification to the physical work environment and changed worker habits. The aim of the control procedures is to reduce absenteeism, reduce injury claims, increase worker comfort, raise workplace morale and increase productivity.
- For participants to be equipped to instruct industry workers in strategies for managing stress, pain and fatigue and techniques for increasing energy, body ease and wellbeing.
- For participants to appreciate the rationale and methods for achieving compliance with advice - including timely follow up and reinforcement.

**Teaching Methods - Instruction and Interactive Participation**

PowerPoint presentation including DVD showing the various aspects (assessment training and follow-up) of the successful intervention process in the computer based, manufacturing and hospitality industries.

- Distribution to participants of questionnaire and printed advice provided to workers and management.

Instruction in and practice of key techniques regarded as pivotal worker behaviours to achieve effective self management and wellness in the workplace.

**Maximum number of participants** - 12 preferred.