



MSK - Back, neck and shoulder pain

Employer: Tudhoe Learning Trust

Area: Desk work strains or injury

Theme: Musculoskeletal (MSK)



Better Health at Work – Case Study

In May we completed our MSK campaign which we chose to focus on back, neck and shoulder pain as these are the areas often painful for those working in offices and at desks.

MSK campaign:

Our MSK campaign focused on the prevention of injuries and pains caused by the working



environment specifically desk working by informing and sharing knowledge on best practise for desk set up and chair positioning. We didn't just want to focus on the prevention, but we also wanted to help and support those staff member who suffered MSK pain on a daily basis with some useful stretches and exercises that could be conducted within the workplace and at their desk.

(See posters attached to see deskercise and yoga stretches information that was provided to staff.)

Our HNA's and monthly sickness/absence reports showed that a large proportion of absence was due to musculoskeletal pain and discomfort. We had also noticed that although there was an increase in reported absences for MSK injury we also identified that there was a continuous level of absence related to MSK pain and injury.

Action:

After identifying the concerning levels of absence due to MSK pain and injury we decided we needed to take some action and the MSK campaign with the information and knowledge was not enough. As we are the staff at the Trust central office, we needed to set an example to all 7 of our schools. The lead health advocate started a morning session of yoga stretches and deskercise movements for all in the office to join in.

(See photo on attached sheet to see photo of yoga stretches.)

"Practising the desk exercise and desk yoga has really improved my aches and pains I have recently suffered from."

Case Study – Lyndsy's story

Lyndsy, a colleague who works at a desk all day in a sitting position working at her computer had found that she was starting to find discomfort at her workstation and over the week the pain had increasingly become worse. Lyndsy who had remembered that there had been a MSK Campaign recently and had recalled there being informing regarding stretches and desk exercises, took a copy of that campaign to read through and to get instruction on how to undertake the movements.

This is how Lyndsy utilised the MSK campaign:

- Lyndsy started her morning completing 3 minute seated yoga which involved slow movements and stretching.



- After a couple of hours working at her desk Lyndsy completed some deskercise stretches.
- Lyndsy completed a DSE assessment, which resulted in Lynsy receiving a laptop stand to improve her working position.
- After 2 days of these actions Lyndsy no longer suffered any back pain or discomfort at her desk still continues her desk yoga and stretches to this day.

Conclusion:

This campaign resulted in some great changes, after conducting DSE assessments many workstations were improved with laptop stands and wrist protector mouse pads and workstation guidance posters have been displayed in all areas where staff work in a sitting position at a desk.

(See attached poster to see Desk set up guidance.)



