

Napo in the workplace



Customise your workstation

Scene URL: <https://prod.napofilm.net/en/learning-with-napo/napo-in-the-workplace/customise-your-workstation>

Introductory text

This Napo scene shows the importance of taking account of individual characteristics within the workplace and being able to modify workstations to meet the needs of individual workers. The activity encourages participants to discuss this and issues such as making improvised changes.

Learning Objectives

Participants understand:

- The importance of taking account of individual characteristics within the workplace (w,m,s)
- The importance of being able to modify workstations to meet the needs of individual worker (w,m,s)
- The importance of early symptom reporting (w,m,s)
- Why they should apply this knowledge both at work and out of work (w,m,s)

managers (m) supervisors (s) and workers (w)

Activities

Facilitator to introduce Napo, encouraging participants to identify the potential for MSDs.

Facilitator to encourage participants to share their own experiences using the recommended questions from the following options:

Questions to consider:

- What health and safety issues does the film raise? Can you suggest any solutions? (w,m,s)
- Do you recognise this situation from your own workplace? (w)
- How would you raise concerns and suggest improvements to this workstation to reduce the risk of low back pain and shoulder pain? (w)
- Should workers make improvised changes to their workplaces, if not why not? (w,m,s)
- Is the improvement made by Napo's co-worker a suitable alternative? If not why not? (w,m,s)
- How do you ensure workstations are adapted to workers characteristics and needs to reduce the potential for low back and shoulder pain? (m,s)
- How do you monitor and review systems of work relating to manual handling operations? (m,s)

Concluding questions

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- Can you explain the importance of effective communication in ensuring that systems of work designed to reduce the potential for MSDs are uniformly applied? (m,s)
- Can you explain the added value of a team approach to assessing manual handling tasks including the introduction of variable height workstations? (w,m,s)

Assessment

- Participants can explain the importance of safe systems of work in reducing the potential for MSDs, and recognise that any modifications should only be made following a conversation with a manager or supervisor (w,m,s)

Resources required

- Flipchart and pens
- [Customise your workstation](#)