

## Napo in the workplace → Understanding MSDs



### Glossary of terms

<b>Acute</b>	rapid onset of discomfort of short duration as a result of manual handling, may also be referred to as short term impact.
<b>Chronic</b>	discomfort of medium to long term duration as a result of manual handling. This may also be referred to as long term impact or long latency disease.
<b>Ergonomics</b>	consideration of the relationship between tasks, the worker and their working environment towards the creation of healthy workplaces.
<b>Manager</b>	person responsible for the delivery of tasks within an organisation, often with a team of workers reporting directly to them'
<b>Supervisor</b>	person responsible for the day to day monitoring of performance in relation to worker performance. Reporting into the manager of their department or organisation.
<b>Sustainable work</b>	work where workers are supported and protected in their working environments on an ongoing basis, so that longer working lives can be achieved.
<b>Work ability</b>	reflects the balance between work demands and individual (personal) resources. For example the type of work, workload, work organisation, health, skills, values, attitudes and motivation
<b>Worker</b>	person performing work or work-related activities that are under the control of the organization.