

## Napo in the workplace → Understanding MSDs



### List of activities

This menu/list of activities suggests how the activities associated with the different Napo clips can be combined together. It also maps the key issues each clip covers and lists leadership and participation points, which occur in the clips and activities. Finally, it indicates how the Napo activities can be combined with EU-OSHA's workplace discussion resource - 'Conversation Starters'.

*In the second column below, (All) indicates that while an activity could be combined well with the suggested ones, it could also be used with any of the others.*

Title	Can be used with	Work content	Health problem	Work load	Environment and work organisation	Leadership and participation	Conversation Starter
A. Check your posture	F, I	Office/computer work	Eyestrain Low back pain Elbow pain Shoulder pain	Minimal load Repetitive movement	Lighting Fixed workstation Non-adjustable chairs	Observation Raises issues Information and training Review situation and allocate resources	2: Retail environment
B. Keep moving at work	C, G, L (All)	Applicable to any work	Life limiting functional capacity	Not applicable	Options of stairs and elevator provided	Observation Raise issue of health and functional capacity Encourage physical activity Work ability Support workers to maintain functional capacity	
C. Share skills and experience	B, K (All)	Load handling	Low back pain	Various loads Various positions	Use of mechanical aids Impact of new technology	Team based problem solving Creating a sense of community Intergenerational mentoring	1: Delivery driver
D. Risk-assess repetitive work	G (All)	Repetitive activity (assembly line)	Wrist pain Psychological health	Minimal load Rapid repetitive task	Fast paced work and impact on health/workability.	Impact of work organisation on worker health, functional capacity and motivation	4: Staff canteen 7: Using body mapping to collect data on early symptoms of MSDs
E. Split up heavy loads	H, K, M	Load handling	Low back pain Neck pain Elbow pain	Single heavy load	Heavy load at point of use.	Worker led solution effective Review of work organisation Reduction in health risks	3: Men's work, women's work and MSDs

## Napo in the workplace → Understanding MSDs



### List of activities

F. Report signs of MSDs early	A, I	Office/computer work	Eye strain Low back pain Wrist pain Poor posture	Repetitive movement	Lighting Fixed workstation Non-adjustable chair	Worker led solution ineffective Create a working environment where early symptom reporting encourages leaders to act	6: Small family business
G. Don't twist — prevent MSDs	B, D	Load handling	Life limiting low back pain	Lifting and twisting movement	Poor handling technique Machine driven task Co-worker moving efficiently.	MSDs are life limiting Observation Raise issue Refresh Information and training Co-worker as mentor Monitor and review	6: Small family business
H. Don't forget handling aids	E, M, K	Load handling	Low back pain	Single load, ground level.	Load position Load surface Using handling aids provided.	Reflect on information and training. Review workload Contact suppliers	
I. Customise your workstation	A, F	Working at a bench	Low back pain, shoulder pain	Working at inappropriate height, poor posture	Fixed bench height, workers of different heights	Observation Raise issue Adapt workstation to individuals Early reporting of symptoms	
J. Prevent hand-arm vibration		Drilling with hand tool	Hand arm vibration	Working at shoulder height	Work equipment not protecting worker.	Observation. Work equipment assessment Training Monitor and review	5: Hand-arm vibration
K. Let a machine take the strain	C, E, G, H, M  (All)	Load handling	Avoiding MSDs	Variable load, ground level	Load size Load position Using handling aids provided	Reflection on work content prior to handling Observation of work organisation Worker skills and competencies	
L. Take a break	B	Static and awkward postures	Low back pain Neck pain Wrist pain	Not applicable	Reflection on life limiting MSDs relating to poor posture	Encourage workers to take a break and stretch/move	

## Napo in the workplace → Understanding MSDs



List of activities

			Shoulder pain			Provide environment and work organisation that reduces MSDs	
M. Lift and carry safely	E, H	Load handling	Low back pain	Single load ground level.	Load position. Inefficient handling technique	Reflect on information and training Use efficient handling technique to lift object from ground level, and carry to point of use Worker skills and competencies. Monitor and review	6: Small family business
N. Know the early signs of MSDs	C, E, F, I  (All)	-	Musculo-skeletal pain	-	-	Observation Encourage workers to identify common symptoms and hazards Identification of trends	7: Using body mapping to collect data on early symptoms of MSDs