

Napo in the workplace



Report signs of MSDs early

Scene URL: <https://prod.napofilm.net/en/learning-with-napo/napo-in-the-workplace/report-signs-msds-early>

Introductory text

In this activity participants view the Napo scene and discuss how workstation design can lead to musculoskeletal disorders, and the importance of raising concerns.

Learning Objectives

Participants understand:

- The importance of taking time to identify the potential for wrist pain, neck pain, low back pain etc associated with workplace design. (w,m,s)
- How workstation design can impact on worker health (w,m,s)
- How to suggest improvements to workstation design that reduce the potential for wrist , neck and back pain (w,m,s)
- The importance of early reporting of symptoms and receiving workers concerns and proposals (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)
- What does the word 'ergonomics' mean? (w,m,s)
- Do you recognise this type of situation from your own workplace? (w)
- How would you raise concerns, report your symptoms or suggest improvements to this workstation to reduce the risk of MSDs? (w)
- Why do you think it's important to raise concerns and symptoms as early as possible? (w,m,s)
- How do you encourage employees to raise concerns, including early reporting of symptoms and suggest improvements to workstation design? (m,s)
- Can you influence decision-makers to routinely assess workstations and purchase equipment that may be adjusted to meet the needs of individual workers? (m,s)

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Concluding questions

- Can you explain the importance of taking time to identify the ergonomic hazards associated with workstation design? (w,m,s)
- Can you explain the added value of a team approach to assessing ergonomic hazards and selecting control measures? (w,m,s)

Assessment

- Participants can explain the short and long term benefits of assessing ergonomic hazards on a personal and organisational level (w,m,s)

Resources required

- Flipchart and pens
- [Report signs of MSDs early](#)