



# ERGONOMICS AT WORK MSD PREVENTION & RESOURCES

WE 1  
FLOOR

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# OVERVIEW

Ergonomics  
Team

MSD  
Overview

MSD  
Prevention

Tools and  
Resources

Questions

# ERGONOMICS TEAM

[msd@safework.nsw.gov.au](mailto:msd@safework.nsw.gov.au)



# WHAT WE DO

Conduct proactive compliance inspections

Develop and promote MSD prevention tools and resources

Deliver presentations

Provide technical training for inspectors

Respond to work incidents and Requests for Service (RFS)

Provide site visit assistance

Assist with matters under investigation

Assist with first response to serious incidents and fatalities

Input in development of legislation, standards, codes of practice and other guidance materials

# MSD PROBLEM

Approx. 48,000 MSDs  
each year

Approx. 18,000 serious  
MSDs each year

Approx. 11,000 - body  
stressing

Inadequate risk  
management systems

Emphasis on Worker

Reliance on low level  
controls (e.g. 'how to lift'  
training)

# MUSCULOSKELETAL DISORDER (MSD)

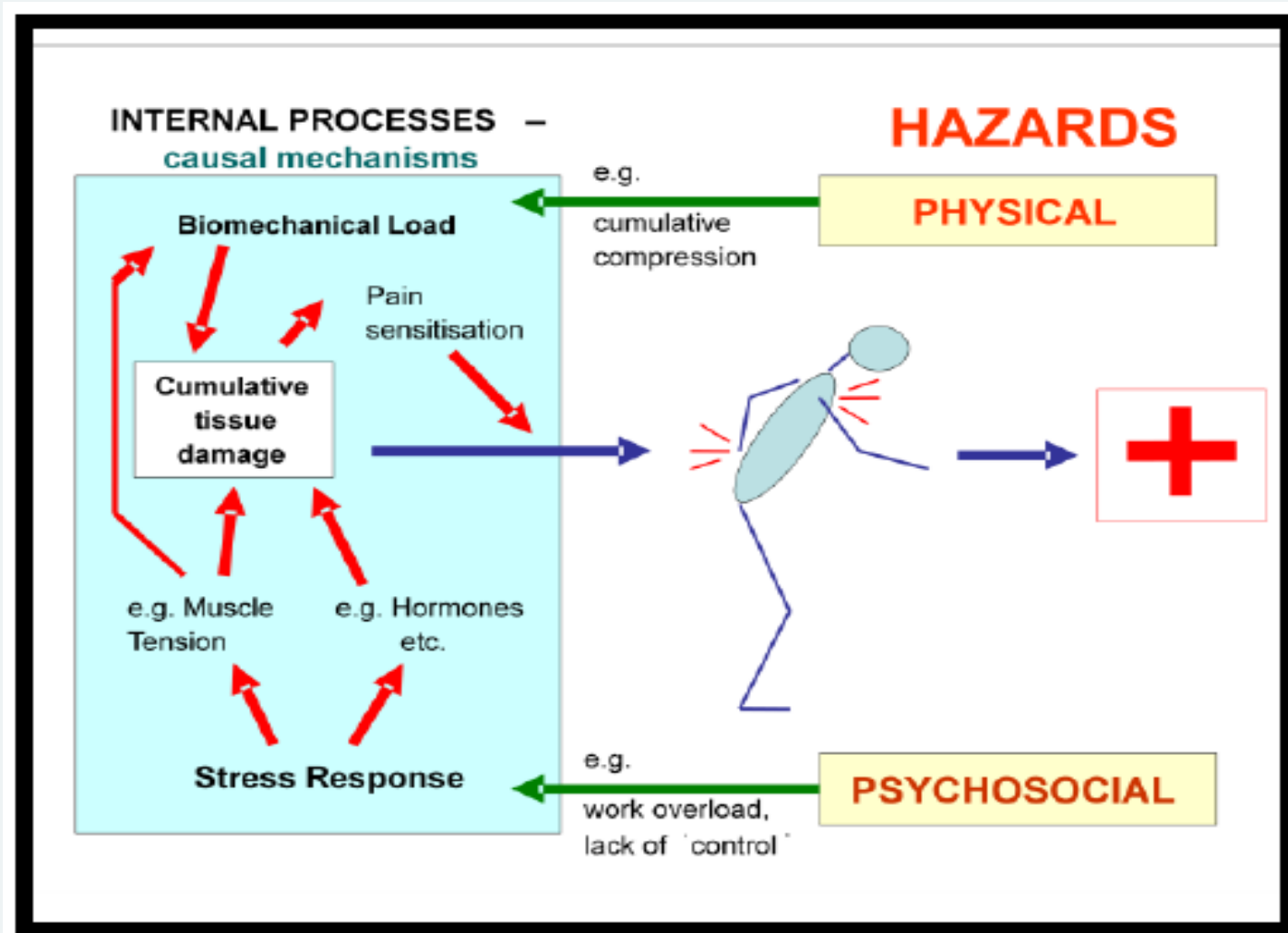
MSD: “an injury to, or disease of, the musculoskeletal system, whether occurring suddenly or over time ....” - muscles, nerves, tendons, ligaments, joints, cartilage, or spinal discs.

MSD are caused by:

- manual tasks
- slips, trips and falls at level
- hitting and being hit by objects
- Both physical and psychosocial hazards can contribute to MSDs



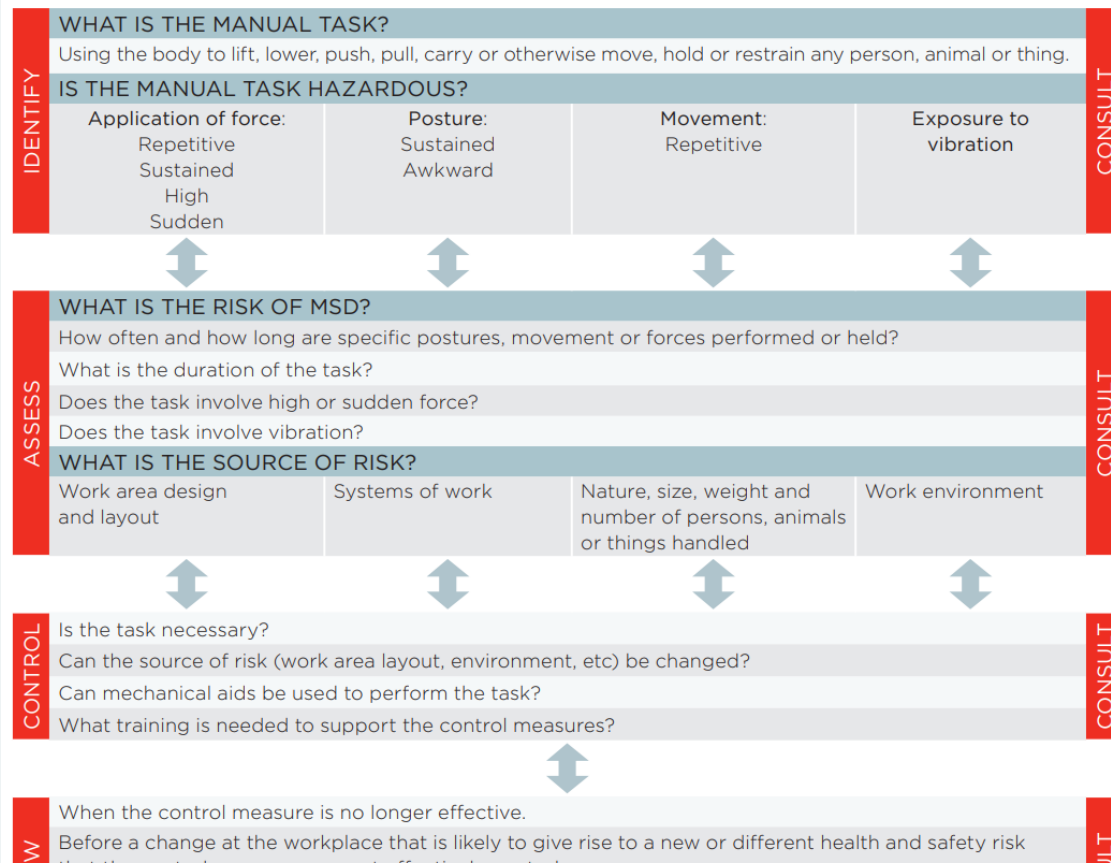
# MSD – CAUSAL FACTORS



Source: La Trobe University (2006) Research on the prevention of work-related musculoskeletal disorders – Stage 1 literature review

# HMT RISK MANAGEMENT PROCESS

## THE RISK MANAGEMENT PROCESS FOR MANUAL TASKS



- Identify hazardous manual tasks
- Assess the risk
- Mitigate risk using hierarchy of control
- Review controls
- Consult workers



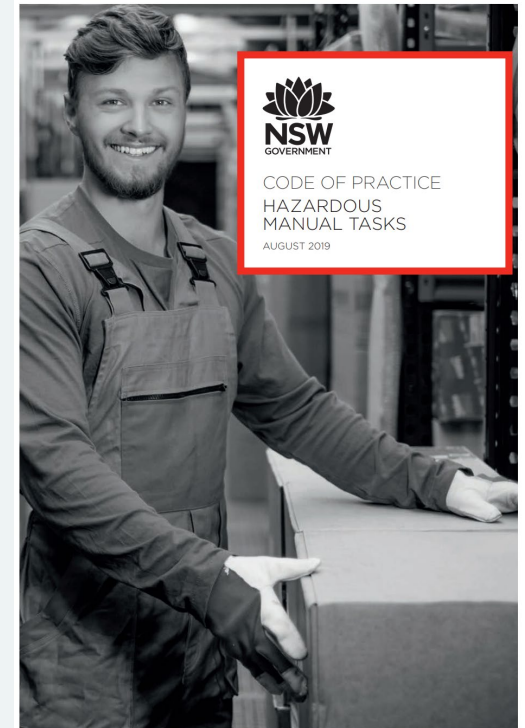
# MSD RESOURCES

MSD Webpage

MSD Toolbox Talk

'How to lift' Position  
Paper

PERforM



# MSD WEBPAGE

**MSD is** preventable, saving lives and saving livelihoods

## Musculoskeletal Disorder (MSD)



Home / Resource library / Musculoskeletal Disorder (MSD)

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Musculoskeletal Disorder risks arise from exposure to physical and/or psychosocial hazards in the workplace. This can be manual tasks that are hazardous, workplace stressors, or slips trips and falls on the same level.

Common examples of musculoskeletal disorders include:

- Carpal Tunnel Syndrome
- Tendonitis
- Muscle / Tendon strain
- Ligament Sprain
- Ruptured / Herniated Disc

The economic and human costs of MSDs are unnecessary and are preventable. You can use this information to help you understand MSDs and learn how to eliminate or prevent exposure to the risks in your workplace.

### Manual tasks (manual handling)

Understand how manual handling is the most common cause of workplace injuries

[Find out more →](#)

### Slips, trips and falls: on the same level

The second most common cause of injuries in a workplace that contribute towards an MSD

[Find out more →](#)

### Psychosocial hazards

Associate Professor Jodi Oakman explains how psychosocial hazards link to an MSD

[Find out more →](#)

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# MSD TOOLBOX TALK

## Toolbox Talk

## Musculoskeletal Disorders (MSDs)

Musculoskeletal Disorders (MSDs) are one of the most common work-related injuries and can have long-term, costly impacts for businesses and workers

Consulting with workers is an essential step in preventing MSDs and ensuring their health and safety

The following information will assist a supervisor/manager/safety professional to facilitate a toolbox talk in the workplace.

### Purpose

The purpose of this toolbox talk is to have a brief safety talk about musculoskeletal disorders (MSDs) and receive feedback from your workers.

Use this talk to pass on important information about MSDs, identify potential safety issues and talk about how to fix them.

### The Facilitator

The person delivering the toolbox talk should be:

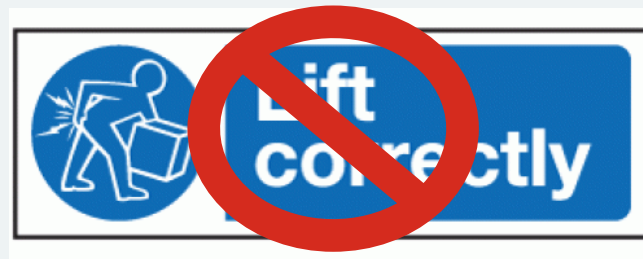
- Supervisor
- Manager
- Safety professional

- Step-by-step MSD toolbox talk guide
- Used to help PCBU's facilitate a discussion about MSDs with workers
- Features 4 simple steps, facilitator talking points
- Key benefit – consultation and information

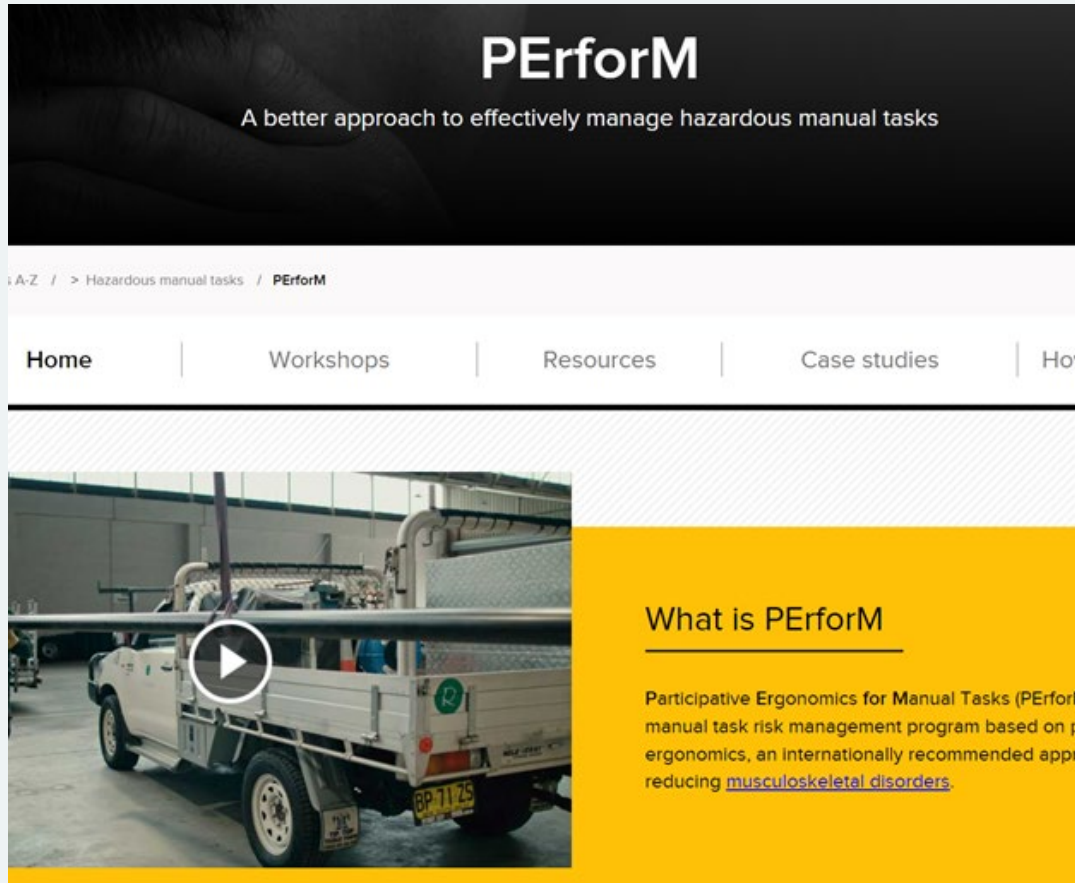
# 'HOW TO LIFT' POSITION PAPER

1. **'How to lift' training is not a legal requirement.**
2. **Legislative requirements must be followed** when managing hazardous manual task risks.
3. **'How to lift' training is not, of itself, suitable and adequate training** necessary to protect workers from risks of work-related MSDs.

\*Online information session – 13/10/2022\*



# PERFORM



**PERform**  
A better approach to effectively manage hazardous manual tasks

A-Z / > Hazardous manual tasks / PERform

Home | Workshops | Resources | Case studies | How

**What is PERform**

Participative Ergonomics for Manual Tasks (PERform) is a manual task risk management program based on participative ergonomics, an internationally recommended approach to reducing [musculoskeletal disorders](#).

- Simple risk management program based on a participative approach
- Features 2 page risk assessment tool
- Key benefit – considers HMT risk factors in consultation with workers
- PERform workshops

# QUESTIONS



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