



Lancashire Teaching
Hospitals

NHS Foundation Trust

Taking action on MSK

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THE CHALLENGE

Musculoskeletal conditions account for >18% of days lost due to sickness absence

In our last staff survey, 27.4% of staff reported that in the previous 12 months, they had experienced musculoskeletal problems as a result of work activities



OUR APPROACH

Physiotherapy

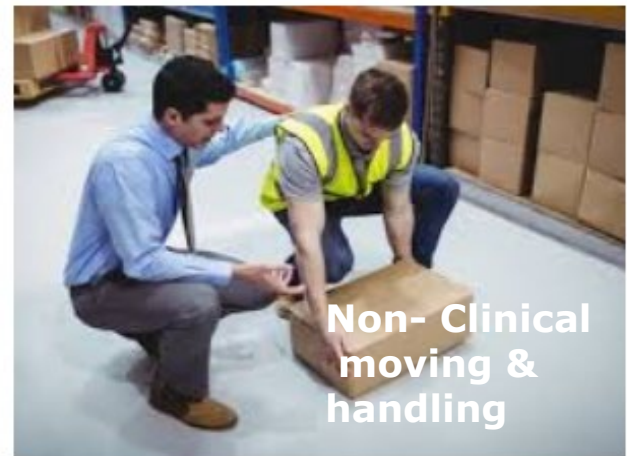
Clinical moving & handling



Computer ergonomics



Non- Clinical moving & handling





Arm stretch

- With palms facing forwards, reach right hand and arm to ceiling, left to floor
- Hold for 8-10 seconds and repeat with left hand to ceiling, right hand to floor
- Take relaxed breaths throughout and don't force the stretch



Side stretch

- Sit tall against chair back, cross left leg over right
- Put right arm over left knee, left arm leaned on back of chair (elbow bent)
- Gently turn to look over left shoulder, hold for 8-10 seconds, then repeat other side
- Don't force the spine to twist, and take relaxed breaths throughout

Encouraging Desk Based Stretching



Back, shoulder and arm stretch

- Interlink fingers, palms outwards
- Without forcing, gently stretch arms above head, palms upwards
- Hold for 10-15 seconds, taking relaxed breaths



Arm stretch

- With palms facing forwards, reach right hand and arm to ceiling, left to floor
- Hold for 8-10 seconds and repeat with left hand to ceiling, right hand to floor
- Take relaxed breaths throughout and don't force the stretch

DISPLAY SCREEN ASSESSMENT

Introduction of on-line self-assessment and re-training of all assessors

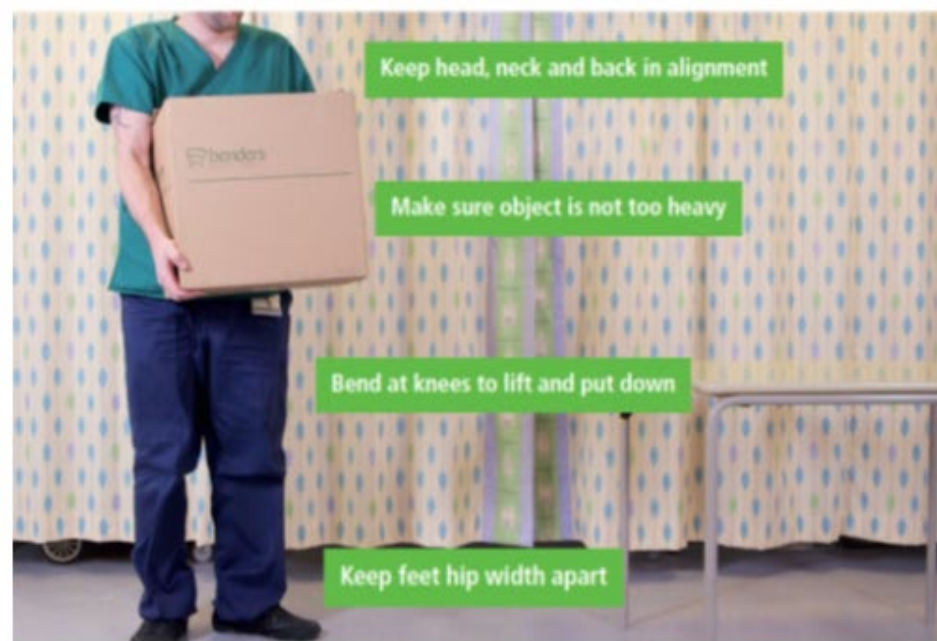
Display Screen Equipment



Make sure the backrest is adjusted to the correct height to support your back; most chairs will have a curve in the padding to support your low back.

Stop/think

Are you moving and handling safely?



To help to avoid injury make sure you:

- Before picking up or moving an object or equipment, first check it's not too heavy, unstable or difficult to lift.
- Stand by the object, keep feet hip-width apart (to create a dynamic, stable base).
- Bend your knees, get hold of the object, bring it up close and then push up using the thigh muscles.
- Bend knees again to place the object down.
- Correct technique helps to avoid back pain and musculoskeletal injuries.

Stop/think

Are you sitting comfortably?



To help to avoid muscle fatigue, back, neck & shoulder pain - take a screen break often and try to:

- Take the time to adjust your chair and workstation as shown
- Sit tall, aligning ears, shoulders and hips
- Type with light strokes and keep muscles relaxed
- Try some of the stretches from the screen saver (e.g. every 30 mins) for several seconds
- Ask your manager about having a DSE (display screen equipment) assessment

Introduction of back care
workshops and video

<https://lthvmedumedia.xlthtr.nhs.uk/index.php/2017/11/17/back-care/>

BACK CARE AT WORK PROGRAMME



Support groups within a functional rehabilitation programme



Group stretching at handover



FUTURE INITIATIVES

**MIND
YOUR
POSTURE**



'Posture Police' pilot teams

Thank you

