

WHY SHOULD I HAVE MY WORKSTATION ASSESSED?

Statistics

Musculoskeletal disorders (MSDs) are a significant issue with over a million people currently affected each year. MSDs make up 48% of the diagnoses made by occupational health general practitioners.

Financial

MSDs, such as lower back pain, are a significant issue as they are associated with a loss of productivity, incapacity and sickness absence. Recent estimates suggest that loss of productivity, disability, sick absence and benefits have a staggering economic burden of £10 668 million per annum.

Legal

Employers have a duty under the various health and safety laws to assess and reduce risks, ensure workstations meet minimum requirements, provide health and safety training and information, provide eye tests on requests and plan work so that there are changes of activity or breaks.

Common sense

Prevention is better than cure so why wait until you get low back pain/wrist pain/neck pain before doing something about it? Likewise, reduce the risk to your business by minimising unpredictable leaves of absence by employees due to preventable ailments such as those mentioned above.

Logical

Musculoskeletal disorders (MSDs) tend to be multifactorial in nature. Having your workstation assessed will determine if your workstation is a component in your problem and to what degree it is involved in your disorder.

Evidence

The financial benefit of ergonomic interventions, such as a workstation assessment, has been clearly demonstrated in “real-life” situations via numerous case studies from a variety of industrial sectors across the UK.

References available on request.