

## MSK at work network – teleconference – 20<sup>th</sup> November 2019

*In Attendance Ailsa Bosworth MBE National Patient Champion, National Rheumatoid Arthritis Society (NRAS); Professor Kim Burton; Prof Black; Laura Boothman, Versus Arthritis; Paul Callan; Nita Parmer, ARMA; Glykeria Skamagki Assistant Professor of Physiotherapy; Dr Stephen Boorman, Chair – Council for Work and Health; Nick Pahl, CEO SOM – Chair*  
*Apologies – Suzanne Verstappen, Mike Paton, Richard Graveling, Dr John Chisolm*

### 1 *MSK at work network – gaps on discussion*

Approach - need to focus on impact of MSK on people's lives and that it should be demedicalised with focus on self-management.

PR – useful to have a spokesperson such as Teresa May/ Royals to create platform

Next steps - agreed needed to move on further than MSK Champions e.g. to have MSK at work training product and create the link between MSK and Mental Health

Ideal outcome – need for MSK at work issues to be mandated to CCGs

*Action – concept note – to be developed*

### 2 *Centre for work and health*

NP stated advocacy to Research funders (e.g. ESRC) and DWP occurring. Meeting with CMO planned for early January.

*Action - Key messages to be developed and shared. Landscape of stakeholders to be shared too*

### 3 *Policy next steps*

To follow up on prevention strategy following Election.

Noted PHE MSK expert group had been postponed.

*Noted*

- Institute of Employment Studies to support MSK Centre at Southampton with Policy aspect
- New Resources - NRAS video at <https://www.nras.org.uk/news/national-charity-and-the-confederation-of-british-industry-cbi-partner-to-launch-video-to-encourage-employers-to-provide-better-support-for-employees-with-rheumatoid-arthritis-and-other-long-term-conditions-in-the-workplace>
- NICE guideline on Workplace health: long-term sickness absence and capability to work  
The guideline has now been published on the [NICE website](#).
- EUOSHA resources on MSK <https://osha.europa.eu/en/publications/msds-facts-and-figures-overview-prevalence-costs-and-demographics-msds-europe/view>
- NHS <http://www.nwbh.nhs.uk/msk-at-work>
- NHS employers - guide on commissioning occupational health services and what to expect from their OH service the aim of these guides is to ensure that NHS organisations are clear about what they can expect from their OH service. It also provides guidance on how they can monitor that service, and what to do with the information to ensure the service delivers the best support to staff. Read the [guidance](#) in full. There is also [full guidance](#) to support commissioning teams in procuring OH services for their staff.
  - HSE

Annual musculoskeletal disorders 'risk-reduction through design' award needs nominations!! The award is intended to highlight the important contribution that design changes can make to reduce risks of musculoskeletal disorders. Building on the success of last year's award, explained in 'The Ergonomist' (pages 22-23), we want businesses to nominate design changes that have made a real impact. We are looking for approaches that have worked during the 2019 calendar year from across all sectors and anywhere in the United Kingdom. The emphasis is on design solutions that have or can reduce the risk of musculoskeletal disorders for the greatest numbers of workers, but we are also interested in novel, innovative or niche solutions that tackle difficult-to-solve problems. Involving the workforce in developing the solution is essential and cross-sector application, that might inspire others to think more actively about design-based solutions, will also be part of the judging criteria. Entries should be submitted on no more than two sides of A4. Tell us about the problem, the solution, the musculoskeletal benefits, any wider benefits, what your workforce think about the changes and your contact details. If you are in contention for shortlisting, we'll come back to you for further details. Please submit your

nominations to [msdpp@hse.gov.uk](mailto:msdpp@hse.gov.uk) by Thursday 31 January 2020. Further details are available on the [HSE website](#).

#### Health and safety statistics 2019

HSE published its latest statistics (2018/19) on work-related health and safety in Great Britain, on 30 October – the [webpages](#) have a range of information (e.g. on different types of work-related ill-health and different industry sectors). Key annual figures on [ill health](#) include: 1.4 million working people suffering from work-related ill health; 28.2 million working days lost due to work-related ill health and workplace injury; £15 billion estimated cost of injuries and ill health from current working conditions. Key annual figures for [musculoskeletal disorders](#) include: 498,000 cases (new and longstanding) (up from 469,000 in 2017/18); 138,000 new cases (down from 156,000 in 2017/18); 6.9 million working days lost (up from 6.6 million in 2017/18); The affected areas are split between Back (40%), Upper limbs (41%), and Lower Limbs (19%) (similar percentages to 2017/18). The overall long-term rate of self-reported cases and working days lost still shows a generally downward trend (same as last year).

#### #Workright

HSE recently launched a [new campaigns microsite](#) which now includes information on our Go Home Healthy campaign and links to the Musculoskeletal disorders webpages. The microsite contains case studies and information on how to reduce the risks of MSDs but also links to wider ill health and work-related guidance and topics.

#### Revised guidance - Manual handling at work: A brief guide (INDG143)

Previously published in 2012, the short pamphlet provides practical guidance on reducing the risk of injury from hazardous manual handling. As well as helping employers to comply with their duties under the Manual Handling Operations Regulations 1992, the inclusion of simple filters (eliminate low-risk tasks) help them focus resource on hazardous activities. The updated leaflet should be available on-line by the end of December.

#### Consultation: Managing upper limb disorders in the workplace: A brief guide (INDG171)

This leaflet (previously published in 2013) provides practical guidance on reducing the risk of upper limb disorders from work activities. It helps employers comply with their duties under health and safety legislation. The revised leaflet now includes a simple filter to help you identify low-risk tasks which do not need further assessment. We would like your views on the updated guidance. If you would like to take part in the consultation, please email us at [MSDPP@hse.gov.uk](mailto:MSDPP@hse.gov.uk) and we will send the draft leaflet with a short question set, which needs to be returned by 25 November 2019.