

# HSL: Upper Limb Disorders Risk Assessment of Repetitive Tasks – Buxton, 13 July 2017

[Book Course](#)

HSL is to run a 1 day course on Upper Limb Disorders Risk Assessment of Repetitive Tasks.

**13 July 2017**

## **Introduction**

Musculoskeletal Disorders (MSDs) are the most common occupational illness in Britain affecting over 500,000 people a year. Nearly half of these illnesses are joint injuries and repetitive strain injuries of various sorts affecting the upper limbs.

To support employers, health and safety professionals and inspectors with risk assessing repetitive work, the Health and Safety Laboratory and Health and Safety Executive have developed the Assessment of Repetitive Tasks (ART) tool. Launched in Spring 2010, the ART tool is used to assess the frequent handling of light loads or other repetitive tasks that can contribute to upper limb disorders (ULDs).

This course will equip you with the knowledge to use the ART tool to help recognise, assess, and reduce upper limb disorder risks in your organisation. It will benefit those already involved in workplace MSD risk management (e.g. manual handling risk assessments) who wish to expand their knowledge on the topic of upper limb disorders.

## **What will the course cover?**

- Common ULDs and their development
- Key ULD risk factors
- ULD risk management (including legal duties)
- ULD risk assessment using the ART tool
- Practise using the ART tool with case studies
- ULD risk controls

## **Who should attend?**

Employers and their representatives who wish to undertake or improve ULD risk assessment and control within their organisation

Health and safety or occupational health professionals who wish to learn about the ART tool, or further their abilities in this area.

The course is targeted at organisations that carry out some manual production, processing, packaging, packing, and sorting activities. The course will not cover assessment of Display Screen Equipment (DSE)

Previous experience of manual handling risk assessment is beneficial but not required.

## Venue

The course will be run at the HSL laboratory in the spa town of Buxton. Buxton is in the heart of the Peak District and has good links to mainline train stations and Manchester International Airport.

Details of hotels in the Buxton area can be found at [www.visitbuxton.co.uk](http://www.visitbuxton.co.uk)

## Cost

The cost of this course is £450 per person (includes course notes, lunch and refreshments).

### [Book Course](#)

**Please note the invoice option is not available within 4 weeks of the course date, or for overseas customers. If you are selecting the invoice option for payment, it will be mandatory to input a purchase order/reference number as we are unable to process booking forms without this.**

For further dates and additional information email: [training@hsl.gsi.gov.uk](mailto:training@hsl.gsi.gov.uk) or contact the Training & Conferences Unit at HSL directly on +44 (0)1298 218806.

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## **[HSL: Site and Transport Safety – Birmingham, 12 July 2017](#)**

### [Book Course](#)

HSL is to run a 1 day course on Manual Handling for Assessors.

**12 July 2017**

## **Introduction**

Manual handling is one of the main causes of musculoskeletal disorders (MSD), which are the second most common occupational injuries within the UK and make

up nearly half of all work-related ill health seen by general practitioners (GPs) are MSD related. The most recent HSE statistics on MSDs show a 20% increase in MSDs with **184,000** new cases (2013/14), around 80 per cent of which are attributable to work conditions.

Prevention and control of work-related musculoskeletal disorders (MSD) is a major priority and as such HSE have published a simple but effective risk assessment method called the MAC tool. This enables risk identification of key manual handling risk factors so that these can be eliminated or managed in the most cost effective way.

This course will equip you with the knowledge to help recognise, assess and reduce manual handling risks in your organisation. It is suited to employers and employee representatives who intend to begin the process of manual handling risk assessment and control within their companies. It will also benefit those already involved in manual handling risk reduction who require more formal or in-depth training in this subject, including training in the use of specific manual handling assessment tools.

## **The course will cover:**

- Principles of manual handling
- Understanding injuries
- Common types of injuries
- Legal aspects
- Key risk factors
- Manual handling risk assessment (MAC and L23)
- Pushing and pulling
- Control and reduction of risk
- Key principles of good handling techniques
- Case studies

## **Presenters include:**

- Matthew Birtles, HSL – Ergonomics specialist in MSDs

## **Venue**

The course will be run at the HSL laboratory in the spa town of Buxton. Buxton is in the heart of the Peak District and has good links to mainline train stations and Manchester International Airport.

Details of hotels in the Buxton area can be found at [www.visitbuxton.co.uk](http://www.visitbuxton.co.uk)

## **Cost**

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## [Press release: Arrests made following dawn raids](#)

Today (Thursday 20 April 2017), the Environment Agency and police carried out 5 dawn raids following an in-depth investigation into illegal dumping of waste. There were 2 people arrested pending further enquiries. A third person will also be helping Environment Agency officers with their enquiries.

Enforcement action took place at 5 separate addresses in Staffordshire, Herefordshire and Hertfordshire this morning following an investigation into illegal dumping of 20,000 – 25,000 tonnes of waste at 17 sites across the Midlands, North West and North East.

More than 25 Environment Agency investigators, supported by over 20 police officers from Staffordshire, West Mercia, Warwickshire and Hertfordshire Police forces were in action at suspects' homes and business addresses seeking evidence as part of Operation Cesium.

The investigation will now continue with the evidence seized today. This investigation is expected to continue for many more months.

Paul Clarke, lead investigator in the Environment Agency's National Investigation Team, said:

The Environment Agency takes waste crime seriously and we will persistently pursue those suspected of illegally dumping waste.

In this case we have 17 landowners and communities blighted by significant amounts of dumped waste. We've already seen some of these sites catch fire, causing significant impact on communities, the environment and our emergency services partners who have to tackle them.

Illegal waste activity of the likes we're investigating here diverts £1 billion from legitimate businesses and the treasury, and at the Environment Agency we do everything we can to bring those responsible to account.

This investigation has been ongoing since last summer and enquiries will continue to examine the evidence to determine the full extent of the suspected offences.

The Environment Agency takes waste crime extremely seriously. This is a live and complex investigation, anyone with further information should contact Crimestoppers on 0800 555 111.

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## [Further exchange with Education Minister](#)

Yesterday I lobbied an Education Minister again about the proposed fair funding of schools and Wokingham's needs. I am also pressing for a suitable pledge in the Conservative Manifesto.

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## [Green Party to launch 'boldest campaign ever'](#)



20 April 2017

**\*General election campaign launch in Bristol**

**\*Co-leader Jonathan Bartley: 'An amazing selection of candidates up and down the country will drive our boldest campaign yet'**

The Green Party will set out its vision for young people during its general election campaign launch in Bristol today.

The Greens will campaign for free education, a living wage for all and investment in mental health services. The party is also calling for votes at 16 so 16 and 17-year-olds can have their say in the election [1].

The campaign will be launched at 1.15pm in Bristol by Caroline Lucas MP and

Jonathan Bartley, Green Party co-leaders, and Molly Scott Cato, MEP for the South West and Bristol West candidate [2].

Scott Cato is expected to say:

“With this election, we are at a crossroads for Britain’s future. Today marks the beginning of the Green Party’s campaign for a bold, positive future for our country, in full opposition to the extreme Brexit and far-right agenda threatened by the Tories.

“The Green Party wants to close this gulf that’s opening up between young people and older generations, because the way that young people are being let down at the moment is a disgrace. It’s hard to think of a time when it’s been more difficult to be a young person in Britain and in this election, we risk getting a Tory government which will make it so much worse.”

Bartley is expected to say:

“We have amazing opportunities, like here in Bristol with Molly primed to join Caroline in Parliament, making the Green Party an even stronger force in politics. We’re polling even better than our result in 2015, and we’ve got such an amazing selection of candidates up and down the country ready to drive our boldest campaign yet.

“If you’re one of the millions of young people let down by this Government, saddled with debt and uncertainty, the Green Party is the home for you. We have a positive vision for the future of this country, a fairer more equal society, and a tolerant, outward looking Britain.”

#### **Notes:**

1. <https://www.greenparty.org.uk/news/2017/04/19/green-party-calls-for-votes-at-16-in-june-election/>
2. <https://www.greenparty.org.uk/news/2017/04/18/green-party-we-will-make-history-in-bristol-west/>

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