

ONLINE WORK RELATED MUSCULOSKELETAL DISORDERS TRAINING

In this comprehensive guide, we'll equip you with the knowledge and skills needed to recognize, assess, and control the risks associated with work related MSK disorders, focusing on key topics including work-related upper limb disorders (WRULDs), manual handling, hazards and controls for load-handling aids and equipment, requirements for lifting operations, and periodic inspection and examination/testing of lifting equipment.

Course Benefits

- It helps you to better understand the Work Related Musculoskeletal Disorders risks and hazards of working at any industry or workplace.
- You'll learn to recognize and address ergonomic risks, reducing the likelihood of musculoskeletal injuries.
- This training helps you stay compliant with regulations and guidelines for safe workplace culture.
- This is more cost-effective than in-person training as it eliminates the need for travel and lose work hours.
- Paves a way to start career in health and safety sector.
- You'll get course completion certificate to prove your competency of work at heights activities.



Who can take this course?

Irrespective of the organization and sector, whether you're an employee, a manager, or a freelancer, if you're looking to know about Work Related Musculoskeletal Disorders and protect yourself being injured while working, this course is for you. Including:

- Workers
- Supervisors
- Team leaders
- Managers
- Owners who cares about their employees' health and safety.

Career Opportunities

- Occupational Health and Safety Officer
- Human Resources Specialist
- Employee Assistance Program (EAP) Coordinator
- Health and Wellness Coach
- Training and Development Specialist

Course Syllabus

Work-related upper limb disorders

- Meaning of musculoskeletal disorders and work-related upper limb disorders (WRULDs)
- Possible ill-health conditions from poorly designed tasks and workstations
- Avoiding/minimising risks from poorly designed tasks and workstations by considering:
 - task (including repetitive, strenuous)
 - environment (including lighting, glare)
 - equipment (including user requirements, adjustability, matching the workplace to individual needs of workers).

Training Methodology

Online / e-Learning

Training Duration

4 Learning Hours

Final Assessment

Multiple choice questions

Course Completion Certificate

Yes, after successful completion of Final Assessment

Course registration link

<https://www.oyetrade.com/Work-related-musculoskeletal-disorders.php>

Manual handling

- Common types of manual handling injury
- Good handling technique for manually lifting loads
- Avoiding/minimising manual handling risks by considering the task, the individual, the load and the working environment.

Load-handling equipment

- Hazards and controls for common types of load-handling aids and equipment: sack trucks and trolleys; pallet trucks; people-handling aids; fork-lift trucks; lifts; hoists for loads and people; conveyors and cranes
- Requirements for lifting operations:
 - strong, stable and suitable equipment
 - positioned and installed correctly
 - visibly marked with safe working load
 - lifting operations are planned, supervised and carried out in safe manner by competent persons
 - special requirements for lifting equipment used for lifting people
- Periodic inspection and examination/testing of lifting equipment.

Further Progression

[Online Physical and Mental Health at Work Training](#)

Prerequisites

None

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