

Further resources

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Musculoskeletal health in the workplace webinar recording - HSWG
Musculoskeletal disorders guidance - HSE
Managing health and safety at work - HSE
The Chartered Institute of Ergonomics and Human Factors
Ergonomics and human factors at work - HSE
Toolkit for MSDs - HSE
Musculoskeletal disorders at work - HSE
MSK Aware
Back or neck care advice - BackCare
National Obesity Forum
Moving and handling in health and social care - HSE
Occupational diseases - HSE
RIDDOR - Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013
Manual Handling Operations Regulations 1992 - HSE
Manual handling assessment charts (MAC) tool
Risk assessment of pushing and pulling (RAPP) tool
Assessment of Repetitive Tasks (ART) tool - HSE
Variable manual handling assessment chart (V-MAC) tool - HSE
Return to work after long-term absence - CIPD
IOSH: Hands on - Preventing work-related upper limb disorders