



KEY STATISTICS



6.6 million

Working days lost due to MSDs each year



33%

Of all work-related ill health cases are



£7.7 billion

Annual cost of MSDs to the UK economy



20%

Of MSDs caused by manual handling

STEP-BY-STEP GUIDE

1

T — Task

Assess what the task involves: distance, height, frequency, posture required



2

I — Individual

Consider the person's capability, fitness, health conditions, pregnancy



3

L — Load

Check weight, size, shape, stability, sharp edges, grip points



4

E — Environment

Assess floor surface, space, lighting, temperature, obstacles

