

## **Musculoskeletal disorders (MSDs)**

Work-related musculoskeletal disorders (MSDs) are one of the most commonly reported causes of occupational ill health in Great Britain



# Manual handling

## Manual handling at work: A brief guide

### Entry level guidance

The leaflet provides useful practical advice on reducing the risk of injury from manual handling. It will help employers to comply with their duties under the Manual Handling Operations Regulations 1992.

INDG143 | 9780717667321 | (Pack of 5) £7.50 | [www.hse.gov.uk/pubns/indg143.htm](http://www.hse.gov.uk/pubns/indg143.htm)

## Making the best use of lifting and handling aids

### Entry level guidance

Frequent heavy lifting and handling can cause back injuries. However, using lifting and handling aids can remove or reduce that risk and keep workers healthy and at work.

INDG398 | [www.hse.gov.uk/pubns/indg398.pdf](http://www.hse.gov.uk/pubns/indg398.pdf)

## Manual handling assessment charts (the MAC tool)

### Risk assessment tool

The Manual Handling Assessment Charts (MAC) is a tool to help users identify high-risk workplace manual handling activities. Employers and safety representatives can use the tool to assess the risks posed by lifting, carrying and team manual handling activities.

INDG383 | 9780717667109 | (Pack of 5) £7.50 | [www.hse.gov.uk/pubns/indg383.htm](http://www.hse.gov.uk/pubns/indg383.htm)

## Risk assessment of pushing and pulling (RAPP) tool

### Risk assessment tool

The RAPP tool will help you identify high-risk pushing and pulling operations and check the effectiveness of any risk-reduction measures. For each type of assessment there is a flow chart, an assessment guide and a score sheet.

INDG478 | 9780717666577 | (Pack of 5) £7.50 | [www.hse.gov.uk/pubns/indg478.htm](http://www.hse.gov.uk/pubns/indg478.htm)

## Full manual handling risk assessment: Examples of assessment checklists

### Risk assessment checklists

If manual handling cannot be avoided and your MAC/RAPP tool assessment is not suitable and sufficient, you need to carry out a full risk assessment. These checklists for lifting and carrying and pushing and pulling will help you do that.

CK5 | [www.hse.gov.uk/pubns/ck5.pdf](http://www.hse.gov.uk/pubns/ck5.pdf)

## Manual handling. Manual Handling Operations Regulations 1992. Guidance on Regulations

### Legal guidance

The guidance explains how to avoid, assess and reduce the risk of injury from manual handling. It contains risk filters to help you identify those tasks that don't require a detailed assessment.

L23 | 9780717666539 | £18.00 | [www.hse.gov.uk/pubns/books/l23.htm](http://www.hse.gov.uk/pubns/books/l23.htm)

# Upper limb disorders

## Managing upper limb disorders in the workplace: A brief guide

### Entry level guidance

This guide describes what you, as an employer, need to do to protect your employees from the risk of injury and ill health from upper limb disorders (ULDs) in the workplace. ULDs include aches and pains in the neck, shoulders, arms, wrists, hands and fingers.

INDG171 | [www.hse.gov.uk/pubns/indg171.pdf](http://www.hse.gov.uk/pubns/indg171.pdf)

## Assessment of repetitive tasks of the upper limbs (the ART tool)

### Risk assessment tool

The assessment of repetitive tasks (ART) tool is designed to help you risk assess tasks that require repetitive moving of the upper limbs (arms and hands). It helps you to assess some of the common risk factors in repetitive work that contribute to the development of upper limb disorders (ULDs).

INDG438 | 9780717663934 | (Pack of 5) £5.00 | [www.hse.gov.uk/pubns/indg438.pdf](http://www.hse.gov.uk/pubns/indg438.pdf)

## Upper limb disorders in the workplace

### Reference guidance

This guidance is for managers with responsibility for workers at risk of developing upper limb disorders. It explains the often hidden hazards and risks and how to successfully control them.

HSG60 | 9780717619788 | £20.00 | [www.hse.gov.uk/pubns/books/hsg60.htm](http://www.hse.gov.uk/pubns/books/hsg60.htm)

# Display screen equipment

## Working with display screen equipment (DSE): A brief guide

### Entry level guidance

This leaflet provides guidance to employers on complying with the Health and Safety (Display Screen Equipment) Regulations 1992. It explains what employers may need to do to protect their employees from any risks associated with display screen equipment (DSE), e.g. computers and laptops.

INDG36 | 9780717664726 | (Pack of 5) £5.00 | [www.hse.gov.uk/pubns/indg36.htm](http://www.hse.gov.uk/pubns/indg36.htm)

## Display screen equipment (DSE) workstation checklist

### Risk assessment checklist

This checklist can be used by employers who need to comply with the Health and Safety (Display Screen Equipment) Regulations 1992. It can be used as an aid to risk assessment and to help comply with the Schedule to the regulations.

CK1 | 9780717665211 | (Pack of 5) £12.50 (£15.00 inc. VAT) | [www.hse.gov.uk/pubns/ck1.pdf](http://www.hse.gov.uk/pubns/ck1.pdf)

## Work with display screen equipment. Health and Safety (Display Screen Equipment) Regulations 1992. Guidance on Regulations

### Legal guidance

Comprehensive guidance on how to comply with the DSE regulations.

L26 | 9780717625826 | £18.00 | [www.hse.gov.uk/pubns/books/l26.htm](http://www.hse.gov.uk/pubns/books/l26.htm)

# Training

HSE is unlike any other training provider. Our training is built around current real-world expertise and is fully aligned with the requirements of the regulator.

All of our training courses are delivered by scientists and health and safety experts who work in research and investigations every day, for the benefit of industry and government.

## NEBOSH HSE Certificate in Manual Handling Risk Assessment

A one-day qualification, based on HSE's best practice guidance and tools. This course will equip you with the knowledge to help recognise, assess and reduce manual handling risks in your organisation.

Visit [www.nebosh.org.uk](http://www.nebosh.org.uk) for more information

## Musculoskeletal Disorders (MSD) Assessment

This course will equip you with the knowledge and tools to recognise, assess and reduce musculoskeletal disorders risks (manual handling and upper limb disorders) in your organisation. The training covers the suite of MSD risk assessment approaches including:

- The Manual Handling Assessment Charts (MAC tool) for lifting, carrying and team handling tasks.
- The Risk Assessment for Pushing and Pulling (RAPP tool) for pushing/pulling tasks.
- The Assessment of Repetitive Tasks (ART tool) for upper limb intensive activities such as packaging, manufacturing, food preparations, etc.

These tools will help you understand and prioritise levels of risk of known ergonomics risks factors associated with manual tasks. Visit [solutions.hse.gov.uk](http://solutions.hse.gov.uk) for more information.

For more information on these training courses and how to book:

[solutions.hse.gov.uk](http://solutions.hse.gov.uk)

# MSD Digital Online Assessment Tool (Free and Premium Options Available)

Combines the popular MSD assessment guides MAC, ART and RAPP and transforms them into an all-in-one digital solution.

Employers can use the MSD tool to easily assess the risks posed by physical, strenuous activities. The assessor can then understand, interpret, categorise and communicate the level of risk. It has been designed to simplify the process of completing each assessment, with a logical step by step approach, saving your assessors time in populating the results manually.

The tool also includes:

- The option to tailor and set demographics to fit your company structure.
- The use of a bespoke mobile app to complete the assessments offline.
- An easy to use and fully GDPR compliant system that stores all tasks and assessments completed
- Comprehensive report for the whole organisation so you can identify priority areas.

Start using the free digital assessments:

- MAC Tool: [sds.hsl.gov.uk/survey/mactoolfree](http://sds.hsl.gov.uk/survey/mactoolfree)
- ART Tool: [sds.hsl.gov.uk/survey/artoolfree](http://sds.hsl.gov.uk/survey/artoolfree)
- RAPP Tool: [sds.hsl.gov.uk/survey/rappoolfree](http://sds.hsl.gov.uk/survey/rappoolfree)



Register for our next live webinar demoing the MSD Tool

[books.hse.gov.uk](http://books.hse.gov.uk)

# HSE's musculoskeletal guidance and training

Knowing what guidance to follow isn't always straightforward, so you can use this signposting chart to help you choose what is best for your organisation.

Topic	Entry level	Risk assessment level	Legal guidance/reference level	Training
<b>Manual handling</b>	<p><b>Manual handling at work: A brief guide</b> INDG143 Available in print and online <a href="http://www.hse.gov.uk/pubns/indg143.htm">www.hse.gov.uk/pubns/indg143.htm</a> 9780717667321</p> <p><b>Making the best use of lifting and handling aids</b> INDG398 Available online <a href="http://www.hse.gov.uk/pubns/indg398.pdf">www.hse.gov.uk/pubns/indg398.pdf</a></p>	<p><b>Manual handling assessment charts (the MAC tool)</b> INDG383 Available in print and online <a href="http://www.hse.gov.uk/pubns/indg383.htm">www.hse.gov.uk/pubns/indg383.htm</a> 9780717667109</p> <p><b>Risk assessment of pushing and pulling (RAPP) tool</b> INDG478 Available in print and online <a href="http://www.hse.gov.uk/pubns/indg478.htm">www.hse.gov.uk/pubns/indg478.htm</a> 9780717666577</p> <p><b>MSD Digital online assessment tool</b> Online tool designed to simplify the process of completing assessments <a href="http://books.hse.gov.uk/MSD-Assessment-Tool">books.hse.gov.uk/MSD-Assessment-Tool</a></p>	<p><b>Manual handling. Manual Handling Operations Regulations 1992. Guidance on Regulations</b> L23 Available in print and online <a href="http://www.hse.gov.uk/pubns/books/l23.htm">www.hse.gov.uk/pubns/books/l23.htm</a> 9780717666539</p>	<p><b>NEBOSH HSE Certificate in Manual Handling Risk Assessment</b> A one-day qualification, based on HSE's best practice guidance and tools. This course will equip you with the knowledge to help recognise, assess and reduce manual handling risks in your organisation.  Visit <a href="http://www.nebosh.org.uk">www.nebosh.org.uk</a> for more information</p> <p><b>Musculoskeletal Disorders (MSD) Assessment</b> This course will equip you with the knowledge and tools to recognise, assess and reduce musculoskeletal disorders risks (manual handling and upper limb disorders) in your organisation. The training covers the suite of MSD risk assessment approaches including:</p> <ul style="list-style-type: none"> <li>■ The Manual Handling Assessment Charts (MAC tool) for lifting, carrying and team handling tasks.</li> <li>■ The Risk Assessment for Pushing and Pulling (RAPP tool) for pushing/pulling tasks.</li> <li>■ The Assessment of Repetitive Tasks (ART tool) for upper limb intensive activities such as packaging, manufacturing, food preparations, etc.</li> </ul> <p>These tools will help you understand and prioritise levels of risk of known ergonomics risks factors associated with manual tasks. Visit <a href="http://solutions.hse.gov.uk">solutions.hse.gov.uk</a> for more information.</p>
<b>Upper limb disorders (ULDs)</b>	<p><b>Managing upper limb disorders in the workplace: A brief guide</b> INDG171 Available online <a href="http://www.hse.gov.uk/pubns/indg171.htm">www.hse.gov.uk/pubns/indg171.htm</a></p>	<p><b>Assessment of repetitive tasks of the upper limbs (the ART tool)</b> INDG438 Available in print and online <a href="http://www.hse.gov.uk/pubns/indg438.pdf">www.hse.gov.uk/pubns/indg438.pdf</a> 9780717663934</p> <p><b>MSD Digital online assessment tool</b> Online tool designed to simplify the process of completing assessments <a href="http://books.hse.gov.uk/MSD-Assessment-Tool">books.hse.gov.uk/MSD-Assessment-Tool</a></p>	<p><b>Upper limb disorders in the workplace</b> HSG60 Available in print and online <a href="http://www.hse.gov.uk/pubns/books/hsg60.htm">www.hse.gov.uk/pubns/books/hsg60.htm</a> 9780717619788</p>	
<b>Display screen equipment (DSE)</b>	<p><b>Working with display screen equipment (DSE): A brief guide</b> INDG36 Available in print and online <a href="http://www.hse.gov.uk/pubns/indg36.htm">www.hse.gov.uk/pubns/indg36.htm</a> 9780717664726</p> <p><b>Working with Display screen equipment (DSE) at home</b> <a href="http://www.hse.gov.uk/msd/dse/home-working.htm">www.hse.gov.uk/msd/dse/home-working.htm</a></p> <p><b>NEW - Good posture when using display screen equipment</b> <a href="http://www.hse.gov.uk/msd/dse/good-posture.htm">www.hse.gov.uk/msd/dse/good-posture.htm</a></p>	<p><b>Display screen equipment (DSE) workstation checklist</b> CK1 Available in print and online <a href="http://www.hse.gov.uk/pubns/ck1.htm">www.hse.gov.uk/pubns/ck1.htm</a> 9780717665211</p>	<p><b>Work with display screen equipment. Health and Safety (DSE) Regulations 1992. Guidance on Regulations as amended by the Health and Safety (Miscellaneous Amendments) Regulations 2002</b> L26 Available in print and online <a href="http://www.hse.gov.uk/pubns/books/l26.htm">www.hse.gov.uk/pubns/books/l26.htm</a> 9780717625826</p>	
<b>Homeworkers</b>	<p><b>Homeworking The basics for employers</b> <a href="http://www.hse.gov.uk/home-working/index.htm">www.hse.gov.uk/home-working/index.htm</a></p>	<p><b>Working with Display screen equipment (DSE) at home</b> <a href="http://www.hse.gov.uk/msd/dse/home-working.htm">www.hse.gov.uk/msd/dse/home-working.htm</a></p>		



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