



# Understanding Musculoskeletal Disorders (MSDs)

With the average total cost of a Musculoskeletal Disorder injury rising to over \$13,400, you can't afford to ignore aches and pains in your workplace.

## **Program Includes:**

- Video or DVD
- Administrative Materials
- Software Templates
- PowerPoint Presentation
- 5 Employee Handbooks

**Video Length:** 12 minutes

- Closed Captioned
- Available in Spanish

Blue Prints for Safety  
www.utahsafetycouncil.org

## **PROGRAM OVERVIEW:**

This all-new program is designed to educate you on how to implement an effective and comprehensive system for identifying and reducing the risk of MSDs in your workplace. The program emphasizes the importance of early reporting of MSDs so that employee reports of pain and discomfort can be addressed simply and inexpensively.

## **YOUR EMPLOYEES WILL LEARN:**

- Definition of MSDs
- Signs and symptoms of common MSDs
- Risk factors of MSDs
- Ways to reduce and avoid the risks of MSDs
- Importance of early reporting

## **PROGRAM CONTENTS:**

- Step-by-step Instructions for How to Develop Your Musculoskeletal Disorder Prevention Program
- Written Program Template
- Understanding MSDs Written Program
- Recordkeeping Forms:

*Workstation Evaluation Form*

*MSD Hazard Control Worksheet*

*Health Care Professional (HCP) Cover Letter*

*Physical Requirements Evaluation*

*MSD Program Evaluation*

*Understanding MSDs Training Record*