

PREVENTING OCCUPATIONAL OVERUSE INJURY

Program Aim

To provide staff with the knowledge and skills to set up their work stations correctly and take the necessary steps to prevent the development of occupational overuse injury when working with computers

Program Objectives

At the end of this session, participants will be able to:

1. Demonstrate correct workplace adjustment for working with computers
2. Adopt safe work practices and posture when working with computers
3. Recognise the warning signs for occupational overuse injury and the need for early reporting
4. Outline treatment options and rehabilitation process for occupational overuse injury

Program Outline

1. Workplace Adjustment And VDU's
2. Work Practices With Computers
3. Workplace Assessment
4. What Is Occupational Overuse Injury?
5. Signs And Symptoms Of Overuse Injury
6. Reporting Overuse Symptoms At Work
7. Treatment For Overuse Injury
8. Rehabilitation And Injury Management Plan
9. Further Reading And Information