

Workplace Health and Safety Queensland

PERforM

Information for managers and organisations

Aim of session

- How to involve your own people in solving manual task problems



Musculoskeletal disorders (MSD)

What is the impact of musculoskeletal disorders on your organisation?

What is your organisation doing?

- Is it eliminating or reducing musculoskeletal disorders?
- Opportunities for improvement?

What is PErforM?

- Participative Ergonomics for Manual tasks.
- Simplified manual task risk management program.
- Based on a participative ergonomics approach.
- Internationally recommended approach for reducing musculoskeletal disorders.

PERforM elements



Adapted from P.Vink et al. (2006). Applied Ergonomics. 537-546.

Benefits of participative ergonomics approach

- A positive impact on musculoskeletal symptoms, **reducing injuries and workers compensation claims** and a reduction in lost days from work or sickness absence.
- **Higher returns on investment** are produced by companies who place workers at the core of their strategies

Potential benefits for your organisation

- Improved productivity
- Effective controls
- Ownership of controls
- Improved safety culture
- Improved communication

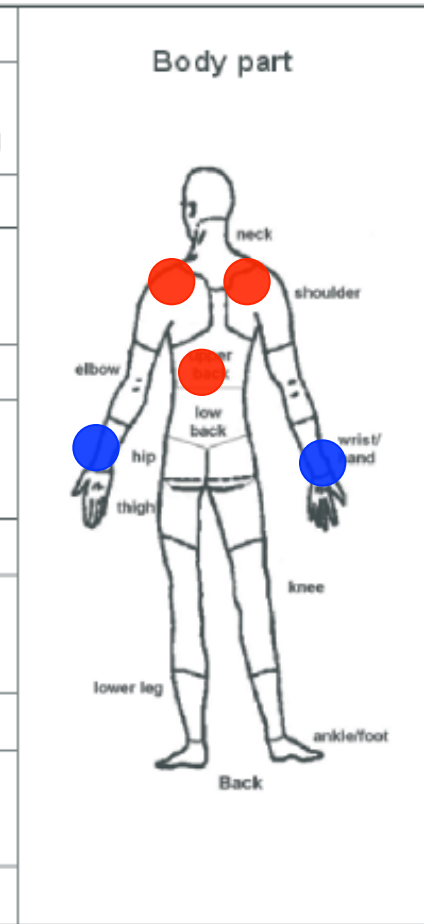
The legislation

- Regulation
 - hazardous manual tasks, chapter 4, section 4.2
- Code of practice
 - Hazardous Manual Tasks code of practice
 - Queensland Manual Tasks Involving the Handling of People code of practice

Risk factors

Body map

Exertion				
1 No effort	2	3 Moderate force & speed	4	5 Maximum force or speed
Awkward posture				
1 All postures neutral	2	3 Moderately uncomfortable	4	5 Very uncomfortable
Vibration				
1	2	3 Moderate	4	5 Extreme
Duration				
1 < 10 minutes	2 10 – 30 min	3 30 min – 1 hr	4 1 – 2 hrs	5 > 2 hrs
Repetition				
1 No repetition	2	3 cycle time < 30 s	4	5 cycle time < 10 s



PERforM resources

- PERforM presentations for managers/ trainers and work teams.
- PERforM frequently asked questions handout.
- Resource manual.
- Participative ergonomics for manual tasks handbook.
- Workplace Health and Safety Queensland support.
- Web based information.

PERforM – keys to success

- Management commitment.
- Integrated into management systems.
- Site champion.
- Workforce participation.
- Good communication.
- Achievable goals.

Where to from here?

- Can you afford to do nothing different?
- Decide if your workplace would like to use the PErforM program.
- Develop a plan of action.
- Contact patricia.zavisky@justice.qld.gov.au

More information

- Visit www.worksafe.qld.gov.au
- Phone Infoline 1300 369 915