

Tip 19 - Download MSD Score Form

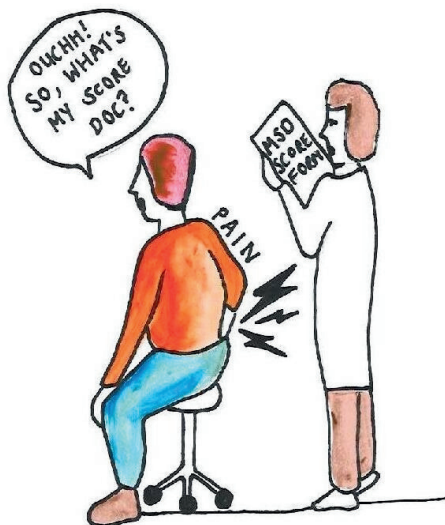
'Gareth, on the last Tip, you told us to ditch the tools. And now you're telling us to use your Expert, innovative, new, of added-value'

Me ...*'Are you going to say 'tool'? You are? Ok, I don't class it as a 'tool'. More a Score Form!*

Firstly to download our Musculoskeletal Disorder (MSD) Score Form you have to be *LinkedIn* connected with me. If you don't have a *LinkedIn* account it is free and simple to set up. You will find me on:

<https://uk.linkedin.com/in/gareth-milner-osteopathic-solutions>

Check out *Tip 44* for other 'added-value' reasons to connect with me on *LinkedIn*. Once I have accepted your invitation to connect (or maybe I invited you!) just message me via *LinkedIn* and I will send you the Download URL link for our Musculoskeletal Disorder (MSD) Score Form. If you are already *LinkedIn* connected with me (then you lucky Boy or Girl! You received your copy of *Sorry! We're Closed* free didn't you?*), just message me via *LinkedIn* and I will send you the Download URL link.**



*A Winning Feeling there!

**The Download URL is part of the dark web, as you won't find it on our website ... that dark web statement was a joke => as that's a pretty dark place, you know.

Now let's remind ourselves what MSDs are

Musculoskeletal Disorders (MSDs) are injuries or pain in the body's joints, ligaments, muscles, tendons and nerves.

Ok, what's this MSD Score Form all about? It works rather like the MAC Tool.

'Gareth, didn't you say on the last tip that the MAC Tool was a load of rubbish?'

My answer ... *'Well overall yes, but it does have a good format.'*

And I have used that 'good format' with our MSD Score Form. It has 6 pages with page 1 for writing the employee's name; the date of their Manual Handling Training and states 'How to complete the MSD Score'. Basically you give the Form to the employee the day before they receive Manual Handling Training. For the following regions of their body, they score between 0-10 for the levels of pain they are receiving:

- Neck
- Upper Back
- Mid Back
- Lower Back
- Left/ Right Shoulder, Arm, Wrist
- Left/ Right Hip, Knee, Ankle

They (or you) then total their score. Regarding the levels of pain:

0-2 = Zero pain to moderate ache*.

3-5 = More consistent ache, possibly sharp on movement. Person may have need to take Nonsteroidal Anti-Inflammatory Drugs (NSAIDs) like Ibuprofen.

*The level of pain most people presented to me in Clinic. Mine was 9 :.(

6-7 = Pain is much more consistent. Can be experienced all the time. A deep ache, possibly burning. Pain is consistently sharp on movement. Stronger NSAIDs like Diclofenac and Codeine based pain killers are most likely taken.

8-10 = 8 is constant, severe pain with medications like Tramadol and Naproxen taken. 9-10 is agony, on a long NHS waiting list for surgery (or hopefully a body part transplant).

The 6 pages of the Score Form (stapled together) are then kept in their personal file (nothing wrong with being old school!). On the next Manual Handling Training date the same procedure is repeated; and so on, with future Training dates.

The MSD Score Form is there to aid you in seeing whether your Manual Handling Risk Management is working, or not. Of course there are so many factors. I repeat ... so many. That render the MSD Score Form not exactly a scientifically put together 'Tool'. Oh sh@t, I said that word. But if I was in your role, I would find it very useful.

Picture this. You are a Manual Handling Risk Management Expert, maybe even a Guru. You have performed Business wide (remarkable) Manual Handling Risk Assessments; delivered Training to all employees both in a Digital format (see *Tip 29*) and practically in a Bespoke, onsite Programme (see *Tip 26*). You have promoted a communication culture (see next *Tip*) and championed your own Team (see *Tip 21*). You have equipped your workforce (see *Tip 31*) and programmed your Occupational Health (see *Tips 32-39*). You have kicked Manual Handling's ass so much that you sit at your next Management meeting feeling relaxed, confident, perhaps a little smug (I think sometimes this is perfectly fine). You stand in front of the Management suits, clicking your Kensington Wireless Presenter that presents 'Manual Handling Statistics'.

2nd click *Zero Musculoskeletal Disorders reported*

3rd click *Zero Average Score on MSD Score Form*

4th click *Zero Manual Handling Lost Time Accidents*

5th click *Zero RIDDOR Reports*

6th click *Zero £s paid out in Injury at Work Claims*

You then say with a smile to the Management suits ...

'Perhaps another 'Zero' on my pay packet?'

To-do List

- Become an Expert in Musculoskeletal Disorders. Achieve this by re-reading the very first *Tip ... Educate yourself about Musculoskeletal Disorders*
- After you have done this, you will find limitless information by opening a *Google* page. Go to <https://google.com/> your MSD encyclopedia!