

In Great Britain, musculoskeletal disorders account for **44% of all work-related ill-health**, causing an estimated 9.5 million lost working days in 2014/15, with an average of 17 days lost per case.

As an employer, you really need to know this:

"Employers are legally bound by the Health and Safety (DSE- Display Screen Equipment) Regulations 1992, to protect their employees from the risks associated with sitting for long periods in front of a computer screen, risks including musculoskeletal disorders such as RSI."

A DSE user is 'someone who works at a computer most days, for continuous periods of an hour or more' - so that pretty much covers everyone. What's more, this law applies even if you only have one member of staff.

If an employee makes a complaint about RSI or any other work-related disorder, and they've never had a risk assessment carried out, they can bring a claim against their employer.

Try googling 'RSI Compensation' and you'll find many companies

offering a 'No win No fee' service to help you make a claim against your employer. They tell you 'not to worry', 'it couldn't be easier' and 'your employer has liability insurance that'll cover it.'

We asked Tracy Dixon-Maynard of Positura how employers could avoid being on the receiving end of expensive legal action, she told us:

"The minimum that we offer is our Level 1 DSE Risk Assessment to comply with legislation. This evaluates:

Display screens, office furniture, computer equipment, lighting and noise plus appropriate training in use of software. You will receive a completed DSE assessment form highlighting any areas of concern along with recommendations, which could be as simple as raising the monitor or adjusting an office chair.

As a qualified chiropractor, however, I recommend a full ergonomic health assessment

to help prevent the onset of musculoskeletal pain, or to help someone who is already suffering with it.

As an employer, you will benefit by reducing staff absence due to work-related illness, increase productivity and have happy, healthy staff."

Positura are happy to provide a free ergonomic or health assessment. Please contact Tracy on **07794 311201** for more information or visit www.positura.co.uk

