

BEST PRACTICE

LOCATION:	Quarry	ARTICLE YEAR:	2006
ACTIVITY:	Occupational Health	COMPANY:	Bardon Aggregates
SUB ACTIVITY:	N/A	COMPANY LOCATION:	Colemans Quarry, Somerset
BEST PRACTICE No:	BP345	COMPANY TEL:	01373 836401
COUNTRY OF ORIGIN:	United Kingdom		

TITLE

Musculoskeletal assessments for each employee

ARTICLE

After three cases of back injury at this site, a physiotherapist was consulted, who suggested that the problem lay not in the tasks themselves but in the lack of a warm-up before they were carried out. It was felt that a generic warm-up routine for all employees would not be adequate, so the physiotherapist gave each individual a musculoskeletal assessment to identify existing joint and muscle problems where injury could occur. Each employee was given advice on how to prevent further damage and also how to strengthen weak areas. The process was carried out not only with those employees in physical jobs, but also office weighbridge staff, who could suffer from postural problems and repetitive strains.

A major contributory factor to injury is dehydration as the muscles and joints become less flexible. To address this, more water dispensers have been installed across the site.

ARTICLE IMAGES

