

# The art of managing repetitive tasks (ART tool)

IOSH Food and Drink Group practical workshops

Supported by the Health and Safety Executive

15 February 2011: The Falkirk Wheel, Lime Road, Tamfourhill, Falkirk, FK1 4RS

16 February 2011: Haydock Park Racecourse, Newton-le-Willows, Merseyside, WA12 0HQ

17 February 2011: Gloucestershire County Cricket Club, The County Ground, Nevil Road, Bristol, BS7 9EJ

10.00–15.00

Musculoskeletal disorders (MSDs) are the biggest cause of occupational ill health in the UK. Forty per cent of all MSDs involve the upper limbs and neck. Nationally, 1 in every 10 days of work lost is due to upper limb disorder pain. The assessment of repetitive tasks is a serious issue, and attendance at this workshop will help you become more knowledgeable and confident in deploying the Assessment of Repetitive Tasks (ART) tool at your premises. These workshops are delivered by experts from the Health and Safety Executive and Health and Safety Laboratory.

Repetitive, hand-intensive tasks are typically found in food and drink production, processing, packaging, packing and sorting work. This practical workshop will focus on the HSE's new assessment tool for such tasks. The Assessment of Repetitive Tasks tool (ART) builds on the success of the quick and easy-to-use Manual Handling Assessment Chart (MAC) tool. ART highlights key upper limb disorder risk factors by assessing four categories of risk: frequency, force, posture and breaks/duration. It's quick and simple to use and provides a risk score for each task.

## Who should attend?

This event is ideal for:

- factory directors, managers, supervisors and charge hands in the food and drink manufacturing sector
- machinery procurement staff
- health and safety practitioners
- consultants
- ergonomists.

## What you'll learn

After attending this practical event, you'll:

- be familiar with the risk factors associated with upper limb disorders
- understand how to use the HSE's ART tool with confidence
- have greater awareness of the importance and effects of upper limb disorders
- be aware of the sensible workplace precautions you can take to minimise the risk of upper limb disorders caused or made worse by work.

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the heart of  
health and safety



# Programme

- 10.00 Registration
- 10.30 Introduction and welcome
- 10.45 Introduction to occupational health and upper limb disorders, including some statistics and information on how upper limb disorders occur
- 11.15 Key risk factors – what are the causes, and what should you look out for in job design?
- 11.50 Introduction to the ART tool – how it works and a walk-through case study
- 12.30 Lunch
- 13.10 ART case study 1 – video and practical session
- 13.40 ART case study 2 – video and practical session
- 14.10 Risk reduction, including methods
- 14.30 Questions and answers
- 15.00 Close

# Registration form

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### Seminar fees:

Book before 4 January and save 2.5%

Before 4 January 2010

IOSH members – £45.00 + VAT (£7.88) = £52.88

Non-members – £55.00 + VAT (£9.63) = £64.63

After 4 January 2010

IOSH members – £45.00 + VAT (£9.00) = £54.00

Non-members – £55.00 + VAT (£11.00) = £66.00

The fee includes lunch and refreshments.

### Please show how you want to pay:

cheque (made payable to 'IOSH Services Limited')

payment card (fill in details below)

*We need to receive your payment at least five working days before the event.*

*We can't issue invoices for this event, so please don't send purchase orders.*

Please charge my payment card £

Delete as appropriate: Visa/MasterCard/Eurocard/Switch/Maestro

Card no

Security code (last three digits on back of card)

Valid from date

Expiry date

Switch/Maestro issue no

Signature of cardholder

Registered cardholder's address

Postcode

Is this a:  personal payment?  company payment?

Please send this form and your payment by **08 February 2011** to:

Kat Wright, Networks and International Directorate, IOSH, The Grange, Highfield Drive, Wigston, Leicestershire, LE18 1NN, UK

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# Registration form

## The art of managing repetitive tasks (ART tool)

Title	Full name
Job title	
Organisation	
Correspondence address: business/home ( <i>delete as applicable</i> )	
	Postcode
Phone	
Fax	
email	
Are you a member of IOSH? Yes/No	Membership number
Please tell us about any dietary or other requirements you have	

Which event would you like to attend?

- 15 February (Falkirk)    16 February (Merseyside)    17 February (Bristol)

How did you initially hear about this event?

- Connect*    *Connect diary*    website    mail-out    *SHP*  
 Twitter    'Last chance to book' email    other: .....

Please photocopy this form to register more delegates.

**We can't accept bookings after 08 February 2011.**

### Acknowledgment

When we receive your booking form and payment, we'll send you an acknowledgment.

### Cancellations

All Networks events are non-refundable.

All information in this programme was correct at the time it was produced. IOSH reserves the right to make changes as necessary.

We won't share your details with any other organisation, but we'll hold them in a database so that we can tell you about forthcoming events or give you other information that you may find interesting. If you do NOT want to receive this information, please tick the box.

We may send you occasional email updates about our activities. If you'd prefer NOT to receive these emails, please tick the box.