

The art of managing repetitive tasks

IOSH Food and Drink Group practical half-day workshops

Supported by the Health and Safety Executive

20 July 2010: Leeds United FC, 247 Elland Road, Churwell, Leeds, LS11 0ES

21 July 2010: Leicester Tigers RUFC, Aylestone Road, Leicester, LE2 7TR

22 July 2010: Windsor Racecourse, Maidenhead Road, Windsor, SL4 5JJ

Musculoskeletal disorders (MSDs) are the biggest cause of occupational ill health in the UK. Forty per cent of MSDs involve the arms and neck. Nationally, one in every 10 days lost to ill health is due to pain caused by upper limb disorders. Assessing repetitive tasks is a serious issue, and this workshop, run by experts from the HSE and HSL, will help you to become more knowledgeable and confident in using the Assessment of Repetitive Tasks (ART) tool in your workplace.

ART is the HSE's new assessment tool for repetitive, hand-intensive work. It builds on the success of the quick and easy to use MAC tool. ART highlights the risk factors for key upper limb disorders 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.

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 to assess these risks
- 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? What should you look out for in job design?
- 11.50 **Introduction to the ART tool**
How ART 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**
Examples of risk reduction methods
- 14.30 **Questions and answers**
- 15.00 Close

Registration form

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Seminar fees:

IOSH members: £45 + VAT (£7.88) = £52.88

Non-members: £55 + VAT (£9.63) = £64.63

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 13 July 2010** to:

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Registration form

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Title	Full name
Job title	
Organisation	
Correspondence address: business/home (delete as applicable)	
	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?

- 20 July (Leeds) 21 July (Leicester) 22 July (Windsor)

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 13 July 2010.

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.