

Further resources

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Musculoskeletal health in the workplace webinar recording - HSWG  
Musculoskeletal disorders guidance - HSE  
Managing health and safety at work - HSE  
The Chartered Institute of Ergonomics and Human Factors  
Ergonomics and human factors at work - HSE  
Toolkit for MSDs - HSE  
Musculoskeletal disorders at work - HSE  
MSK Aware  
Back or neck care advice - BackCare  
National Obesity Forum  
Moving and handling in health and social care - HSE  
Occupational diseases - HSE  
RIDDOR - Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013  
Manual Handling Operations Regulations 1992 - HSE  
Manual handling assessment charts (MAC) tool  
Risk assessment of pushing and pulling (RAPP) tool  
Assessment of Repetitive Tasks (ART) tool - HSE  
Variable manual handling assessment chart (V-MAC) tool - HSE  
Return to work after long-term absence - CIPD  
IOSH: Hands on - Preventing work-related upper limb disorders