



SUBJECT: It shouldn't be a pain in the neck!

RECIPIENTS: All Council Services (including schools)

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Upper limb disorders (ULDs) affect the arms - from fingers to shoulder - and neck. They are often called repetitive strain injuries (RSI), cumulative trauma disorder or occupational overuse syndrome.

Symptoms could include stiffness or pain from joints; the inability to straighten or bend those joints; aches and pains; tenderness; weakness; tingling, numbness; cramp; and swelling to muscles of the arms or the neck. These symptoms may suggest overuse or damage to the limb or some underlying condition, and may be caused by, or aggravated by:

- Repetitive work
- Uncomfortable working postures
- Carrying out a task for a long period of time
- Poor working environment and organisation (e.g. temperature, lighting and work pressure, job demands, work breaks or lack of them)
- Individual differences and susceptibility (some workers are more affected by certain risks)



The way the work is organised and managed can make a significant contribution to reducing the risk of ULDs as well as making them worse. Workers may be more likely to suffer an upper limb problem if exposed to more than one risk factor.

One common cause of ULDs within the workplace is a result of the incorrect or prolonged use of Display Screen Equipment (DSE). The [Health and Safety \(Display Screen Equipment\) Regulations 1992](#) aim to protect workers health from the adverse effects of poor DSE workstation equipment, working practices or set-up.

Within LCC we aim to control the risks from using DSE equipment by providing:

- Lincs2Learn [Display Screen Equipment](#) e-learning
- [Praxis 42 Workstation assessment](#) platform

For LCC's policy on Display Screen Equipment (provision and use of) see [G13 Display Screen Equipment](#).

If you require further assistance or clarification on the subject please contact:

Corporate Health & Safety Advisers (see George section: Corporate > Information for Working > Risk Management > H&S Advisers)