

Musculoskeletal Wellbeing for the Early Years Workforce

Early years working is a physically demanding role, and this course will help you to understand the nature of musculoskeletal disorders (MSDs), and the risk factors in early years settings. It will raise awareness of musculoskeletal wellbeing, and advise on good practice. You will also learn about the legal responsibilities of managers, duty holders and employers and how they must assess, record and address risks. The course is written in association with experts at Jolly Back.



Course details

- One module with a multiple-choice questionnaire
- One CPD credit*
- Optional narration of the course module and questionnaire for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable module for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

What is the musculoskeletal system?

- Overview of the musculoskeletal system

What are musculoskeletal disorders?

- Examples of work-related musculoskeletal disorders
- Typical causes in an early years settings
- The benefits of musculoskeletal good health

The law

- Health and Safety at Work etc Act

Managing risk

- The five step risk assessment process
 1. Identify the hazards
 2. Identify who might be harmed
 3. Evaluate the risks
 4. Record findings
 5. Review regularly

Making a healthier working environment

- Seating, furniture and equipment
- Storage
- Workplace design considerations

Making safer practitioners

- Increasing awareness of the importance of musculoskeletal health
- Training
- Prioritising high risk employees
- Providing guidance, encouragement and support
- Safety checks

This course is suitable for

Everyone working in an early years setting, including employers, managers, duty holders, and practitioners.

Contents

What is the musculoskeletal system? 1

The musculoskeletal system includes the skeleton, and the muscles, cartilage, ligaments and other connective tissues that connect the bones.

It supports the weight of the human body and enables it to move.

Pull the purple labels to complete the diagram.

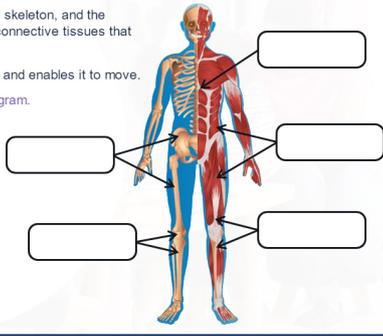
Ligaments attach bones

Tendons

Cartilage

Muscles

Bones



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Key features

- Visually engaging and highly interactive.
- Activities which encourage participants to think about what will increase the risk of musculoskeletal disorders in their setting.
- Answer explanations for those who achieve the pass mark.
- Links to additional resources to expand learning.

Contents

Making a healthier working environment 5

Seating, furniture and equipment

Implement the following controls to reduce the risk of MSDs in your setting:

Consider practitioner health and safety and ergonomics when choosing new seating, furniture and equipment.



Click the boxes.

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Contents

Question 4 1 2 3 4 5 6 7 8 9 10

Who has specific responsibility for assessing risk under the Health and Safety at Work etc Act?

a) The employer or duty holder

b) All managers

c) Everyone



← →



Why choose us?



“ Our collaboration with EduCare has enabled us to give early years practitioners access to the very best high quality, free and subsidised specialist training courses for their teams every year as part of the Alliance membership package. ”

Neil Leitch
CEO, Early Years Alliance

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