

Musculoskeletal Disorders



During the past 12 months, did your worksite:

Yes No Score

1. Have **and** promote a written policy that requires regular evaluation of the design of work spaces and job requirements?
 Answer "yes" if, for example, the policy includes assessments of workstations, workloads, or repetitive tasks. This may be promoted to employees regularly through emails, newsletters, or signage in public places.

(1 pt.) (0 pts.) _____

2. Conduct ergonomic assessments of work space design and equipment when problems are identified, or anticipated, to reduce the risk of musculoskeletal disorders?
 Answer "yes" if, for example, the policy includes assessments of workstations, equipment, tools, manually-handled loads, or repetitive tasks conducted either on a schedule or when requested on an as-needed basis.

(1 pt.) (0 pts.) _____

3. Make organizational changes to job design, when appropriate, to reduce the risk of musculoskeletal disorders?
 Answer "yes" if, for example, your worksite has adjusted work routines and workloads, implemented job rotation, or automated previously manual tasks that pose increased risk.

(2 pts.) (0 pts.) _____

4. Provide educational materials on musculoskeletal disorders?
 Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that teach and promote strategies that minimize the incidence of musculoskeletal disorders such as ergonomic design, stretching, regular breaks, and weight management, either as a single health topic or along with other health topics.

(1 pt.) (0 pts.) _____

5. Provide **and** promote interactive educational programming on musculoskeletal disorders?
 Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that teach strategies that minimize the risk of musculoskeletal disorders such as ergonomic design, stretching, regular breaks, and weight management. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on site staff, health insurance plans/programs, community groups, or other practitioners.

(1 pt.) (0 pts.) _____

6. Provide training for managers that improves their ability to recognize potential risks for musculoskeletal disorders and refer employees to company/community resources?

(1 pt.) (0 pts.) _____

7. Provide health insurance that includes appropriate access to therapies and treatment for musculoskeletal disorders?
 Answer "yes" if, for example, coverage options are aligned with best practices recommended by the Occupational Safety & Health Administration (OSHA), American College of Occupational & Environmental Medicine (ACOEM), or American College of Rheumatology.

(2 pts.) (0 pts.) _____

Your Worksite's Musculoskeletal Disorders Score _____

Maximum Musculoskeletal Disorders Score **9**