

Essay 8 - Complete this Quiz

After you complete our 5-minute 20 Question Quiz you will be in a strong position to create your next steps in **your** Manual Handling and Musculoskeletal Disorder Risk Management Action Plan, and **implement them**. Some are clearly closed questions, but the answer **shouldn't** be a simple yes or no. Be open minded, curious and inquisitive in your answers and with this you will have keys to unlock one of the doors of Business growth, and open the path to that step up the *Corporate Ladder*. You can also complete our 5 Minute Quiz online via www.osteopathicsolutions-manualhandling.co.uk/5-minute-quiz

1). Is Manual Handling Risk Management important to you in your role?

If Yes ... Why is it important to you?

If No* ... Why isn't it important to you?

2). What Manual Handling problems are you getting? Circle the appropriate answer (s).

MSDs

Lost Time Accidents

RIDDORs

Injury Claim

None

None ... but I am concerned

3). What is it about your Manual Handling Tasks that could cause Musculoskeletal Disorders? Circle the appropriate answer (s).

Heavy, bulky inanimate loads

Lack of Team Handling

High Repetition

Awkward Environments

*It isn't? Why then are you reading this Book? Best pass it to a Colleague. I expect this footnote isn't ever going to be relevant.

4). What are your experiences of Manual Handling Risk Management/ Training providers? Circle your answer and elaborate on it.

EXCELLENT

GOOD

BAD

NEVER USED A PROVIDER

5). Do you currently consult a company to support you towards Target-Zero Musculoskeletal Disorders? Circle your answer and elaborate on it.

YES

NO

NO ... BUT I WANT TO

6). If so, does this Company's Team include Physical Therapists? Circle the appropriate answer.

YES

NO

I DON'T KNOW BUT I WILL FIND OUT

NOT APPLICABLE

7). Do you get sufficient time in your role to conduct Manual Handling Risk & Ergonomic Assessments & write comprehensive Musculoskeletal Disorder Risk Reduction Reports for Management meetings? If you answer is NO, why not?

8). Have you ever had External support with Manual Handling & Ergonomic Risk Assessments?

YES

NO

NO ... BUT I NEED SUPPORT NOW

If YES, what did you like/ dis-like about this External support?

9). What subjects within Manual Handling can you improve your knowledge & skills? Be honest with yourself. Underline the appropriate answer (s).

MSDs

Risk & Ergonomic Assessment

Optimal Manual Handling Techniques

MSD Risk Reductions Solutions

All of the above

None

10). With your answer to Question 9 in mind, are you looking to upskill in your role?

11). Do you have an Employee who is suffering from a Musculoskeletal Disorder and is on sick leave?

12). What is your view on Digital Workforce Manual Handling Training? Circle the appropriate answer.

LIKE A LOT

LIKE

DISLIKE

DETEST

13). Would a Bespoke Manual Handling DVD Video benefit your Business?

14). If you brought all forms of Manual Handling Training in-house, what difference would that make in your role? Underline your appropriate answer and elaborate.

LOTS OF POSITIVE DIFFERENCE

A GOOD AMOUNT OF POSITIVE DIFFERENCE

NO DIFFERENCE

15). Have you thought about qualifying your own in-house Manual Handling Instructors? Underline the appropriate answer.

YES

YES .. I WANT TO GET HELP WITH THIS

I ALREADY DO QUALIFY INSTRUCTORS

NO .. BUT I HAVE NOW

NO

16). At this point in time, what are your unmet Manual Handling Risk Management needs? Underline your unmet needs.

Risk & Ergonomic Assessment
Instructors
Risk Assessors
Bespoke Workforce Upskilling
Bespoke Manual Handling Training DVD Video
Digital Training
MSD Assessment with Medico-Legal Report
Manual Handling Equipment
Process Automation

17). What do you want to get from this? Underline your answer (s).

Target-Zero MSDs
Return to work of Employee with an MSD
Successful Defense of an Injury Claim
Leverage for a Pay Rise
Less Work Stress

18). Do you have the budget for your 'Highest Priority'?

19). How can you improve your Musculoskeletal Disorder & Manual Handling Risk Management Investment Pitch* to Directors?

**Essay 42 ... Open the CEO's Wallet lies in wait for you.*

20). On a scale of 1-10 with 10 being Expert & 1 being Novice, rate your current management of Musculoskeletal Disorder Risk.

When you have spoken to Health & Safety or Manual Handling Risk Management Providers, have they asked you all these key questions? I threw this one in (as the 21st) to raise your awareness that we at *Osteopathic Solutions Ltd* are True Manual Handling & Musculoskeletal Disorder Risk Management Experts. Typically when I speak to interested parties on the phone or on a Webinar, these are key questions I ask.

Once you have completed our Quiz you can meet me via a free, no obligation, 18-minute Webinar via Microsoft Teams to further support you with your Manual Handling and MSD Risk Management Action Plan.

2 final questions (the 22nd and 23rd) ... are you eager to stamp your mark on reductions of Manual Handling Lost Time Accidents and Injury at Work Claims, so you can present your successes during Management meetings?

Are you desperate to climb the Corporate Ladder and earn a better income?

