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Occupational Overuse Syndrome/Gradual Process Injury Prevention

Workshop Outcomes

At the conclusion of this workshop participants will be able to:

- Define Occupational Overuse Syndrome (OOS)/Gradual Process Injury (GPI)
- Identify the symptoms of Occupational Overuse Syndrome (OOS)/Gradual Process Injury (GPI)
- State the causes of Occupational Overuse Syndrome (OOS)/Gradual Process Injury (GPI)
- Develop preventative strategies to reduce the risk of Occupational Overuse Syndrome (OOS)/Gradual Process Injury (GPI)

Audience

All employees where Occupational Overuse is a potential hazard, their supervisors and managers and key support people. Minimum of 8 and up to a maximum of 12 participants per workshop.

Content

- Overview
- What is OOS/GPI?
- How do your muscles work?
- What are the Symptoms and Stages?
- How does your work area (work station) measure up?
- What can you do to prevent OOS/GPI?

Process

This is a very practical programme in which participants will learn techniques to prevent and manage OOS.

Duration:

1/2 Day Workshop

Venue:

One large training room