

NEBOSH International General Certificate in Occupational Health and Safety – Sample Lesson Plan (Extract)

Element 6: Musculoskeletal Health (Tuition time: 5 hours)

Approx. timing	Content and tutor activity	Training intent	Aids and equipment	Learner activity
5 minutes	Introduce scope of Element 6 6.1 Work-related upper limb disorders 6.2 Manual Handling 6.3 Load Handling Equipment	To introduce element.	Slides	Active listening
6.1 Work-related upper limb disorders				
6.1.1 Meaning of musculoskeletal disorders and WRULDs				
10 minutes	Tutor to discuss the meaning of musculoskeletal disorders and ergonomics.	To begin the learning process of why it is important to follow good ergonomic principles.	Slides	Active listening
6.1.2 Possible ill-health conditions from poorly designed tasks and workstations				
5 minutes	Tutor to discuss the ill-health effects that can occur if good ergonomic principles are not followed.	To understand the ill-health effects that can occur if good ergonomic principles are not followed.	Slides	Active listening
15 minutes	Activity (Group discussion/structured debate) Using the scenario from the slide, Learners to consider measures they would recommend that might reduce the risk of finger pain and eye strain. Groups/pairs to feedback to tutor; tutor collates responses on whiteboard/flipchart. Tutor to discuss the appropriate measures.	To reflect on appropriate measures to reduce the risk of ill-health effects.	Slides Whiteboard/flipchart.	Participate in group discussion/structured debate Feedback to tutor Active Listening
10 minutes	Activity (Individual then group discussion) Using the scenario from the slide, Learners to consider where a similar adjustment may be helpful in their own workplace.	To recognise where changes could be made to improve ergonomics within their own workplace.	Slides	Own reflection

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	Individuals feedback to tutor. Tutor facilitates discussion.			Feedback to tutor Active listening
15 minutes	Tutor explains the meaning of WRULDs. Tutor discusses the effects of WRULDs, and possible causes. Tutor to show HSE videoclip: <i>Workplace activities - MSDs - Go Home Healthy</i> https://youtu.be/oowD2hLn1v8	To understand the meaning, causes and effects WRULDs.	Slides YouTube clip	Active listening
6.1.3 Avoiding/minimising risks from poorly designed tasks and workstations				
10 minutes	Tutor to explain the variety of control measures that could be used to minimise WRULDs.	To understand the variety of control measures that could be used to minimise WRULDs.	Slides	Active Listening
10 minutes	Tutor to review the hazards and risks associated with DSE and what to look for in a DSE risk assessment. Tutor to discuss an appropriate DSE set up.	To understand the hazards and risks associated with DSE and what to look for in a DSE risk assessment	Slides	Active listening
10 minutes	Tutor to show HSE videoclip <i>Workstation set up at home and in the office - good posture</i> https://youtu.be/liaBs1-Zz3I Tutor to illustrate what to look for when carrying out a DSE risk assessment.	To reinforce understanding of the hazards and risks associated with DSE and what to look for in a DSE risk assessment	Slides YouTube clip	Active listening
15 minutes	Activity (Group discussion/structured debate) Using the scenario from the slide, learners consider why the worker may be suffering from neck pain resulting from the DSE work.	To apply knowledge of DSE assessments.	Slides Whiteboard/flipchart	Participate in group discussion/structured debate Active Listening Feedback to tutor

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	Groups/pairs to feedback to tutor; tutor collates responses on whiteboard/flipchart. Tutor to discuss the appropriate measures.			
	6.2 Manual handling			
minutes				
	6.2.1 Common types of manual handling injury			
minutes	-			
	6.2.2 Good handling technique for manually lifting loads			
20 minutes	Tutor to demonstrate the steps incorporated in a good manual handling technique; at each step, tutor to encourage learners to comment regarding why this is important and what needs to be considered (structured debate). Tutor to show HSE videoclip <i>Preventing injuries from manual handling - Go Home Healthy</i> https://youtu.be/KIMSSJunXB4	To understand what constitutes good manual handling technique.	Slides YouTube clip	Active listening Participate in group discussion/structured debate
	6.2.3 Avoiding/minimising manual handling risks			
minutes				
	6.3: Load-handling equipment			
minutes				
	6.3.1 Hazards and controls for load-handling aids and equipment			
minutes				
minutes				
minutes				
minutes				

Approx. timing	Content and tutor activity	Training intent	Aids and equipment	Learner activity
minutes				
	6.3.2 Requirements for lifting operations			
minutes				
	6.3.3 Periodic inspection and examination/testing of lifting equipment			
minutes				
5 minutes	Closing Activity Tutor to recap the key points for element 6.	To review the key learning points for element 6.	Slides	Active listening