

# Working Solutions

## Tuesday

### Stream A

#### Session 4

1430– 1515

#### Session 5

1600– 1645

Lorna Taylor



## Can musculoskeletal health investment improve quality of teaching in primary education?

**This Practical session is aimed at Adult and Child Care in the Community setting at Novice and Experience Trainers and Strategic Advisors**

### Biography:

Lorna is a Chartered Physiotherapist, specialising in paediatrics, occupational health and ergonomics. For the past 12 years she has been working within the education sector, developing and delivering school-based MSK health initiatives and the Jolly Back chair. Known as a passionate and sincere campaigner for improved staff working practices, Lorna has carried out research and is frequently invited to present the topic of back health and ergonomics at regional and national conferences. In addition, she contributes and writes back care articles for education, nursery and health magazines and journals.

### Abstract:

The education sector is a notoriously challenging area for adults to work in (for example, working at low heights, using children's furniture, washing up in low sinks, using mobile technology, moving equipment and children etc).

This session discusses the new Low-Height Working Toolkit and recent interventions to improve the physical and emotional health of primary and early years educators. We'll discuss "whole-school" benefits of improved musculoskeletal health and wellbeing and get to try latest equipment which supports low-height working. Lastly, we'll consider next steps for moving forward.

Most of us know a primary or early years educator, either through our NBE work, voluntary work (as a governor or school helper), as a parent/carer or through family or friends.

This will be both a practical and latest updates session with knowledge shared and learned which delegates can apply within both their professional and personal lives.

### Objectives:

- To have an understanding of the new "Low Height Working Toolkit".
- To be aware of recent interventions to improve the physical and emotional health of primary educators.
- To discuss the "whole-school" benefits of improved musculoskeletal health and wellbeing for primary educators
- To practically try latest low height working equipment.
- To discuss next steps