



Musculoskeletal Disorders in Fishing

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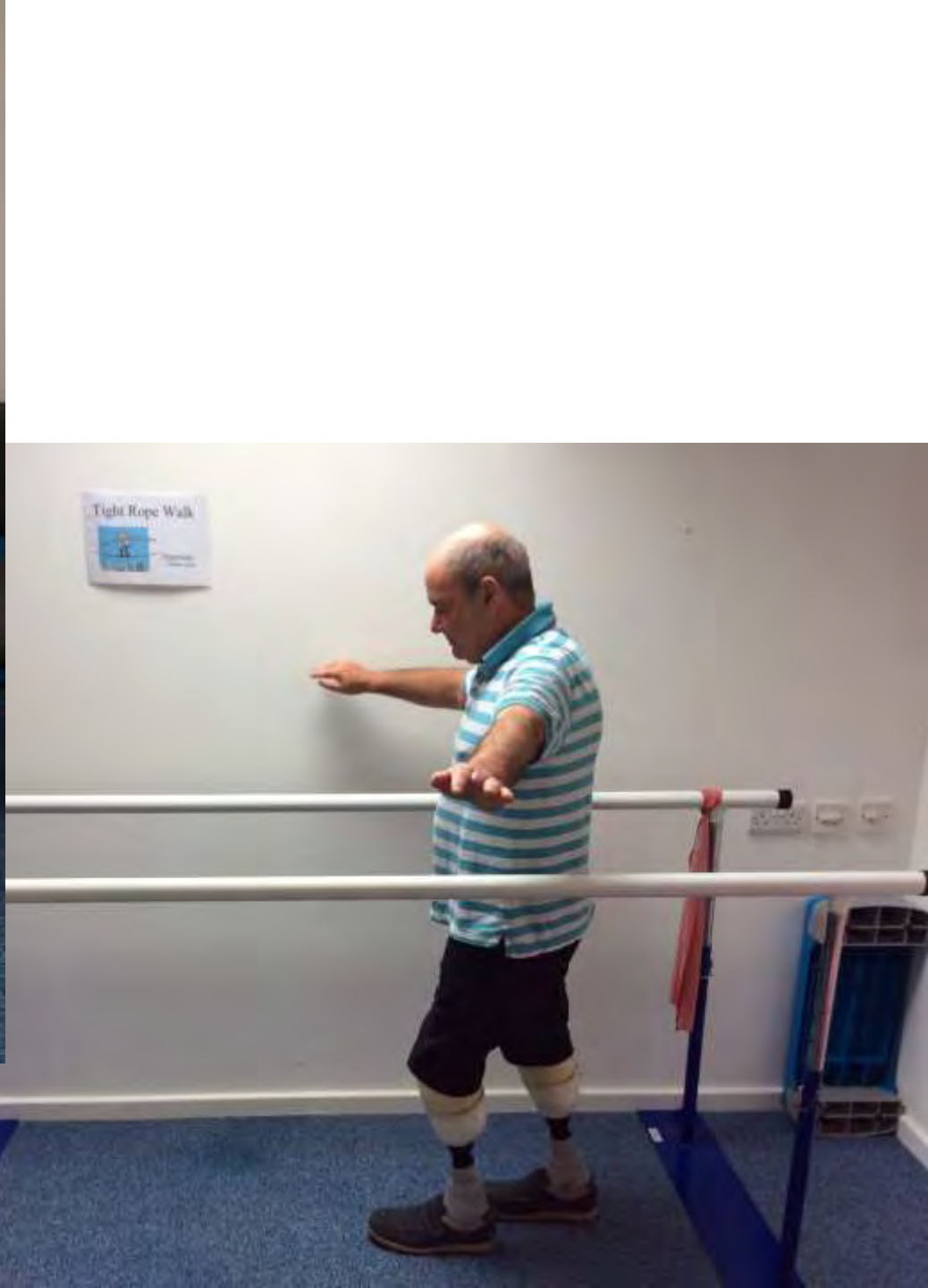
MCA Seminar for Approved Doctors
21st of November 2017

What we will cover

1. Fishermen: Who are they and what to expect? (Cod's Story)
2. Harbourside: Who are we and why are we passionate?
3. MSKD's: What and Why?
4. Interventions











Harbourside
Physiotherapy

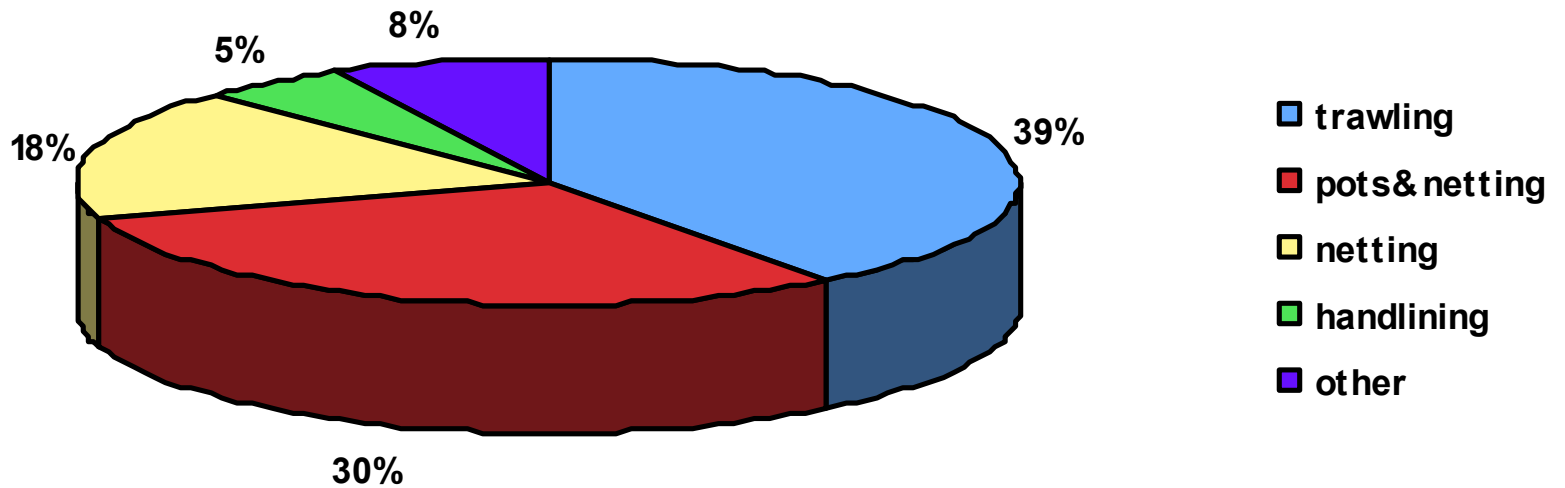






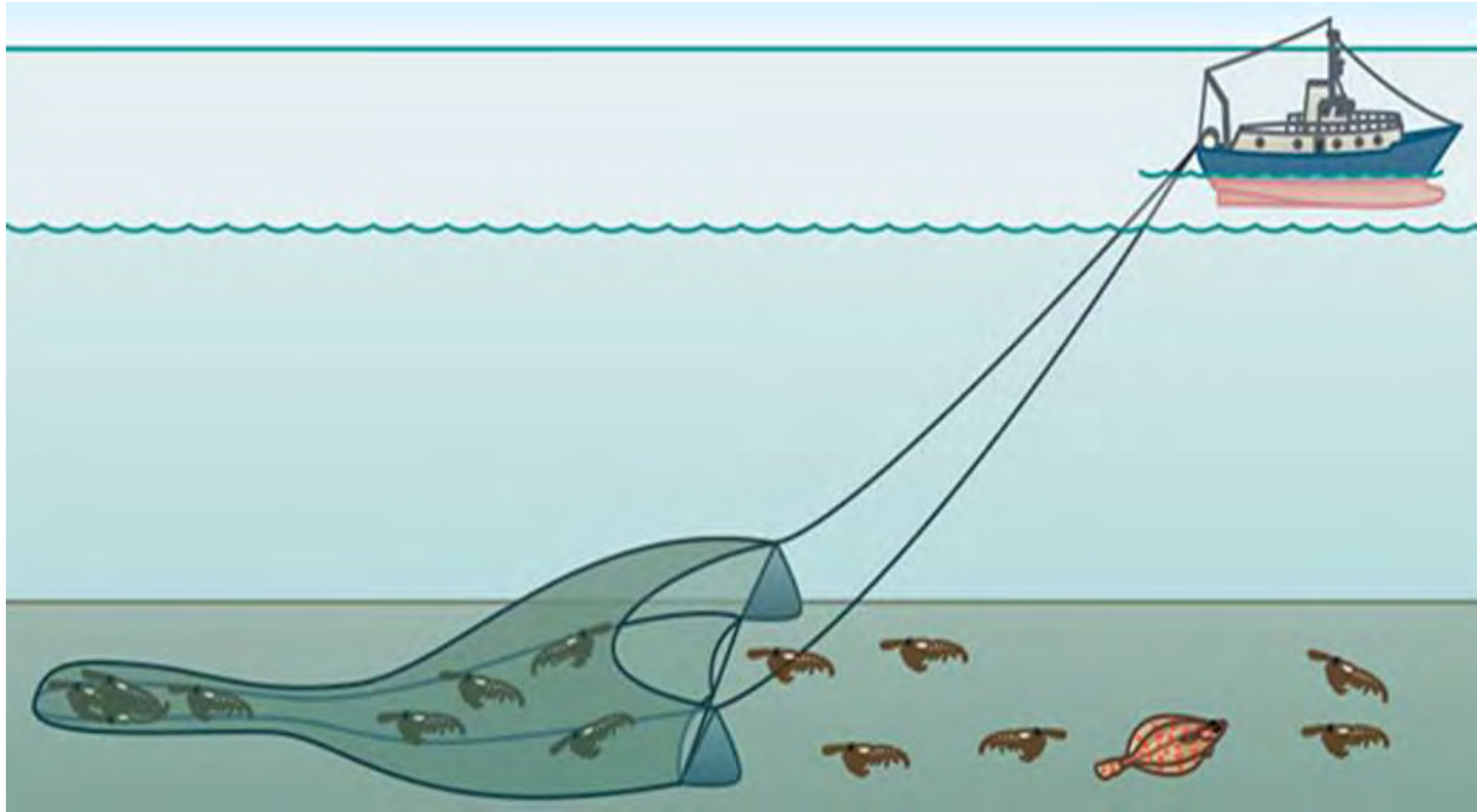
Investigation into types of Vessels with highest incidence of injury and factors influencing injury 2009

Type of fishing



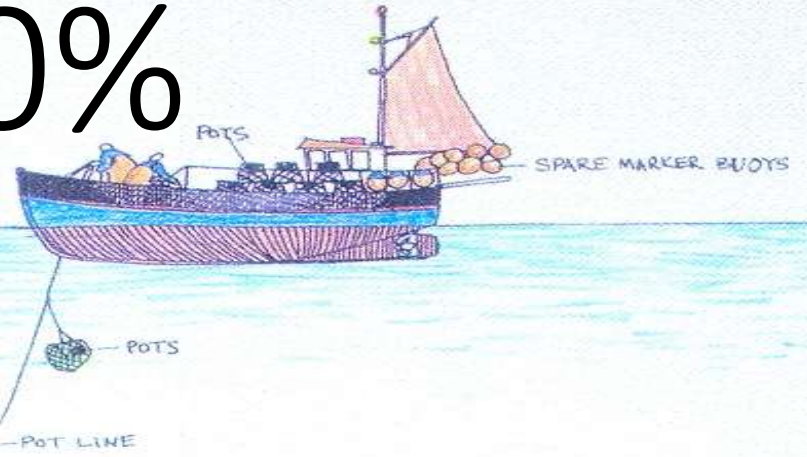
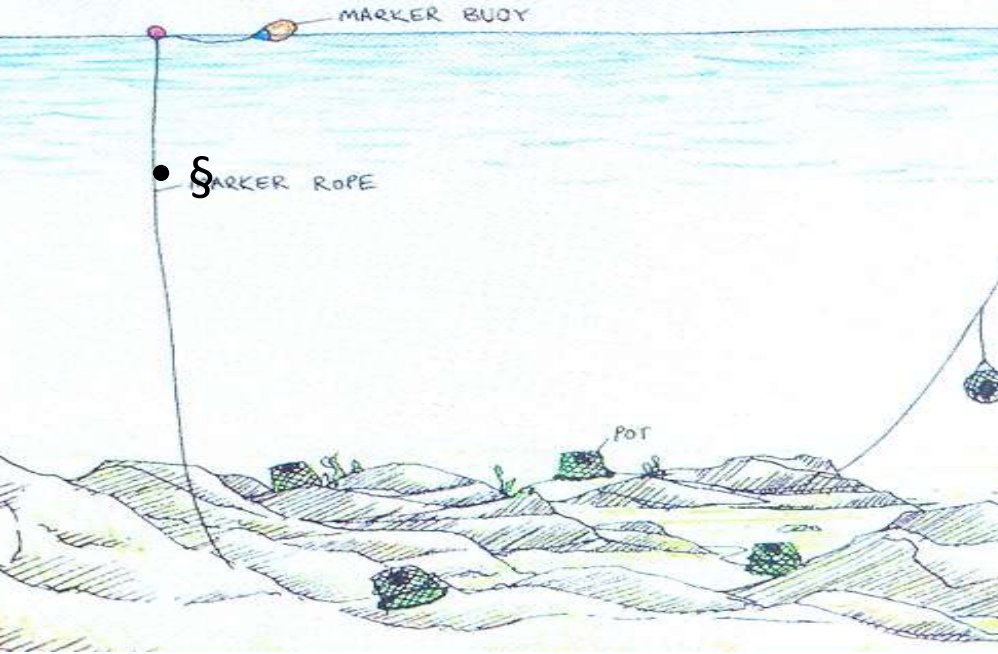
Beam Trawling 39%





Potting

30%





T050

T060

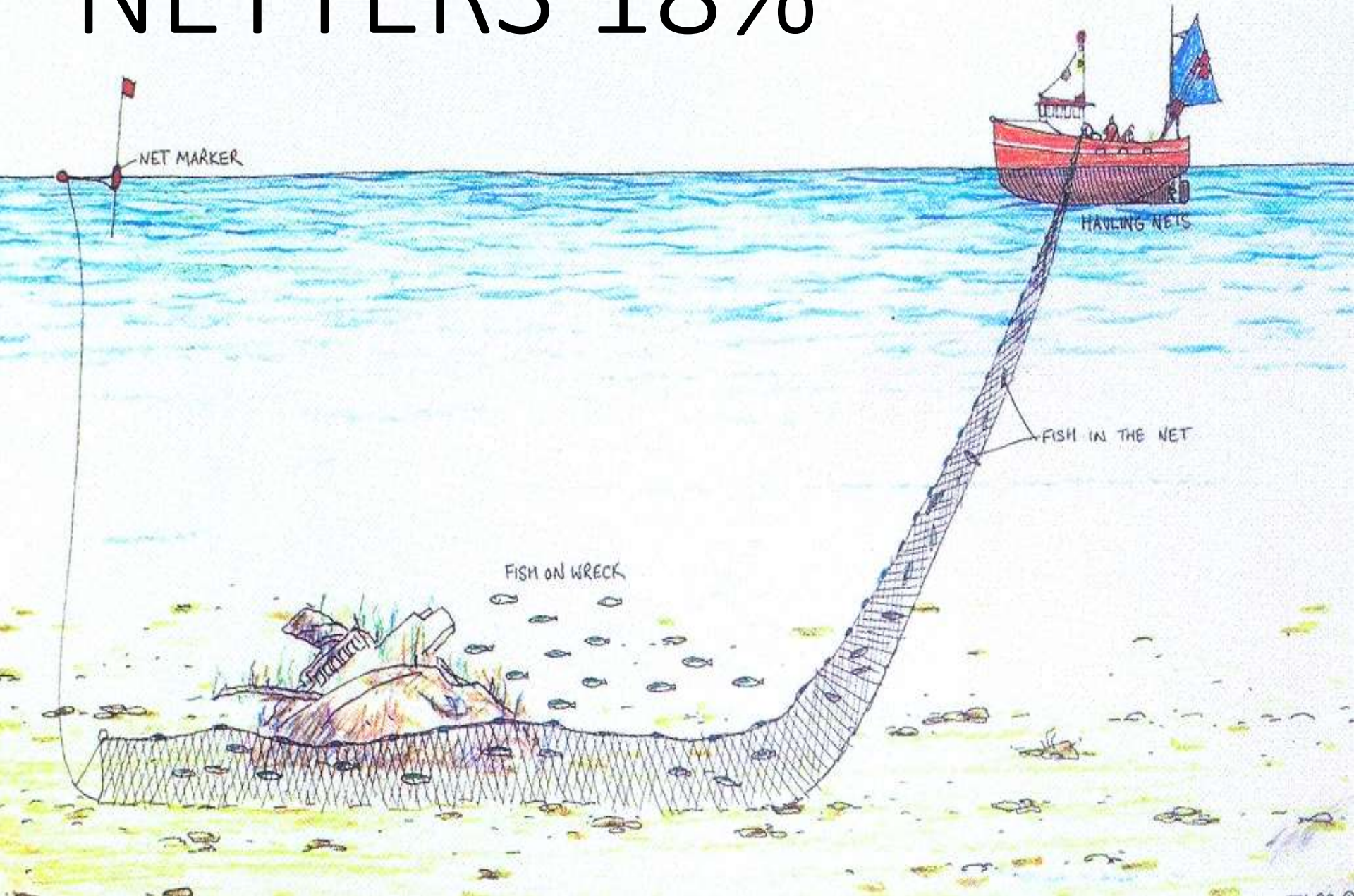
T050

HARVEST EYE
TRURO

SAINT LOUISE
TRURO

63

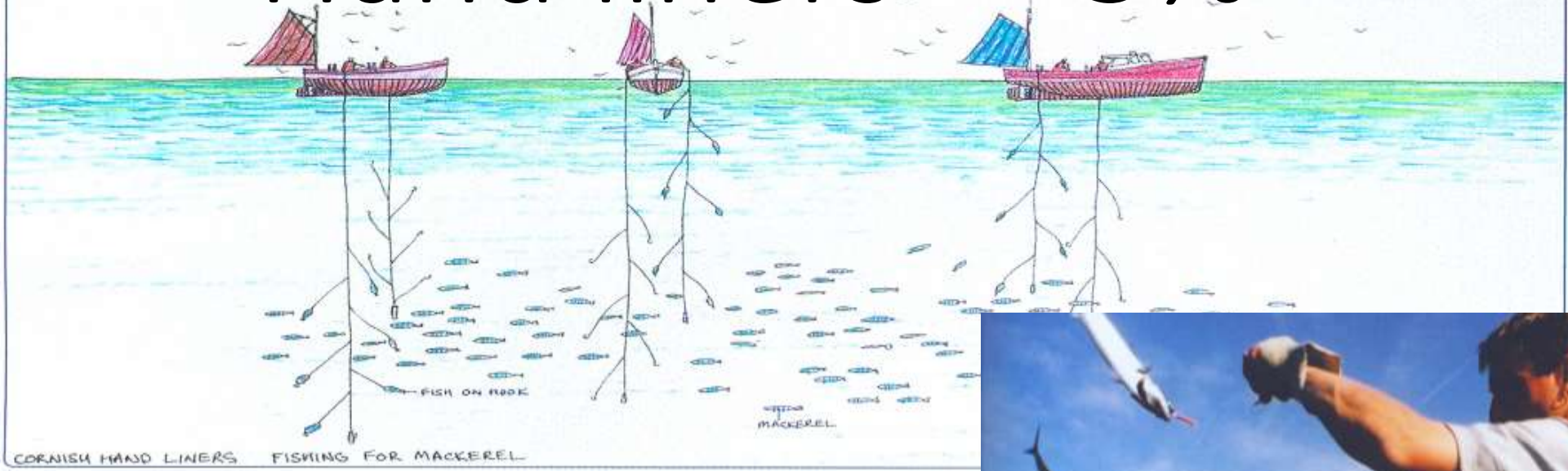
NETTERS 18%







Hand liners 5%





What Factors
Influence Injury?

Handling
Gear 23.6%

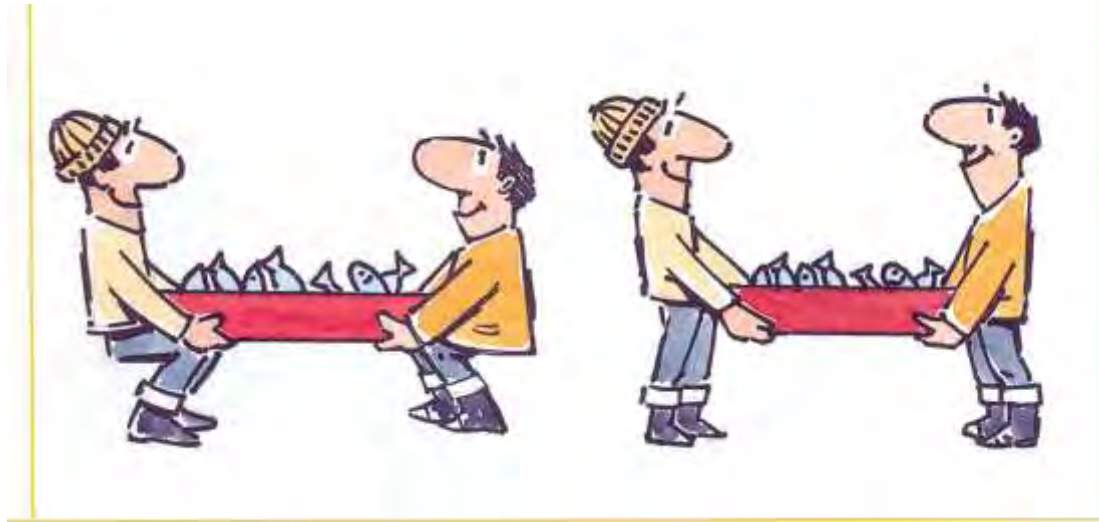






Manual Handling

23.6 %













E

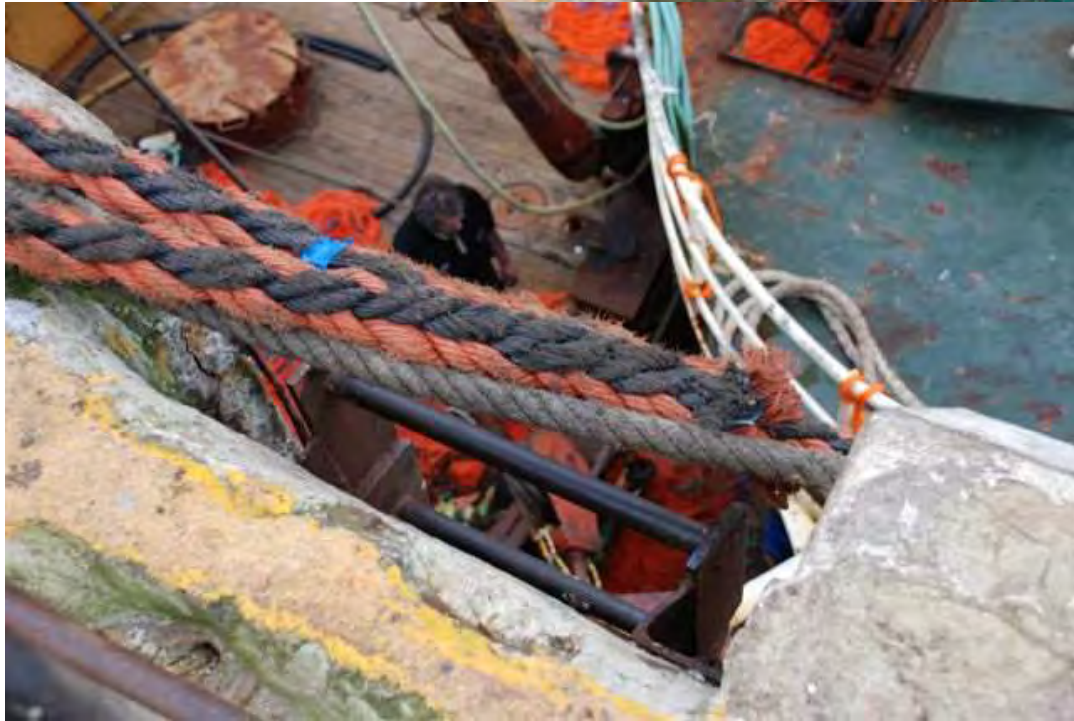
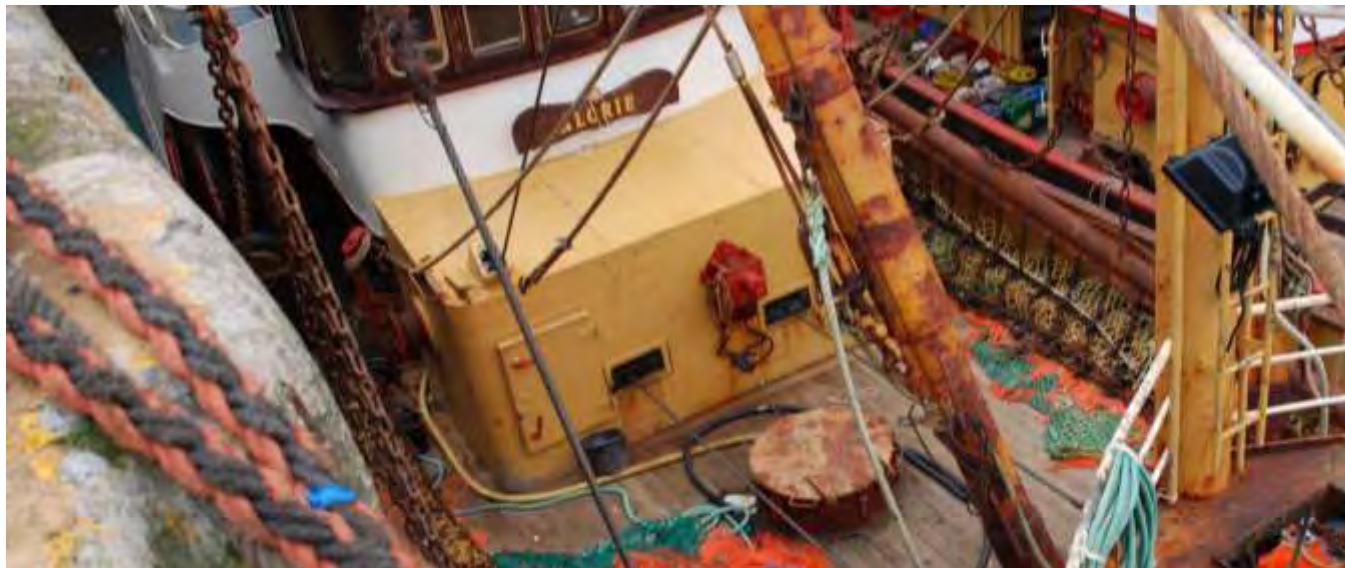
544 PGL

Slips, Trips, and Falls

12.7%





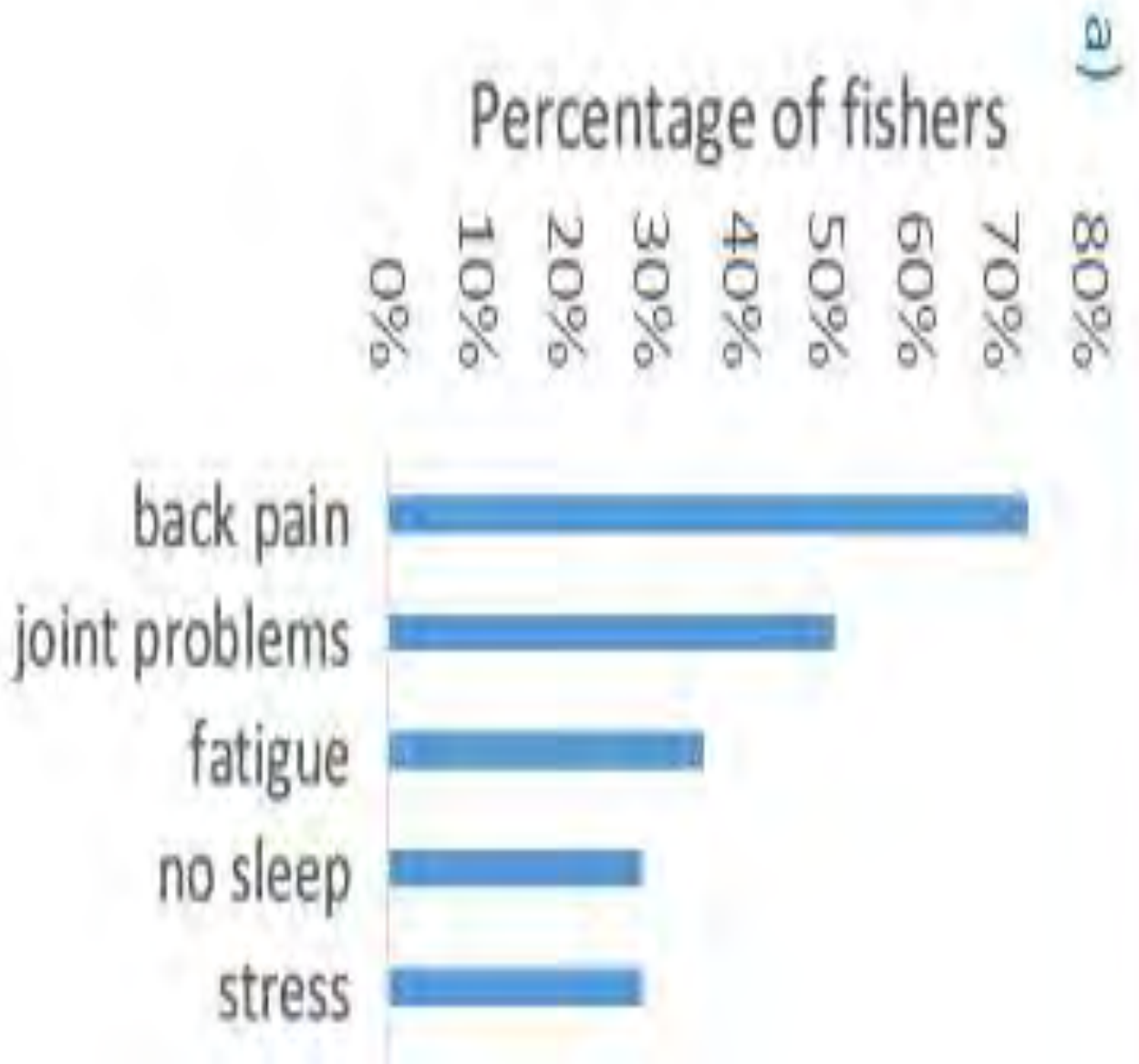








and



Fishers' awareness of health services

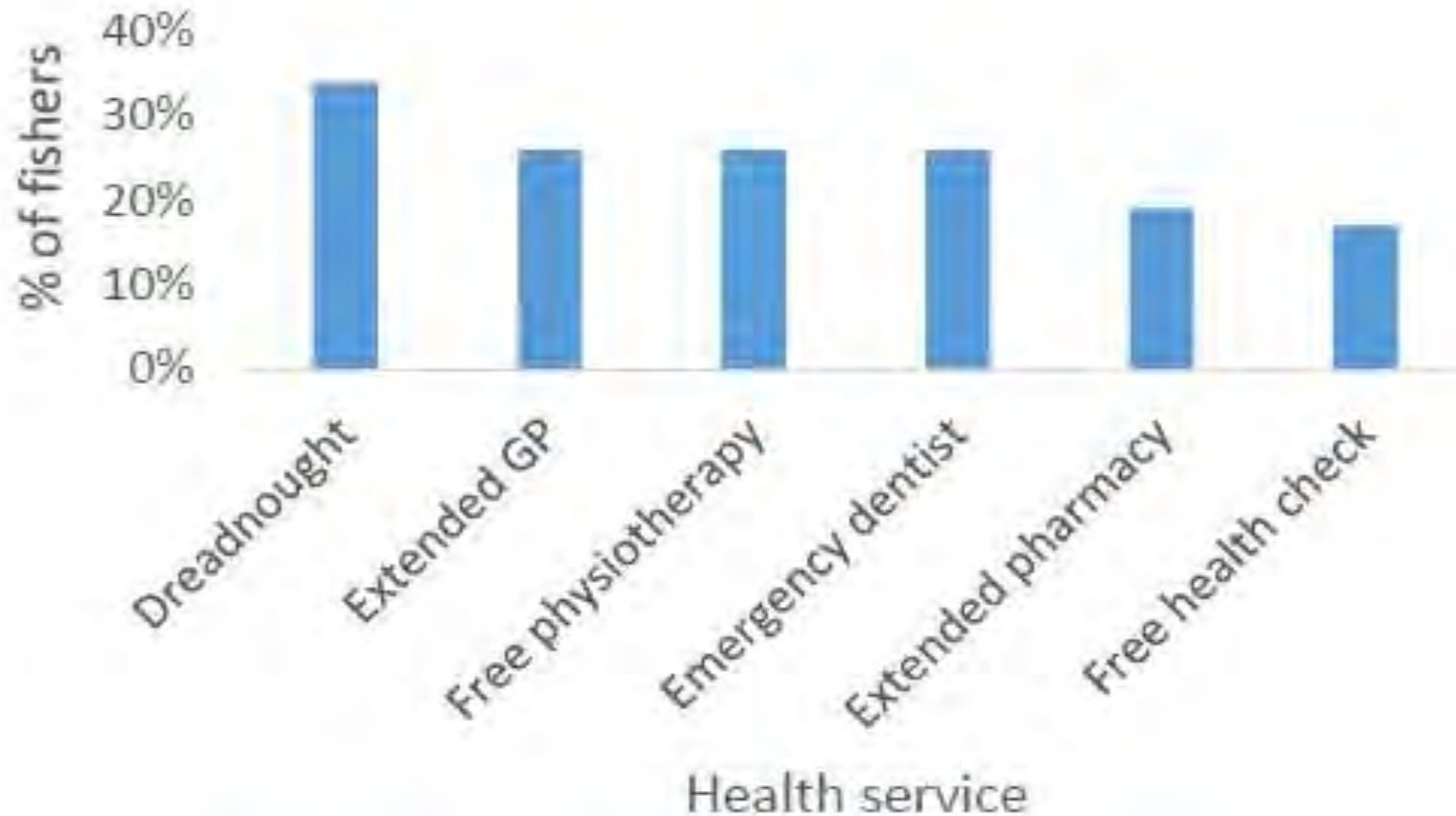


Figure 5: Fishers' awareness of health services

Low back pain +/- other
MSKD 55%



Neck Pain 10%



Shoulder pain 10%





Prevention



Balance training Falls prevention



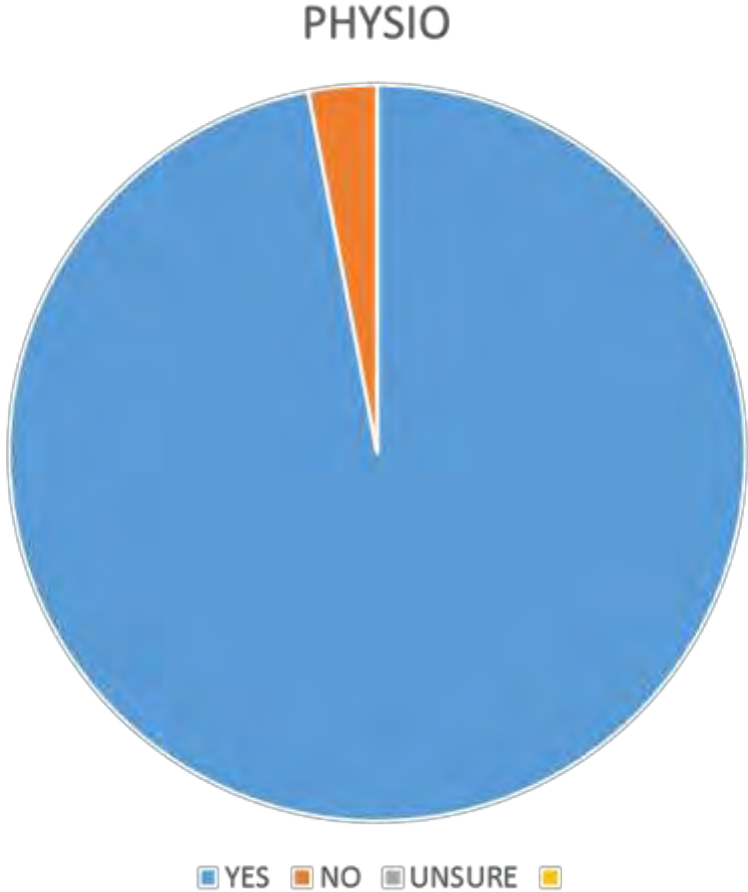
Mobility



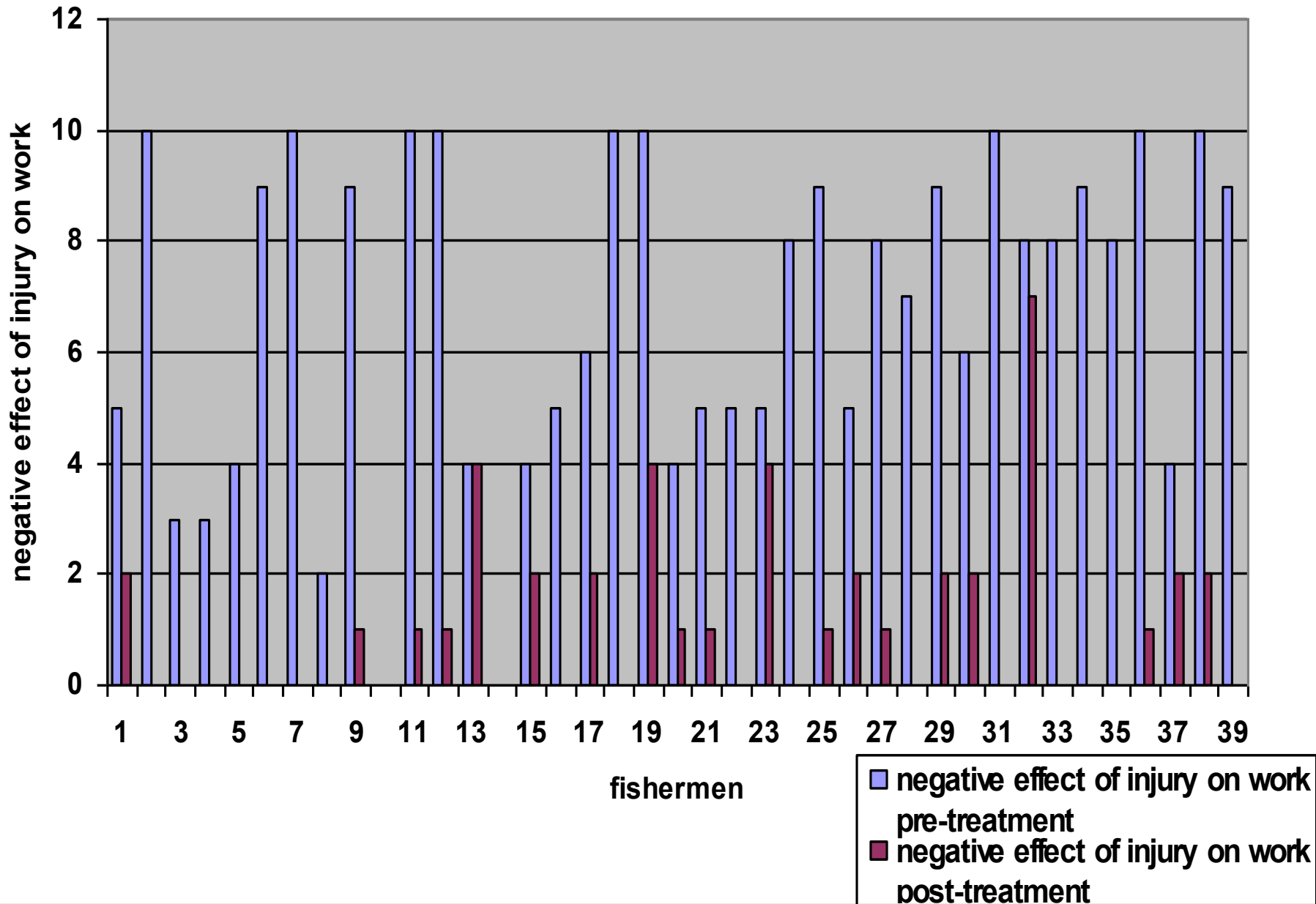




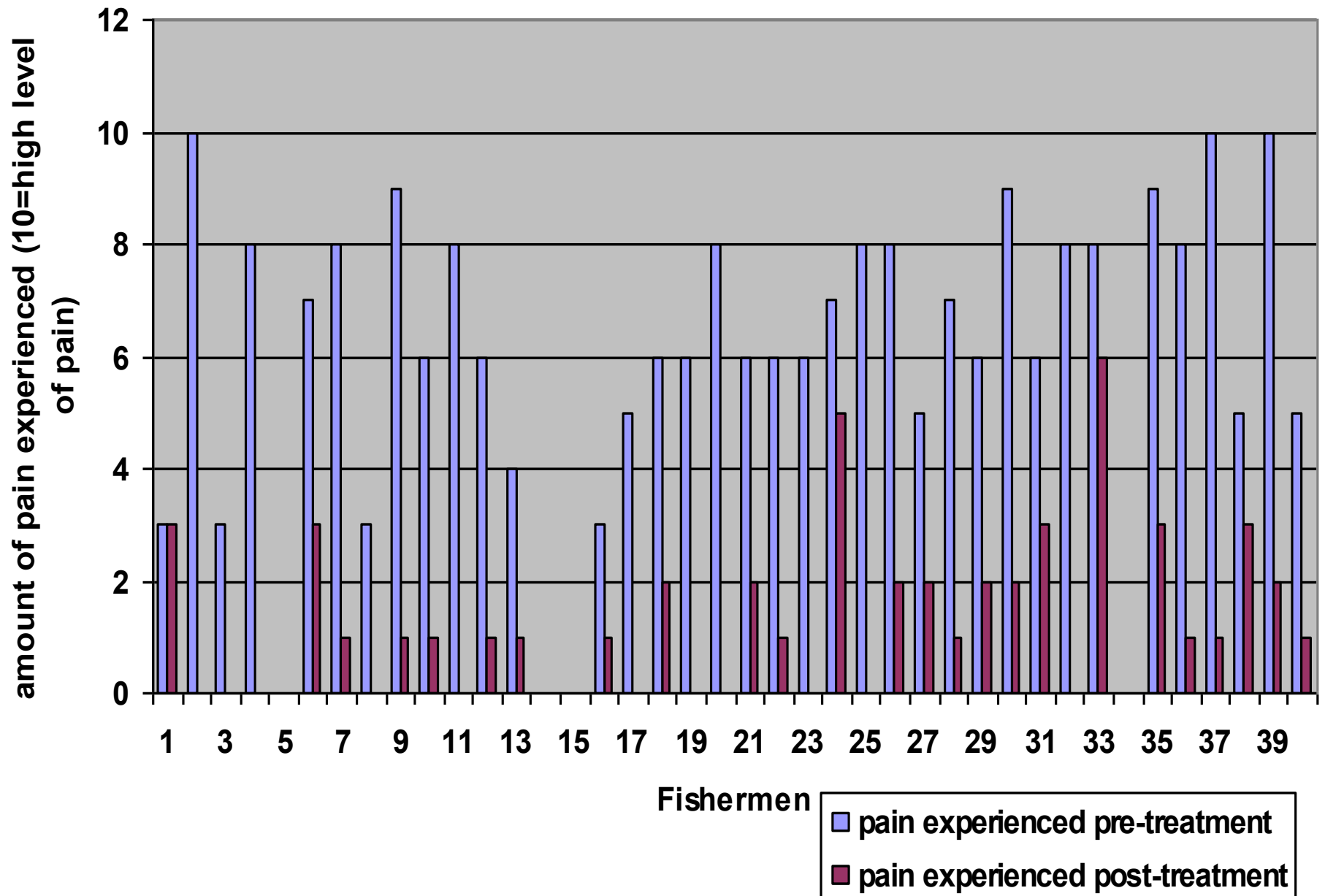
HAS PHYSIO MADE YOUR TIME AT SEA EASIER?



Negative effect of injury on work



Amount of pain experienced before and after treatment



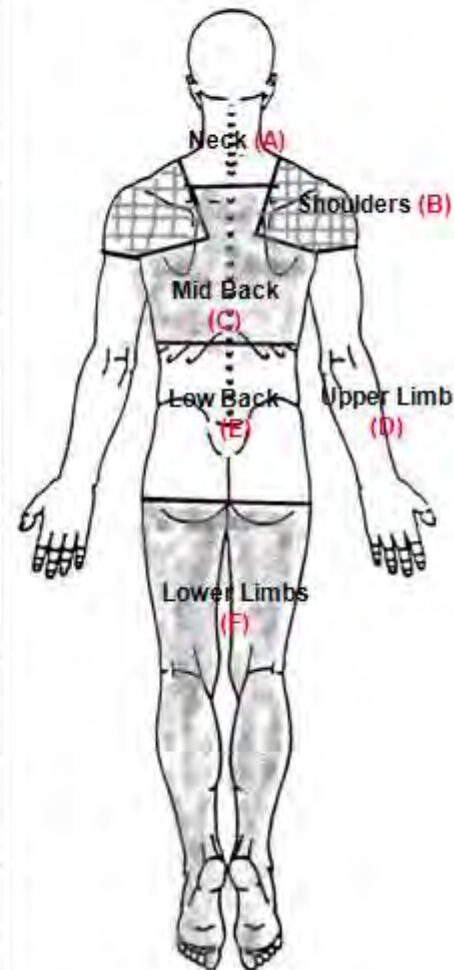


2015 to 2016
Participatory Ergonomic Review
of the
Beam Trawler fleet



Total Time: How long does the whole task take?				
1 ACDEF 0-2hrs	2 2-4hrs	3 4-6hrs	4 6-8hrs	5 >8hrs
Duration: How long is the action performed for?				
1 <10min	2 10-30min	3 30min-1hr	4 ACDEF 1-2hrs	5 >2hrs
Repetition: How long is the gap between repeating the action WITH that body part?				
1 >5min	2 1-5min	3 30s-1min	4 A 10s-30s	5 CDEF <10s
Exertion: How much force are you using?				
1 No effort	2	3 Moderate	4 AF	5 CDE Maximal
Speed: How quickly are you performing the action?				
1 Slow movements	2 Moderately paced	3 Little or no movement (static posture)	4 AF Fast and smooth movements	5 CDE Fast and jerky movements
Awkward posture: How awkward is the position you're in for the selected area?				
1 All postures neutral	2	3 Moderately uncomfortable	4 ACDEF	5 Very uncomfortable
Vibration: How much is the area being vibrated?				
1 None	2	3 Moderate	4 ACDEF	5 Extreme

BODY PART



REPORTED ISSUES

In the initial assessment out of 27 Fishermen interviewed the % that reported issues were

	Initial		after 1st Intervention	
	Number of reported problems	% of Fishermen Affected by that problem area	Number of reported problems	completely resolved by intervention
NECK	4	14.8%	4	
SHOULDERS	8	29.6%	8	
MID BACK	6	22.2%	5	1
LOW BACK	23	85.2%	22	1
UPPER LIMB	7	25.9%	6	1
LOWER LIMB	9	33.3%	7	2
Total	57		52	5

INITIAL ASSESSMENT RESULTS

RESULTS PER VESSEL

Cumulative Risk (CR) > 15 or Exertion + Awkwardness (EA) > 8

TREVESSA All Body areas initially affected below range for immediate intervention

- Initial Assessment Low Back CR 18.7 EA 10
- After Deck Handling Low Back CR 12.3 EA 3.3

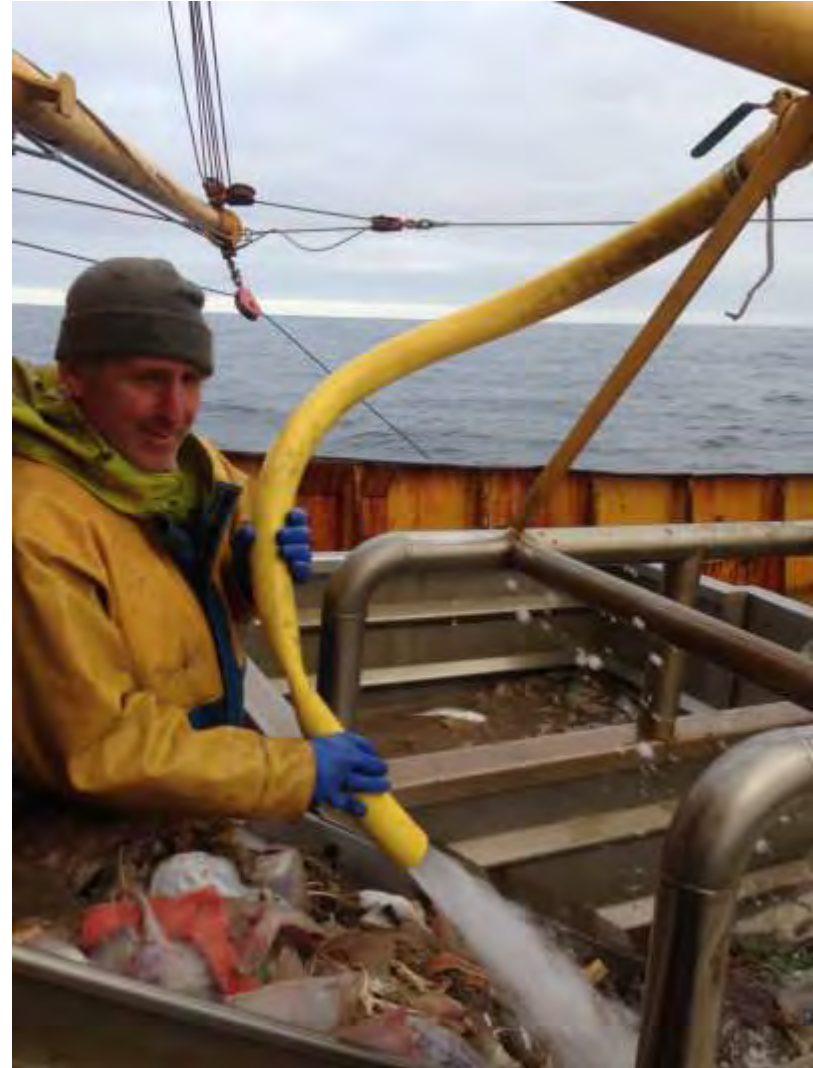
ST GEORGES All Body areas initially affected below range for immediate intervention

- Initial Assessment Low Back CR 15.6 EA 8
- After Deck Handling Low Back CR 11.0 EA 4

RESURGAM Minimal Change in overall risk

- Initial assessment Low Back CR 19 EA 9
- After PE Low Back CR 18.5 EA 9.5









BACK
to
SEA





