



Discomfort Pain Injury (known as DPI) has been previously referred to as Occupational Overuse Syndrome or Repetitive Strain Injury.

Discomfort Pain Injury (DPI) is a collective term for a range of conditions (including injury) characterised by discomfort or persistent pain in muscles, tendons and other soft tissues.

### **Purpose**

The purpose of this policy is to ensure that

- Workers who use computers are doing so in a way which minimizes risks to their health and wellbeing;
- Equipment and furniture provided by the Parish is of a quality and standard which allows Parish Workers to carry out their work in a safety and comfort.

### **Parish Responsibilities**

The Parish will:

- Consult Workers when purchasing furniture for their use;
- Purchase ergonomically effective work stations, chairs and other furniture, at a reasonable cost;
- Maintain furniture, fittings and equipment in a state which is fit for purpose;
- Provide training at induction on ergonomic issues, and when furniture purchase is being considered;
- Encourage Workers to set their work station sup ergonomically and to use correct posture;
- Provide equipment and/or training for to help minimize risks in manual handling;

### **Worker's responsibilities**

Workers must:

- Adjust workstation equipment to maintain a comfortable body position;
- Make their needs known to their manager in terms of furniture and equipment which is safe and comfortable to use;
- Report any hazards associated with the equipment used for a task;

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- Report early symptoms to the Parish;
  - Take mini-breaks and practice stretching or exercises at intervals to reduce muscle tension from keyboard or other office work.

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**Parish Priest**

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**Date**