



OCCUPATIONAL HEALTH FOR ACADEMIA

ACHIEVING ACADEMIC EXCELLENCE THROUGH WELLBEING

Why MSK Services Matter for Academic Institutions

Did you know that the Health & Safety Executive reports that over 30% of work-related illnesses in the UK are caused by musculoskeletal disorders? At Response Occupational Health, we specialise in supporting academic institutions to foster healthier, more productive environments for both staff and students. We understand the unique challenges faced in academia – whether from prolonged desk work, teaching demands, or the physical strains of laboratory or field research. Our goal is to help your team stay healthy, motivated, and efficient, empowering your institution to achieve excellence.

The Impact of Health on Academic Work

Academic roles often involve a wide range of physical and mental challenges, including:

- **Sedentary Working:** Prolonged periods of sitting, sustained static postures, and ergonomic challenges when using Display Screen Equipment (DSE).
- **Teaching Demands:** Long hours of standing, moving and handling, and time spent reaching and working at low levels depending on the classroom environment.
- **Research & Field Work:** Physical exertion, repetitive motions, or awkward postures in labs and field settings.
- **Mental Wellbeing:** Stress-related strain due to workload pressures and deadlines contribute to tension and musculoskeletal discomfort.

These factors can lead to physical injuries, absenteeism, presenteeism, and decreased morale—ultimately affecting productivity, research output, and teaching quality.

Proven Results: Success in Improving Wellbeing

Our clients have experienced measurable benefits that speak for themselves:

- **Absenteeism reduced** from 12% to 5%.
- **Staff satisfaction increased**, with an average survey score of 24.8/25
- **Employee retention improved** by 15%, reducing turnover rates
- **Enhanced Productivity** and morale across departments

“ Partnering with Response Occupational Health has been transformative. Our staff feel more supported, and we’ve seen tangible improvements in both wellbeing and productivity. – **Loughborough College** ”



“ At the University of Leicester, we have a holistic approach to Staff Health and Wellbeing. Response OH has been working with us to provide a monthly virtual stretch class for our staff members specifically designed to help with joint and muscle flexibility, particularly after long periods of sedentary posture. These sessions have been very well received and an important part of our support for sedentary and hybrid workers. – **University of Leicester Staff Health and Wellbeing Team** ”



Our Comprehensive Occupational Health MSK Solutions

We offer a tailored range of services designed to meet the specific needs of academic staff and students:

- **On-Site Physio Clinics:** Convenient access to physiotherapy assessments and treatments on campus.
- **Remote Physio Assessments:** Receive expert advice via telephone or video consultations, with in-person follow-ups if needed.
- **Ergonomic Assessments:** Optimise workstations, lecture room/classroom set up, and lab spaces to prevent injuries and enhance comfort.
- **Return-to-Work Programs:** Structured plans to help staff return safely and confidently after illness or injury.
- **Injury Prevention Programs:** Tailored exercise and advice to maintain physical health in demanding roles.
- **Pre-Employment Health Screening:** Ensure new staff are physically prepared for their roles and responsibilities.



Teachers are 3 times more likely to report musculoskeletal symptoms compared to the general workforce due to the physical demands of standing, lecturing, and classroom management.



Stress-related illnesses are responsible for 25% of all sickness absences in UK academia, affecting both staff and students' well-being and performance. (Source: Public Health England)

Did You Know

How Our Services Benefit Your Institution

Investing in the health and wellbeing of your academic community offers clear, measurable advantages:

- **Reduced Absenteeism:** Fewer physical complaints lead to fewer missed days.
- **Enhanced Employee Morale & Retention:** A fit and comfortable team can focus better on teaching, research, and support services.
- **Increased Productivity:** A fitter workforce is a more efficient workforce.
- **Cost Savings:** Lower health-related expenses and recruitment costs.
- **Compliance:** Easily meet workplace health and safety regulations.

Support Academic Excellence Through Wellbeing

Ready to build a healthier, more productive academic community?
Call 0800 999 7055 or email Richard Carter at rcarter@responseoh.com to discover how our tailored MSK services can help your institution succeed.

Get in Touch for a Healthier Institution!

Let us help you create a healthier,
more productive workforce today.



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