



WORKPLACE UPPER-LIMB INJURIES & 2026 COIDA AMENDMENTS:

An Occupational Safety & Risk Perspective

"Practical strategies for managing upper-limb injuries in the workplace"

Date: 08 July 2026

Time: : 09h00-12h30 SAST

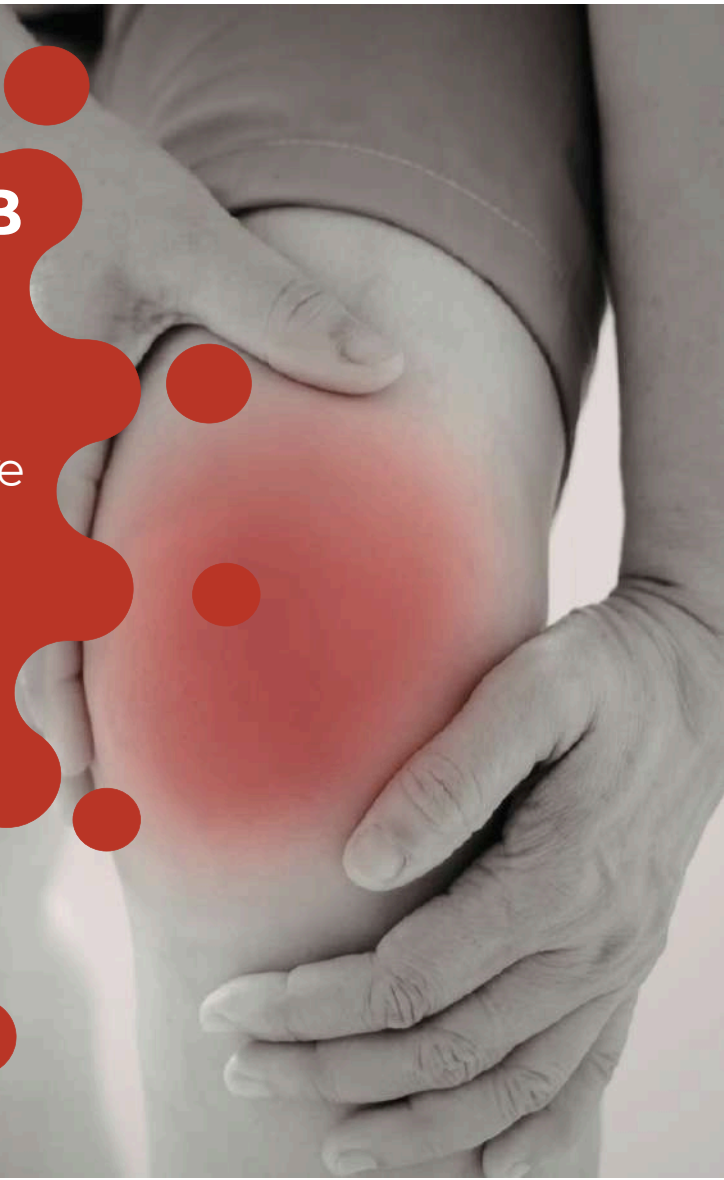
#ONLINE **PLATFORM**



ACCREDITED FOR:

2 Ethics CPD points

2 Clinical CPD points



OVERVIEW

Upper-limb injuries represent a significant proportion of workplace trauma, frequently requiring surgical intervention and prolonged rehabilitation periods that impact individual workers' return to work.

Occupational injuries constitute a substantial global health and economic burden, with the ILO estimating treatment costs and productivity losses totaling approximately 3.9% of global gross domestic product.

Bradley Research invites you to participate in this engaging discussion on July 8.

OUR SPEAKERS

PROF. BRADLEY BEIRA;

International Healthcare Risk Consultant; Board Member, Medico-legal Practitioner, Clinical Governance Specialist, Private Chiropractor

MS PHUMLA MOTSA;

Occupational Therapist, Work-Link Unit and OTASA Ergonomics Task Team

DR & ADV OBED S. MPHOFU;

Occupational Medicine Specialist, Medico-legal Practitioner & Bioethics Practitioner



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WORKPLACE UPPER-LIMB INJURIES & 2026 COIDA

AMENDMENTS:

An Occupational Safety & Risk Perspective



SYMPOSIUM OBJECTIVE

The objective of the symposium is to provide a comprehensive examination of the occupational safety and legal framework related to Upper Limb injuries, and to offer practical considerations and procedural guidance on COIDA amendments in the workplace.

TARGET AUDIENCE

- Safety Manager / Safety Officer / Safety Practitioner
- OHS Manager / OHS Coordinator / OHS Officer
- OHS Practitioner
- Health & Safety Manager / Health & Safety Specialist
- Construction Health & Safety Agent / Manager / Officer
- Mining Health & Safety Officer
- Occupational Hygienist
- Occupational Health Nurse Practitioner
- Occupational Medicine Practitioner
- Ergonomist / Ergonomics Specialist
- Operations Manager / Plant Manager
- Production Manager / Factory Manager
- Human Resources Manager / HR Business Partner – handles injury claims, wellness
- Wellness Manager / Employee Wellness Coordinator
- Training Manager / Skills Development Facilitator
- Compensation Commissioner Liaison / COIDA Administrator

PROGRAM AGENDA

09.00-09.40

Introduction to Upper-Limb injuries

- Understanding upper-limb injuries and how they develop over time
- Early signs and symptoms (pain, stiffness, numbness, tingling)
- Impact on employees and organizations (productivity, absenteeism, presenteeism)
- Importance of early reporting and prevention

09.40-10.15

Workplace Ergonomics & Regulatory Requirements

- Principles of ergonomics (user, equipment, and work habits)
- Overview of ergonomic regulations and employer responsibilities
- Importance of compliance in reducing risk and improving employee well-being
- How posture and repetitive work affect the body

10.15-10.20 Short break

10.20-11.00

Task Analysis & Work Demands

- Understanding how job tasks contribute to injury risk
- Identifying physical, cognitive, and environmental demands
- Practical strategies to modify tasks and reduce strain
- Role of rest and recovery in preventing injury

11.00-11.05 Short break

11.05-11.30

Supporting Return-to-Work & Sustainable Work Participation

- Workplace reasonable accommodation.
- Barriers and facilitators to return to work
- Role of workplace adjustments and case management

11.30-12.30

Legal framework & Compensation for Upper-Limb injuries

- Reporting procedures for Upper-limb injuries
- 2026 COIDA Amendments and IOD Management
- Employer duties-OHS Act
- Incapacity & Employment Equity Act

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