



WHAT ARE THE OPTIONS WHEN CONSIDERING REASONABLE ADJUSTMENTS?

Overview

This ½ day workshop looks at the options available when dealing with individuals who are experiencing discomfort whilst at their workstation. The workshop will look common musculoskeletal disorders and take you through specific areas of the body commonly associated with discomfort and explore what options could be considered to address them. A range of products will be available to demonstrate the benefits provided and for delegates to handle and try.



Who should attend?

This ½ day workshop is for anyone who has to procure or recommend reasonable adjustments for workstations or for those looking to refresh their existing knowledge.

Aims

The aims of this half day workshop is to give you –

- An understanding of common musculoskeletal disorders
- Knowledge on what options are available when considering reasonable adjustments for –
 - Office seating
 - Sit-Stand working
 - Input devices
 - Other desktop accessories

Course Objectives

- Gain an understanding of common musculoskeletal disorders
- Recognise what products and advice can be given to address discomfort in –
 - Lower back
 - Upper back and shoulder
 - Neck
 - Wrists and hands

Course Outline

- Introduction to Osmond Ergonomics & the trainer
- What are the risks from using DSE
- Looking at options for workstation adjustments
- Free Resources

Our Cancellations & Refunds policy can be found at – <https://osmondgroup.co.uk/crp.pdf>

Osmond Ergonomics, 21 Johnson Road, Ferndown Industrial Estate, Wimborne BH21 7SE
 Tel: 0345 345 0898 | Email: info@ergonomics.co.uk | www.ergonomics.co.uk



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