



½ Day WORKSHOP – WORKSTATION POSTURES AND SEATING

Overview

Poor postures at work are a major source of MSDs (Musculoskeletal Disorders - injuries and disorders that affect the human body's movement or musculoskeletal system). MSDs can result in a huge cost to a business through lost working days and decreased productivity amongst staff affected. This ½ day workshop focuses on the risks of adopting poor postures when using Display Screen Equipment (DSE), advice on setting up your workstation correctly and how to achieve good postures. It also covers office seating - options, benefits and features available, as well as how to collect anthropometric (dimension) data for specifying office chairs for individuals.



Who should attend?

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

Aims

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

- ❏ Be aware of the risks from sedentary working and adopting poor postures
- ❏ Know how to set up a chair for an individual
- ❏ Have an understanding of different chair features and their benefits
- ❏ Be able to record anthropometric data required for specifying office chairs
- ❏ Know what a good workstation set up looks like

Course Objectives

- ❏ Understand the risks of sedentary working and adopting poor postures
- ❏ Be able to identify different chair controls and know where they can be found
- ❏ Practice taking anthropometric data required for office chairs
- ❏ Gain an understanding of chair features and benefits and how these features help
- ❏ Understand what a good workstation layout looks like

Course Outline:

- ❏ Introductions
- ❏ Workstations & Postures - What are the risks?
- ❏ Chairs -
 - Chair options, features and benefits
 - Taking anthropometric data
 - Setting up a chair
- ❏ Free Resources

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

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