

HSE Integro: Ergonomics Immersion





About HSE Integro Wellness Cell

HSE Integro offers customized wellness programs, serving organizations that span industries in all major verticals, which includes but is not limited to:

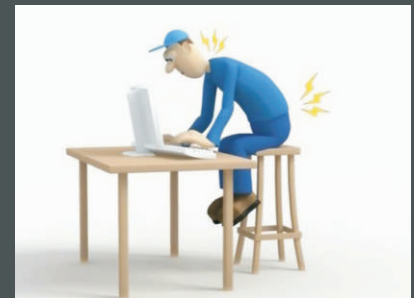
- Behavioural based training
- Ergonomics training and risk assessment
- Non-smoking awareness programs
- Stress management programs
- Anger management
- Health and safety workshops
- Soft skill training programs



Our highly qualified wellness trainers with years of experience and domain expertise spearhead HSE Integro in its mission to make your employees more productive while maintaining a healthy work life balance.

Ergonomics Program

HSE Integro is a one stop shop that provides tailor made programs suited to the client's requirement, which includes classroom and hands on immersion with an aim to sensitize participants on the importance of ergonomics, its applications and how it can be used as a tool for assessing workplace and occupational hazards in entirety.



The session has an objective to bring in all elements of ergonomics suited to the concerned industry's ecosystem, which will be appreciated and can be imbibed by the participants in their daily work schedule.

We, at HSE Integro, have the prime motive to channelize the ergonomic tenets in a structured program so that it benefits the key assets of any organization, which are the employees.

Training Objectives

- To create awareness about the importance of ergonomics in the workplaces
- To share basic framework of different musculoskeletal disorders and suggest user specific improvements
- To provide knowledge on “analysis and assessment” of human interaction with their work environment
- To share the importance of ergonomics and its impact on employee productivity and health



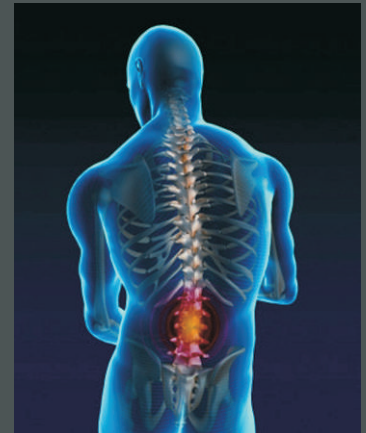
Course Outline

- Introduction to ergonomics and base theory
- Importance of Ergonomics
- Work related musculoskeletal disorders and its relation to ergonomics
- Circadian physiology for workplace
- Stages of RSI (Repetitive Strain Injury) and early warning symptoms of RSI
- Risk factors of RSI and common forms of RSI
- Occupational and Ergonomic risk factors
- Guidelines for industrial ergonomics
- Details of MSD identification & problem solving

- Early management and treatment of RSI
- In-depth practical ergonomic evaluation/ Assessment Technique: RULA & Subjective pain assessment questionnaire
- In-depth ergonomic evaluation/Assessment technique: REBA
- Practical Ergonomic evaluation of workplace and office workstation
- Practical demonstration of Ergonomic & Posture guidelines for office & industrial environment
- RSI preventive exercise training
- Screening process & reporting of MSDs

Modus Operandi

- Interactive presentation and lecture
- Hands on practical experience with relevant exercises
- Assignments



Our Partners

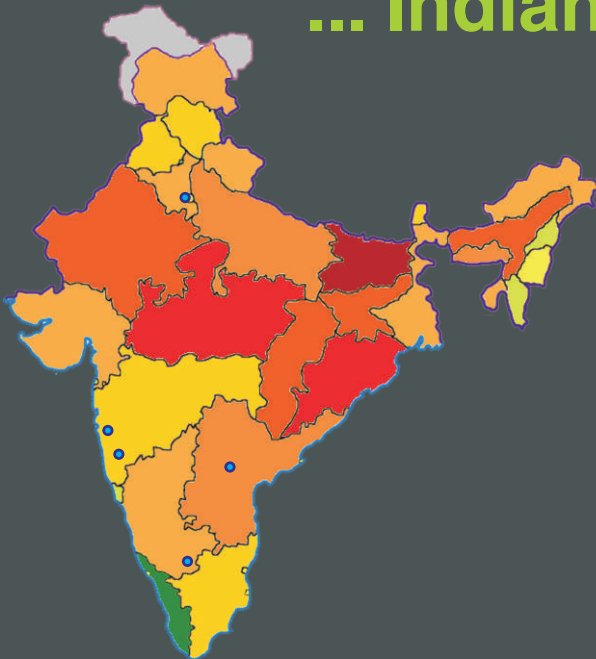


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