



## **Postural Training Seminar (1 hour)**

- Highlights the problems of prolonged sitting at work
  - Illustrating cause, effect and solutions
  - A pragmatic, entertaining seminar that covers basic anatomy and mechanics of sitting
- Costs: per delegate (min 10 delegates)

## **Postural Training Workshop (3-4 hours)**

An intensive session which is an extension of the postural seminar, aimed at training key personnel to become trainers and trouble shooting 'posture monitors'.

- Understand fully the relevant anatomy and physiology
- Be familiar with major occupational health problems, back and neck pain, RSI, etc.
- Become familiar with the different types of workstations and seating on the market
- Be able to make informed decisions where a workstation risk is identified
- Be able to set up and train members of staff, how to sit, and give postural advice
- Receive theoretical and practical training in specialist workstation accessories

Costs: upon application

## **Display Screen Equipment (DSE) 2 day course**

'Training the Risk Assessor'

- Understand the primary aims of health & safety practice in preventing harm and loss
- Appreciate the legal context of health & safety practice with particular reference to D.S.E.
- Understand human physiology in relation to working on computers
- Understand the ergonomic aspects of working on computers, task design and working environment
- Appreciate and identify the ill-health effects of badly designed tasks, workstations and environment
- Identify techniques and ways of minimising the risks associated with display screen equipment
- Become skilled and proficient in the practice of D.S.E. risk assessment
- Make display screen equipment risk assessments specific to the workplace
- Put in place a suitable programme of D.S.E. risk assessment and recording
- Carry out effective audits of display screen equipment risk assessments

Costs: per delegate (minimum of 2 delegates)

## **Stress: Anxiety: Panic Attacks, A Theoretical and Practical Workshop**

This provides delegates with a 'tool-kit' of breathing exercises based on the Russian 'Buteyko Breathing Technique'. A pragmatic and relevant course which is practical rather than merely theoretical. It has a well researched scientific basis and delegates leave the course feeling well educated, confident and empowered

Delegates learn:

- To recognise physical effects and psychological triggers.
- The theory of stress, anxiety and panic attacks, its causes and biological purpose
- 3 specific breathing techniques to combat symptoms of stress, anxiety and panic

Costs: per delegate, including course literature

## **Specialist Breathing Package**

A course for Asthmatics and those with Chronic Breathing Problems

Delegates learn theory and practice of their condition and then master a series of Buteyko Breathing Exercises. Education and training combined with a treatment that works for all types of asthmatic, no matter what the trigger or symptoms.

Significantly reduces symptoms and decreases asthma related absenteeism by an average of 90%.

Case studies and evidence based literature on request.

Costs: per delegate



### **Consultancy & Physiotherapy**

Fully qualified experts explain all areas discussed so that you and your personnel understand all of the information.

This allows you to make your own informed decision as to what your next step should be.

Consultancy

- Consultation with customers Health & Safety Personnel
- Risk assessment needs
- Workplace assessment needs
- Clinical needs
- Advice on purchasing ergonomic office furniture and accessories
- Furniture audits

Costs: Upon Application per day

### **Physiotherapy**

On site treatment via Chartered Physiotherapist, a range of treatments including:

- Acupuncture
- Massage
- Manipulation
- Exercises and advice

Costs: Tailored packages available to your requirements



Experience suggests when purchasing office seating most companies first consideration is cost. However, we have also found that they have not considered the bigger picture! The needs of the employees, the form and function of the seating range, the application of a problem solving approach to their seating needs. Poor seating and bad posture causes or significantly contributes to:

- Shoulder pain
- Neck muscle pain
- Headaches/migraines
- Pins and needles
- Tiredness and fatigue
- Prolapsed discs
- RSI
- Carpel tunnel syndrome
- Arthritis
- Muscle spasm
- Lumbago
- Sciatica
- Swollen ankles
- Poor breathing
- Poor circulation

### **Chair Clinic**

Chartered Physiotherapist conducts onsite consultation with Health & Safety, Human Resources and Facilities Management personnel. Involving assessment of employees with seating problems. Consisting of a demonstration and trial of different types of ergonomic chairs ie. Fully adjustable free float mechanisms, knee tilt, centre tilt, multi tilt, synchro etc.

Costs: upon application

Tailored packages 1/2 day rates available.



Employers have a legal responsibility to risk assess all employees.

## Basic Display Screen Equipment Risk Assessment

- A detailed self-administered checklist is provided
- Expert screening and review of completed assessments
- Written recommendations and specific solutions
- Sign-posting to other services as necessary

Costs: upon application

## Full Workstation Assessment

(where there are specific health issues likely to lead to extended absenteeism or compromised efficiency)

- Review of current Health & Safety Risk Management Policy
- Extensive and relevant Workstation Assessment
- Detailed report with product specific recommendation
- Sign-posting other services

Costs: upon application

## Clinical Workstation Assessment

(where prolonged absenteeism has become a problem)

As per the 'Full Workstation Assessment' above, plus a full clinical/medical musculoskeletal assessment of the employee. The full clinical assessment of the individual by the Physiotherapist would be followed by:

- Full medical report
- Conclusions as to the employees current health
- Recommended treatment regime
- Full complex workstation assessment
- Full and specific workplace solutions
- On-going management and review

Costs: upon application

## Problem

Margaret is suffering chronic low back pain and sciatica. She has osteoarthritic joints in her low back and hips and her symptoms are exacerbated after prolonged sitting.

### Job requirements

Margaret is an assistant head of administration and is mainly involved in VDU screenwork, inputting and clerical tasks with some reading and writing.

### Reasons for recommendation

The current chair is not adjustable and provides insufficient support and movement encouraging the lower back to curve outwards as she leans forward to work, when it should in fact curve inwards. This causes the spine to be kyphotic (outwardly curved) and stresses the joints, particularly at the lower back and neck area. This causes local inflammation and can raise intra-discal pressure, leading to slipped discs and impingement of nerve roots. The solution to her problem is to work in an environment that encourages movement and postural variation around a good basic, neutral posture.

Therefore, she needs an ergonomic chair to solve the problem. This chair can be adjusted to the user, rather than trying to fit the user to the chair. It will encourage a dynamic sitting posture and provide full support during test breaks. The floating pelvic tilt will automatically induce movement reducing lower limb symptoms and alleviating the constant stress of a static posture.

## General Benefit to Employer

1. Decreased absenteeism due to reoccurrence of back problem.
2. Increased productivity and efficiency
3. Increased employee moral

## Generic Products

1. Ergonomic chair with adjustable seat height, seat depth and back height. The chair should have a free-floating pelvic tilt and this should be tilt tension adjustable for varying body weights. The tilt should be an independent seat and back centre tilt mechanism, as this will encourage a balanced posture and promote movement variation of posture and enhance lower limb circulation.
2. Training, education and advice