



Osmond
Ergonomics

TRAINING SERVICES

We love to share our knowledge!

You are welcome to join one of the public sessions from our growing portfolio of half-, one- and two-day courses. Alternatively, talk to us about bespoke in-house delivery for your organisation.

As well as chargeable modules, we have also been running free webinars for several years. These are an ideal way to get a taste of our style, relevance and content to help you identify your own requirements.

Certifications

We are an approved IIRSM (International Institute of Risk & Safety Management) training provider with five courses currently recognised. One of these courses is also certified by CIEHF (the Chartered Institute of Ergonomics & Human Factors).

Certified Courses:

Display Screen Equipment (DSE) Assessor

One day training course for line managers, newly-appointed or recently-appointed workstation assessors. Includes an overview of the legislation, techniques and procedures required to conduct a DSE Assessment. No previous knowledge or experience is required.



Do you want to be an assessor?

½ day workshop aimed at medical professionals and others who are thinking about a full- or part-time career as a DSE assessor. It provides trainees with an overview of the legislative background, assessment process and equipment available, as well as pointing to suitable further training and qualifications.



Workstation Postural Awareness

One hour workshop designed for anyone who uses a chair, desk and computer during their working life. No previous knowledge or experience is required. The workshop will demonstrate why and how musculoskeletal disorders develop with hints and tips for setting up a workstation.



Certified Courses continued:

Workstation Postures and Seating

½ day workshop aimed at anyone who has to procure or recommend office seating. Covering office seating – options, benefits and features available – as well as how to collect anthropometric data to use when specifying office chairs for individuals. The workshop also focuses on the risks of adopting poor postures, advice on setting up your workstation and how to achieve good postures.



What are the options when considering Reasonable Adjustments?

½ day workshop looking at the options available when dealing with individuals who are experiencing discomfort whilst at their (DSE) workstation. This workshop is for anyone who has to procure or recommend reasonable adjustments for workstations or for those looking to refresh their existing knowledge.



Partner Courses

To broaden our portfolio beyond our own specialist knowledge, we work with excellent partners to facilitate other programmes, including the following:

Advanced DSE Assessor

Two day course for experienced workstation assessors to provide a more in-depth understanding of workstation problem solving and products to address specific individual needs.



Ergonomics in Practice

Three day course providing delegates with a good understanding of ergonomics in its broadest context and practical workshops to apply what they have learned.



Wellbeing in the Workplace Masterclass

A half day course exploring workplace pressure which enables delegates to examine, understand and action-plan theories such as Resilience and Mindfulness through the lens of Insights Discovery. This uses a world-class personality model that helps individuals effortlessly relate to the differences that exist in human beings.



One-to-One

2-3 hour sessions with a personal trainer to get to grips with assistive technology and productivity software.

Packages covered include:

- Dragon Naturally Speaking
- Audio Notetaker
- Texthelp Read&Write
- ZoomText
- MindView
- ClaroRead



Online

For large scale user assessment and training, we offer a portfolio of world-class online tools and e-learning. These address multiple legislatures and languages with a comprehensive range of support services. Topics include DSE, safety, driver education and fleet management, data protection and fire safety.



FitBack®

One hour physio-led education and exercise workshop to prevent back pain. You can also combine this with Speed Physio Sessions: 20 minute, one-to-one consultations with a physiotherapist to discuss aches and pains.



Just type **ergonomics.events** into your web browser to see what we have in the diary at the moment or contact our Training Manager to discuss your specific needs (**training@ergonomics.co.uk** or **0345 345 0898**).

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