



## POSTURAL AWARENESS - OFFICE

### Overview

Poor postures at work are a major source of MSD'S (Musculoskeletal Disorders - injuries and disorders that affect the human body's movement or musculoskeletal system).



MSD's can result in a huge cost to a business through lost working days and decreased productivity among staff affected.

Based on our recently updated and widely used Posture Guidance information, this 1 hour workshop can be delivered virtually or face-to-face and will focus 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.

### Who should attend?

This is a one hour workshop which is designed for anyone who uses a computer chair, desk and computer during their working day. No previous knowledge or experience is required. The workshop will comprise of an overview of why and how musculoskeletal disorders develop and hints & tips for setting up a workstation.

### Aims

The aim of the workshop is to give delegates the confidence and knowledge to be able to set up their workstation.

By the end of the workshop delegates will –

- 📦 Understand the risks of adopting poor postures at your desk
- 📦 Know how to set up your chair correctly
- 📦 Know what a good workstation set up looks like

### Course Objectives

- 📦 Gain an understanding of common musculoskeletal disorders
- 📦 Be able to identify different chair controls and know where they can be found
- 📦 Be able to arrange a workstation to promote good postures

### Course Outline

- 📦 Introductions
- 📦 What are the risks from using DSE
- 📦 How should we have our chairs set up
- 📦 Setting up the workstation to promote good postures
- 📦 Free resources

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

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