



ERGONOMIC SERVICES

Workplace ergonomics is the science that addresses the relationship between the employee and the working environment. Because it considers individual capabilities and tasks as well as the work environment, ergonomics can be applied across an organisation.

Physiotherapy Matters can offer ergonomic services that comprise a flexible programme of comprehensive workplace assessments, developed and managed by our specialist occupational health physiotherapists to meet the unique needs of your organisation. As a result of the ergonomic assessment, managers can be informed of the identified risk factors that may contribute to musculoskeletal disorders in the workforce. We would also offer suggestions for amendments and work alongside you in workplace re-design.

Appropriate workplace ergonomics can reduce the risk of work-aggravated conditions, improve employee productivity and performance, improve health and safety at work and address legal compliance issues.

WHY USE WORKPLACE ERGONOMIC PHYSIOTHERAPISTS?

Your organisation may be experiencing problems relating to the following:

- Equipment, seating and workstation design
- The working environment and workplace layout
- Health and safety improvement notices
- Work methods, shift patterns or workload

Our approach will carefully balance the needs for company profits with a safe working environment to:

- Save you money
- Help employees feel better
- Keep people working
- Reduce waste
- Increase productivity

Our ergonomic services can be tailored to your needs but may include:

- Musculoskeletal disorders risk assessments (single or multiple task)
- Office ergonomics
- Manufacturing and production ergonomics
- Musculoskeletal disorders awareness training
- Manual Handling training/courses

MANUAL HANDLING & MSK AWARENESS WORKSHOPS

MANUAL HANDLING

Incorrect manual handling is one of the most common causes of injury at work. Manual handling injuries can happen anywhere people are at work – heavy manual labour, awkward postures, manual materials handling, and previous or existing injuries are all risk factors in developing musculoskeletal disorders (MSDs).

Manual Handling Training & Refresher Training

Our half day course will provide delegates with appropriate knowledge and various practical skills involved in safe manual handling.

- Manual handling risk factors and how injuries can occur
- How to carry out safe manual handling, including good handling technique
- Appropriate systems of work for the individual's tasks and environment
- Use of mechanical aids
- Practical work to allow the trainer to identify and put right anything the trainee is not doing safely



MSK AWARENESS WORKSHOPS

Our workshops are typically 2-3 hours long and can be delivered to groups in a variety of locations, such as large meeting rooms or in ready-to-work areas. All workshops will be tailored to the needs of your organisation.

Musculoskeletal Disorders in the Workplace

Our highly interactive sessions are directed at managers aiming to increase understanding of the impact of MSDs in the workplace in relation to productivity, absenteeism and presenteeism. You will learn how to manage MSDs and will be given information on injury prevention strategies and the benefits of Occupational Health provision.

Work-related upper limb disorders

Typical examples include repetitive strain trauma, hand/wrist tendon syndromes or carpal tunnel syndrome which can occur in work settings where there are repetitive or forceful movements or extensive flexion of the hand and wrist. Our workshop focuses on risks and how to reduce risks, and provides advice and exercises along with written course material.

Spinal Awareness

Back pain can be caused by many work situations and frequently fluctuates, leading to episodic exacerbations. Our anatomy-based presentation discusses what can go wrong with the spine and how to self-manage back pain in the workplace. Evidence-based interventions will also be discussed and exercises alongside lifestyle advice will be offered which have been demonstrated to reduce the impact of back pain.

Clinics in Gosforth, Newcastle City Centre & Darras Hall, Ponteland

For more information about how we can help you and your employees, please contact us:

Tel: 0191 285 8701

Email: info@physiotherapymatters.co.uk

Web: www.physiotherapymatters.co.uk

Opening Times

Mon, Wed, Fri 8:30am - 5:30pm

Tues & Thurs 8:30am - 7:30pm

Saturday 8:30am - 1:30pm

Facebook: /Physiotherapymattersuk

Twitter: @Physiomattersuk

Physiotherapy Matters, Arden House, Regent Centre, Gosforth, Newcastle upon Tyne, NE3 3LU