



Individualised Ergonomics Assessments

Changing the way you work...forever!

An ergonomically congenial work area is crucial to good working posture, without it, aches and pains, stiffness and headaches can eventually lead to staff absenteeism.

Through an understanding of fundamental ergonomic principles Occuhealth can effect positive change in your organisation and work practice by providing Individualised Ergonomic Assessments. Occuhealth can address sitting posture, desktop and equipment layout, vision and glare issues, work patterns, breaks and stress management.

Occuhealth Individualised assessments encourage a healthy attitude, which has a very positive impact on the well-being of staff, by reducing the number of repetitive strain injuries in the work environment. It can also increase workforce morale.

Occuhealth is committed to excellence in health, fitness and well-being in the workplace. We offer cost-effective assessments & training programs, which help prevent repetitive strain injuries. The Individualized assessment aims to increase the awareness of poor Ergonomic positioning and helps to improve work practices.



Occuhealth ergonomic assessments cover the following:

- Ergonomic Workstation set up
- Lighting/ Glare
- Ease of movement /clutter
- Optimal heights and angles for equipment
- Posture
- Importance of taking breaks
- Office exercise and how to change the office culture to encourage stretching

Features

Duration of assessment: 30-60 minutes

Delivery: Individualised Workstation assessment and written report

Legislation: Covers Health & Safety legislation for Ireland and EU

Occuhealth Ltd

Phone: + 353 (0) 1-8685965, Fax: +353 (0) 1-8690655

Email: info@occuhealth.org Web: www.occuhealth.org