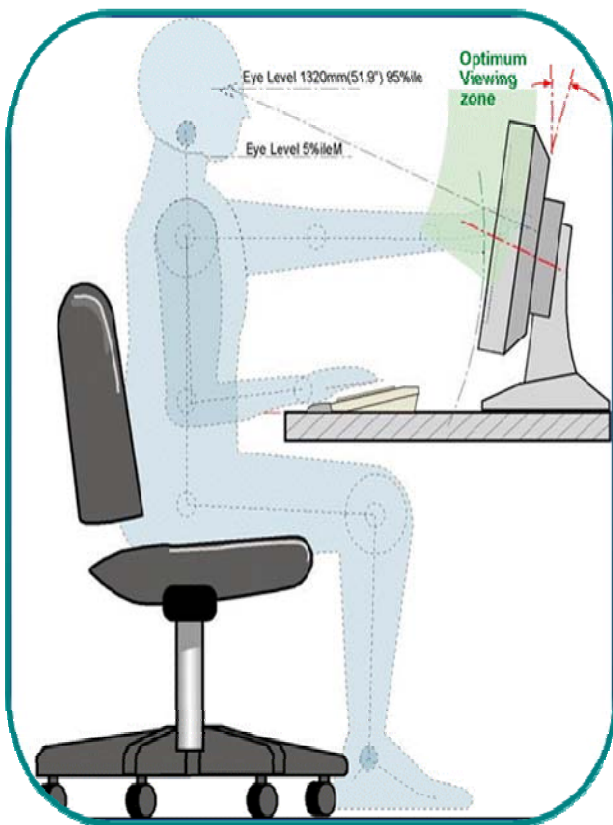


Mind Your Back: Preventing Back Ache in the Office Environment

HEALTH



This training addresses ergonomics issues from the perspective of your Employees and Office Environment.

Focusing on ergonomically correct body positions, this program offers solutions for how to compensate for workstation limitations and create a healthier and stress-free work environment for your employees.

OSALP International professional training courses combine the latest tools, techniques, market research, case studies and dynamic ways of thinking, delivered by experienced trainers to ensure the skills and knowledge acquired are directly applicable to your organization.

- ◆ **Research** Latest concepts, tools, techniques, tried and tested methods
- ◆ **Trainers** Highest standard of dynamic trainers with cross-industry experience
- ◆ **Applicability** Training relevant to your needs and your workplace
- ◆ **Interactive** Just the right number of participants with group exercises, role-plays and feedback
- ◆ **Action** Planning, implementation and follow-up
- ◆ **Documentation** Comprehensive supporting notes and further reading material

SAFETYINFO.COM.PK

 **OSALP**
Occupational Safety & Loss Prevention



Mind Your Back: Preventing Backache in the Office Environment: 1 day seminar

This training presents information on the types of ergonomic problems that can occur in your office, and what steps you should take to avoid them. Learn what you can do to correct many of the problems you encounter. This is a highly beneficial course for employees who are constantly working in the offices for long hours

The Course

Some of the topics included are:

- ◆ Ergonomics Overview and Physical Systems
- ◆ Special Techniques to Avoid Strain in your Body at Work, Home and Leisure
- ◆ Controlling Ergonomic Stressors
- ◆ Hand and Wrist - General Positions
- ◆ Hand and Wrist - Using Tools
- ◆ Arm and Shoulder - Problem Positions
- ◆ Maintaining Neutral Arm and Shoulder Positions
- ◆ Back and Neck - Potential Problem Areas
- ◆ Back and Neck - Ergonomically Proper Positions
- ◆ Exercise and Ergonomics

What will you learn?

This workshop will enable participants to:

- ◆ Ergonomics Overview and Physical Systems
- ◆ Controlling Ergonomic Stressors
- ◆ Hand and Wrist - General Positions
- ◆ Hand and Wrist - Using Tools
- ◆ Arm and Shoulder - Problem Positions
- ◆ Maintaining Neutral Arm and Shoulder Positions
- ◆ Back and Neck - Potential Problem Areas
- ◆ Back and Neck - Ergonomically Proper Positions
- ◆ Exercise and Ergonomics

What I have learned from this course needs to go back to my family immediately. I can see that why my children keep on complaining about back aches and muscular problems. I would recommend this course to practically all levels of staff in the offices and most importantly to school and college students

Capt Arthur John Singapore Offshore Rig



Who Should Attend

Staff in any organization including

- ◆ All Office Staff
- ◆ Spouses
- ◆ Any Person with Backache

Registration

Please contact **Sara Kalsoom**,
Facilitator Corporate Services with participants' details:

- ◆ Email: sara@osalp.com.pk
- ◆ Phone: 042-3660 1495, 042-36610391 -2
- ◆ Mobile: 0300-5500690
- ◆ Fax: 042-36610396

Dates 2010

- ◆ 15th May Sat Karachi
- ◆ 1st July Thu Islamabad

Course Fee

- ◆ **Course fee = Rupees 11,000/Person Karachi**
- ◆ **= Rupees 9,000/Person Islamabad**
- ◆ Course fee is inclusive of training booklets, lunches, teas, home assignments and training certificates
- ◆ We offer group package rates for more than 2 participants from the same organization

This Training In your Company

If you have a number of delegates with similar training needs, OSALP International also offers cost-effective in-house or on-site training solutions. The course can be tailor-made to suit your specific needs.