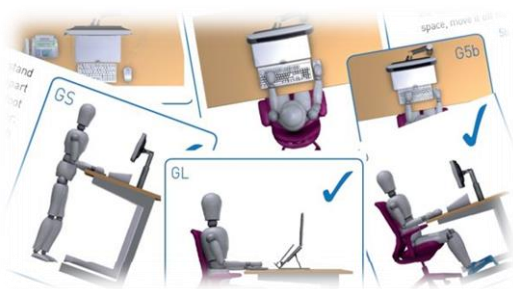


## Posture Tips for Home and Office Workers.

### 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 widely used Posture Guidance information, this one hour webinar will focus on the risks of adopting poor postures whilst using Display Screen Equipment (DSE), advice on setting up your workstation correctly and how to achieve good postures whether in the office or at home.

### Who should attend?

This is one hour webinar is designed for anyone who works at a computer during their working day. No previous knowledge or experience is required. The webinar 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 webinar 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

### Webinar Outline

- 📦 Introduction
- 📦 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

Osmond Ergonomics, 21 Johnson Road, Ferndown Industrial Estate, Wimborne BH21 7SE  
 Tel: 0345 345 0898 | Email: [info@ergonomics.co.uk](mailto:info@ergonomics.co.uk) | [www.ergonomics.co.uk](http://www.ergonomics.co.uk)