



iirSM  
APPROVED TRAINING



## POSTURAL AWARENESS - LABORATORY

### Overview

Poor postures at work are a major source of MSD's (Musculoskeletal Disorders - injuries and conditions 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 amongst affected staff. This session will focus on the risks of adopting poor postures whether using a smartphone, computer or laboratory equipment such as microscopes or pipettes.

The workshop will help delegates to understand what is happening within the body when we adopt and maintain static or poor postures, or carry out repetitive actions. Advice will also cover setting up the work area correctly, whether in the office or in a laboratory, and how to achieve good postures.



Where facilities allow, practical demonstrations of how to arrange your work area and position equipment will give delegates increased confidence and knowledge to be able to set up their workstation to improve posture, wellbeing and productivity.

### Who should attend?

This is a one hour workshop which is designed for laboratory technicians, 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 and the equipment used.

### 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 workstation
- Know how to set up your chair correctly
- Know what a good workstation set up looks like
- Gain an understanding of other 'Hints & Tips' for using laboratory equipment

### Course Outline

- Introductions
- What are the risks from using from adopting poor postures
- How should we have our chairs set up
- Setting up the workstation to promote good postures
- 'Hints & Tips' for using laboratory equipment
- Free resources

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

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