



Ergonomics Consulting

Length: 1hr; Full Day; 6-12 month programs.

Delivery modes: Onsite & Virtual Service Delivery; Pre-recorded tutorials.

Details: These services provide solutions to meet your unique musculoskeletal health requirements.

The focus is on identifying key health risk factors and behaviours that negatively impact MSK health in your company. The aim is to raise awareness of these risks, and share exercises, breathing habits, postures and behaviours that can help to maintain and improve musculoskeletal health – making this a good Absence Management | Health & Safety strategy.

Services include:

- Identifying the risks – poor body mechanics, repetitive strain injury, tiredness
- Recognizing the warning signs of impending musculoskeletal disorders
- Corrective postures workshop – Sitting/Standing/Lifting
- Stretching Exercises – neck, shoulder, lower back (exercises are aligned with workplace settings)
- 1-1 Ergonomic Assessments – Personal Habits & Workplace Risk Assessments

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.