

VIVO- Ergonomics Workshop



The VIVO Ergonomics training program for workplace & community equips non healthcare professional with the basic knowledge of Ergonomics Management

This is a practical, Hands- on program that empowers the participants with the knowledge of basic posture, work related disorder and their management.



Course Description

- Introduction to Ergonomics
- Posture & Movement
- Assessment of posture
- Correct sitting and standing posture
- Work related injury (Muscular Skeletal Disorder)
- Management for Low Back Pain, Neck Pain, Wrist Pain, Shoulder Pain etc.
- Prevention of work related injury
- Improve workplace efficiency

Participants will learn through

- Lecture
- Demonstration
- Video presentation
- Discussions and interactions

Highlights

Duration: 4 Hours
Certification: VIVO Healthcare/ QCI

Intended Audience

All non-healthcare professionals such as employees in the work place, factory workers, hotel workers, executive, police, fire fighter & security personnel.

