



ERGONOMICS CONSULTING

OCCUPATIONAL HEALTH MANAGEMENT FROM SWICA.

BECAUSE HEALTH
IS EVERYTHING

SWICA



Ergonomics consulting

Healthy workplace = healthy working

Everyday life at work often involves repetitive activities which use only one side of the body combined with a lack of compensatory movements. Doing a few simple things can prevent the development of complaints of the musculoskeletal system which so often result. Ergonomics experts visit and analyse the workplaces and advise employees on the healthy habits they should adopt. Ergonomics consultations are suitable for office and production workplaces. Depending on the company and sector, we put together tailor-made programs.

Target group

- All employees

Goals

Attendees are aware of

- the correlation between ergonomics and health problems and the actions that can be taken to prevent problems developing
- exercise strategies which can be integrated into everyday life, at work or during leisure time

Contents

- Workplace ergonomics
- Ergonomic movement sequences
- Health report and evaluation with company management (optional)

Method

- One-to-one advice session
- Workshop
- Company analysis
- Presentations

Implementation

- Ergonomist

No. of attendees

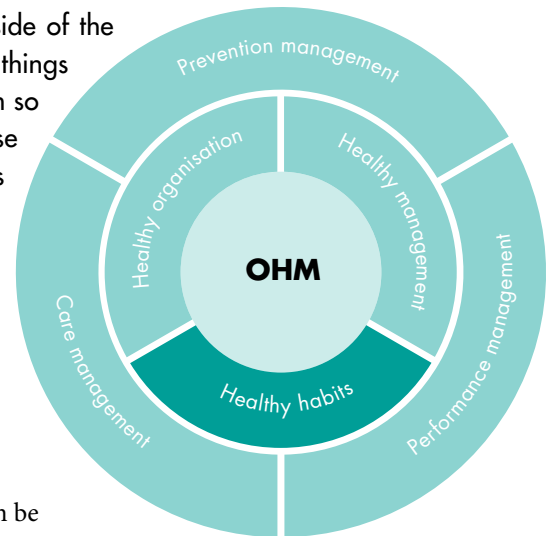
- One-to-one advice: office: up to 20 people per day (optional motivational presentation)
- One-to-one advice: production: 4 to 8 attendees per day
- Workshop: up to 15 attendees

Duration

- One-to-one advice: office: 15 to 20 minutes per attendee
- One-to-one advice: production: 45 to 90 minutes per attendee
- Workshop: up to 90 minutes per group

Location

- On the company's premises



Tip

The "Ergonomics consulting" module can be combined with the following SWICA offerings:

- Exercise
- Back check-up

SWICA Healthcare Organisation

Because health is everything

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