



Ergonomics

The ergonomic module is a tracking system to assess everyone's workstation, how it is set up and identify if there are any existing pain spots. The real time data reporting platform then provides individuals with the ability to manage their workstation, reduce pain and improve their work conditions.



The module is delivered online through a secure, password protected Health Hub and uses a combination of measurements and self-reported data to categorise everyone's workstation with a defined risk rating.

The categorisation is done by achieving a certain score relating to their workstation and is colour coded using the traffic light system. Individuals can view their own score and compare this score to the overall company average.

The ongoing education systems distributes tips and action steps to individuals according to their own risk, profiles and what needs to be adjusted to the workstation. This process will support individuals manage their pain and allow them to set up their workstation, so they remain pain free.

All individual data is strictly private and confidential, and companies can only generate reports using aggregated deidentified data.

Sitting or standing for prolonged periods of time can be uncomfortable and may cause pain in the long term. To manage this situation and to minimise their risk, workstations need to be customised.



Key outcomes

We are seeking to create an ideal workstation by incorporating specific physical measurements and movement guidelines.

We are seeking to identify and locate any pain "hot spots" and how best to manage them.

We are striving to make all workstations as safe as possible by highlighting the risks and how best to mitigate these risks.

We will identify how to create an efficient, comfortable and pain free workstation.

We will develop a better understanding of the relationship between monitor, keyboard, chair and desk height as well as how best to create a "healthy" workstation.

