

Work-related injuries can be caused by a wide range of factors including:

The chair at the wrong height

Computer screens too high or low

People twisting to see the screen

Not taking regular breaks

Inadequate lighting

Carrying heavy weights or operating complex equipment are not the only ways to get an injury at work: sitting at a computer can be just as harmful.

Workstation assessments

New employees/New equipment

Duration: 45 minutes – 1 hour.

Individual advice, training in working posture and exercises. On-site repositioning of equipment. 7 –10 page report includes individual advice on all work-related equipment, before and after pictures, break requirements and exercises to reduce tension and help prevent injury. The report should be kept in case of work-based injury litigation.

Individuals with existing problems

Duration: 1 hour 30 minutes.

As above including:

Advice and demonstration of best practice use of work equipment adapted to suit the individual and their problems. On-site repositioning of equipment, including individual exercises for ongoing use to help alleviate physical strain and injury.

A course of physiotherapy treatments can be arranged separately at the practice.

We make recommendations on the purchase of the correct ergonomic equipment and furniture and we hit the right product at first shot!

Areas covered: Ealing, Brentford, Chiswick, Acton, Park Royal

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Ealing Physiotherapy

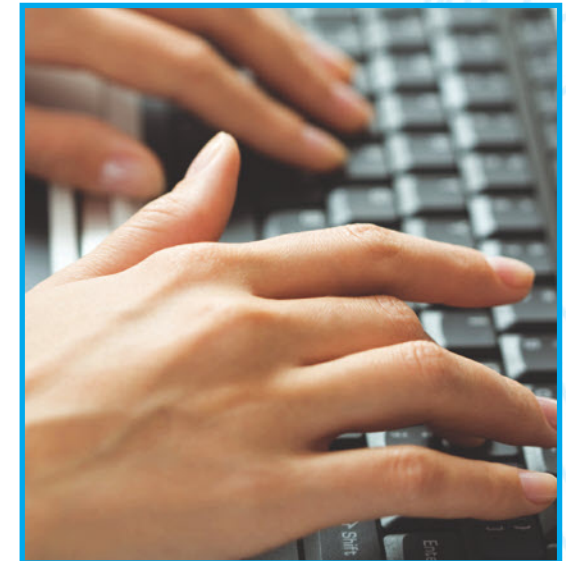
Productive, proactive and pain free

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**Ealing
Physiotherapy**



How could your employees get a work-related injury while sitting at a computer?



Productive, proactive and pain free

**Ealing
Physiotherapy**



Your employees can get a work-related injury sitting at a computer...

Ealing Physiotherapy gets to the root of the problem and helps the individual sit and move better at work. Pain contributes to absence from work, and even occasional aches and pains prevent us from working at our best.

Ealing Physiotherapy takes the hassle out of the risk assessment process and helps your company:

Comply with Health & Safety Law

Increase the productivity and health of your workforce

Reduce absenteeism connected to work-related pain

Cut compensation costs



Headaches

Eye strain

Neck and shoulder pain

Tennis elbow

Aching wrists and RSI
(Repetitive Strain Injury)

Call 020 8847 1887
to book an appointment with
Ealing Physiotherapy, chartered
physiotherapists and qualified
WSA experts.

Standard training for health and safety staff can fail to address deeper issues. **Computer equipment must be positioned correctly** for each individual. The trouble is that most people don't know what height to adjust their chair or where to place the screen. What is right for one person will be completely wrong for another.

Work-related pain contributes to a high percentage of absence, and very often the problems are completely avoidable. Ealing Physiotherapy's **Workstation Assessments** educate each individual in how to manage their workstation to prevent work-related injuries. We understand the effects of strain on the body, and have post-graduate training in ergonomics.

Regulations require a workstation assessment (WSA) for all new employees, freelancers, trainees and volunteers. You also should provide a WSA when new equipment is introduced (The 1992 Health and Safety Law DSE Regulations). Legalities aside, staff retention is improved when you demonstrate consideration for the workforce.

Home Workers also need to have a WSA in order to comply with the Health and Safety laws. Sitting on a sofa with a laptop on the knees is highly likely to lead to strain and workplace injury.