

Ergonomics

is the science of designing the job, equipment, and workplace to fit the worker. With the right ergonomics workers can perform their work without strain or injury.

Ergonomics in the workplace focuses on modifying workstations and worker posture and movements for safety, efficiency and comfort.

Applying specific changes to your workstation and changing work habits can go a long way toward ensuring that you remain injury free.

Book an assessment

Ergo at Work provides comprehensive ergonomic workstation assessments that will identify and reduce any ergonomic risk factors. The assessment will take 30-60 minutes and will determine potential risk areas and identify solutions.

A report will be produced and sent to you summarising ergonomic risks and provide recommendations with regards to equipment, workstation set-up, posture and training.

By following these recommendations, you can increase your comfort level and reduce your risk of workplace injury.



For more information about ergonomics or to organise an ergonomic assessment of your workplace please call or email us.

020 7636 8134

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ergoatwork

Chartered Physiotherapists and
Ergonomic Consultants

Workplace Ergonomics

Guidelines for setting up your
computer workstation

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