

# Industrial Ergonomic and Health Prevention Program



## Aims

1. Eliminating the risk factors associated with musculoskeletal disorders.
2. Apply ergonomic principles to the workplace in an effort to reduce or eliminate the number and severity of musculoskeletal disorders (MSDs), thus increasing employee productivity, quality, and efficiency, while decreasing workers' compensation claims.

## The program will be conducted in 3 phases:

1. Identified Problem and evaluation health problems (Approx. time for 2-4 weeks depending upon the number of employees or different kinds of work like office or computer related work, High physical or Moderate level)
2. Training (General Ergonomics Awareness Training, High-risk problem training) Approx. time for that 6-8 weeks depending upon the number of employees or different kinds of work like office or computer related work, High physical or Moderate level.
3. Follow-Up and Maintenance Program (Approx. time for that 2-3weeks)

### NOTE :

The program can be modified as per the need of the Industry. The final proposal will be given after understanding the nature of work.