GAITON WALKING ANALYSIS

AIMS

1. To assess and eliminate the risk factors associated with poor walking postures.
2. Applying basic ergonomic principles and advice to improve walking thus eliminating the number and severity of musculoskeletal disorders (MSDs) and increasing employee productivity, quality, and efficiency, while decreasing workers' compensation claims.

Abnormal walking patterns can lead to aches and pains in the legs and spine. It can also reduce one's efficiency to work for a longer period of time and can lead to musculoskeletal injuries. Identifying abnormalities in walking patterns and correction of the same can help prevent injuries and improve one's work efficiency.

THE PROGRAM WILL BE CONDUCTED IN 4 PHASES

1	Assess the individuals during walking using the GaitOn System.
2	Analysis of the normal walking using the software and identifying the abnormalities and walking errors.
3	Once the problem is identified, simple ergonomic advice and exercise training will be given to the employees for the correction of walking pattern.
4	Revaluation will be done (step 1 shall be repeated) after one month to assess the effect of ergonomic advice and exercise training using the same software based system.

NOTE

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

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