

WORKPLACE ERGONOMICS CONSULTANCY

28/09/2022



Objective: To spread awareness about workplace ergonomics and general physiotherapy exercises for common problems in office workers

Description:

An Awareness session about Workplace ergonomics and General Physiotherapy Exercises for common problems in office workers was performed by BCIP. Clinical club of BCIP organized Workplace Ergonomic Consultancy session at RBL bank, Hauzkhas, Delhi on 28 September 2022, from 3.0-5.0 pm. Mr. Vijay, General Manager at RBL bank was present along with over 20 staff of the Bank. During the session a presentation was used to explain the need of session in workplaces, along with this the role of physiotherapy in prevention of musculoskeletal problems due to sedentary work environment in banking sector was also covered. The audience were educated about the common risk factors associated with desk job and how to identify the symptoms. Many such common problems like neck pain and back pain were identified by the BCIP team in the office. Simple work place modifications and exercises were explained by the BCIP team members which will help to improve the condition present among the employees. Musculoskeletal assessment in brief was recorded for all the employees to identify the problems prevailing among them. Towards the end of the awareness session the camp students of BPT final year started with practical demonstration of various desk exercises that can easily be performed during sitting at work place. BCIP received great applaud for organizing the session and the session proved to be highly educative for the public.