

Comprehensive Injury Management
Ergonomic Analysis
Safety Training Programs
Workstation Design



Our Vision

To successfully heighten awareness of ergonomics using low-cost intervention and by doing so, improve productivity and decrease work related musculoskeletal injuries and absenteeism, thereby improving profitability and the work environment.

Working Sectors:

- Oil, Gas, Steel Industry
- Office
- Heavy Industries
- Mines
- Hospital & Health Sector



Why we are special:

- Team of certified ergonomists, Physicians, Physical Therapists, Occupational Therapists, Safety Professionals and Psychologists, who desire to partner with you to achieve results for your company.
- Our staff averages 10 years' experience as professionals with medical, ergonomic and management backgrounds.
- Strong combination of experts who work closely together.
- Extensive work experience allows for practical work solutions.

Fitting the Job to the Worker



Finding the balance of human capabilities and job task demands results in:

- ⇒ increased Health efficiency,
- ⇒ increased Safety,
- ⇒ increased productivity

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We specialize in assisting clients by establishing a proactive approach to reducing costly injuries and reducing expenses, while improving Safety, Health and productivity.



Our services includes:

Company Review & Strategic Planning

- Review injury logs and illness records
- Analyze data for risk factor
- Screen company risk factors
- Unify organizational objectives/corporate goals

Individual Employee Analysis

- Evaluate employee workstation or work area.
- Recommend changes for decreasing discomfort.
- Alter work environment for improved performance.

Ergonomic & OHS Training Programs

- Develop and present custom designed training
- Motivate employees to implement change
- Evaluate ways to address specific risk factors
 - ⇒ Office Ergonomics.
 - ⇒ Industrial Ergonomics.
 - ⇒ Ergonomics for Occupational Health & Safety .
 - ⇒ Ergonomics for specific departments/jobs.



Our services for Management of Workplace Injuries:

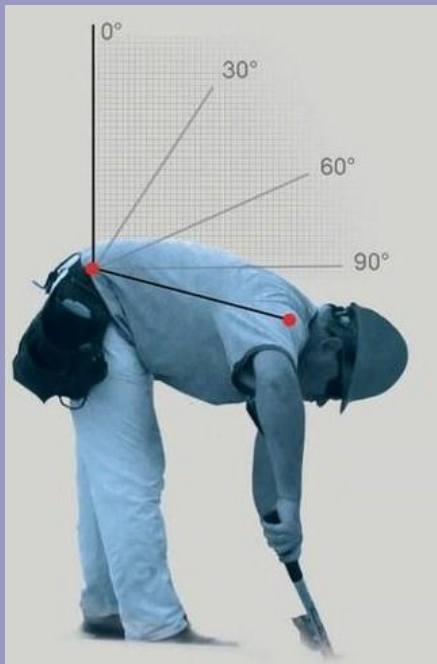


Assessment

- ⇒ Work Station
- ⇒ Risk & Hazards

Analysis

- ⇒ Worker (Posture, health, safety)
- ⇒ Work (Process, Task)



Recommendations

- ⇒ Practical Solutions
- ⇒ Intervention Design

Training

- ⇒ Ergonomic
- ⇒ Safety & Health



Our services for Management of Workplace Injuries:

ERGONOMICS PROGRAM (FRAMEWORK) DEVELOPMENT

- Program and policy Development
- Standard Operation procedure (SOP) for good workplace ergonomic practices
- Hazard Identification Process
- Ergonomic Risk Assessments & Implementation Strategies



ERGONOMIC RISK ASSESMENT

- Thorough scientific onsite review of workstation, job tasks, work process & work environment
- Involving stakeholders at various level
- Gap analysis
- Written Recommendation Report

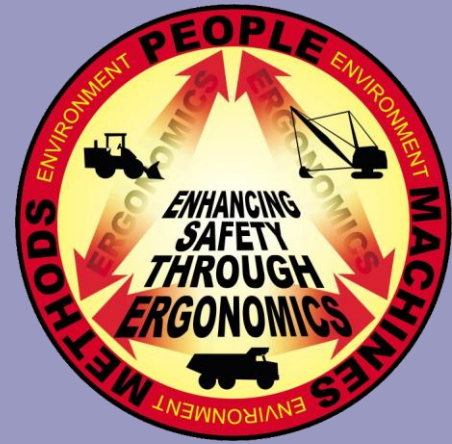
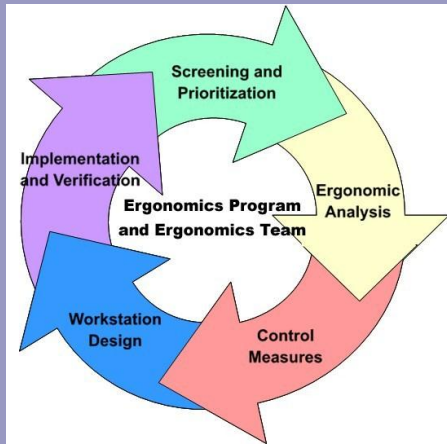
OFFICE ERGONOMICS

- Assist employees facing workplace discomfort or pain
- Proactive comprehensive assessments
- Recommendation with effective solution
- Helping to select optimal products and stretching exercises



Training Programme

The course is aimed at developing the knowledge and skills necessary to carry out an ergonomics risk assessment in the workplace and to recommend/implement necessary remedial measures.



Who should attend the Ergonomics in the Workplace course?

Health and safety specialists, workers, managers, supervisors and others who are responsible for carrying out ergonomic risk assessments and implementing remedial measures.

What are the benefits of attending Ergonomics in the Workplace training?

The course specifically relates to the prevention of Musculoskeletal Disorders (MSDs). The course also demonstrates how principles can be equally applied to preventing human error. A practical approach is adopted using plenty of case studies and guidance is provided on design and best practice work standards.

ERGONOMICS AWARENESS PROGRAM

- 1-4 hours' workshop on ergonomic principles and hazard identification
- Sector specific workshops – manufacturing, corporate, industries, construction, academia, ware houses, government and services
- How to reduce workplace injury

ERGONOMICS FOR DESIGNERS, ENGINEERS & SAFETY COMMITTEES

- 1-2days practical customized workshops with case studies
- Learn about ergonomics practices in design, evaluation of jobs and workplace risks
- Assessment tools

Topic Highlights:

- **Introduction to ergonomics**
- **Work Physiology – Understanding the human system**
- **Ergonomic stressors and Occupational stress**
- **Injury and disease causation**
- **Posture and biomechanics**
- **Identifying and prioritizing ergonomics problems**
- **Basic job analysis techniques**
- **Advanced job analysis techniques for the upper extremities (including the Strain Index and RULA)**
- **Ergonomic evaluation and control techniques**
- **Workstation design including an introduction to anthropometrics and hand tool design/selection**
- **Office ergonomics**

ERGONOMICS FOR MANUAL MATERIAL HANDLING

- 1-4 hours' workshop on back safety and safe lifting
- Best practices in manual material handling jobs

OFFICE ERGONOMICS

- 1-2 hr. workshop on proper office ergonomics and computer workstation setup
- Train the trainer certificate workshop – participants will learn how to conduct office assessments
- Take away – office workstation audit checklist for your workstation

Experts:

Dr. Tirthankar Ghosh, Ph.D, NEBOSH, IOSH MS, HABC Level 2 (Occupational Ergonomist & Work Physiologist).

Ms. Jaita Mondal, MSc (Community Health Nursing), MBA (Health Care Management).

Dr. Arun More, MS (Ortho).

Dr. Susmita Halder, PhD, Clinical Neuropsychologist

Dr. Amalendu Chowdhuri, MPT (Ortho & Sports)

Dr. Ashisha Tanaya, MPT (Neuro).

Dr. Dhiren Panda, BPT, MSc (Anatomy)



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