

Proposal for Conducting Two Days Onsite Workshop on Ergonomic Workplace Analysis (EWA)



By

REC O U P Neuromusculoskeletal Rehabilitation Centre
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Repetitive Strain Injuries: Inventor of the Internationally acclaimed SHARAN's Protocol for RSI Treatment (Skilled Hands-on Approach for Release of myofascia, Articular, Neural and Soft-tissue mobilisation)

Ergonomics : Consultancy to Oracle, Cisco, Texas Instruments, McKinsey, Perot Systems, Monsanto, Sandisk, CSR, AMD, Wipro, Honeywell, Microsoft, NDS, Sterling Commerce Solutions, Nvidia, Unilever, Qualcomm, Titan among 70 companies

Childhood Disabilities: Dr. Sharan was honoured by the President of India in 2005 for developing a revolutionary surgical procedure for Cerebral Palsy (SEMLARASS); Advisor on Cerebral Palsy to Ministry of Social Justice & Empowerment (Govt. Of India)

Orthopaedics

Understanding Pain: Leader of several Multinational research projects on Musculoskeletal Pain

Physical Therapy: Innovative techniques for Neuromusculoskeletal Disorders

About RECOUP

RECOUP is a one of its kind Neuromusculoskeletal Rehabilitation Centre specialising in the prevention, assessment, treatment and research of Repetitive Strain Injuries (RSI), other Musculoskeletal Disorders (MSD), and Childhood Disabilities through a Physician lead Multidisciplinary approach.

RECOUP is lead by Dr. Deepak Sharan, an Internationally renowned expert in RSI, Ergonomics and Cerebral Palsy. Dr. Sharan has over 18 years of clinical experience and leads a team of over 60 highly trained, qualified, experienced and reputed Physicians and Rehabilitation Professionals.

- Over 50 cutting edge research projects are on at RECOUP, on MSD, Ergonomics and Cerebral Palsy, including the world's largest study of Computer Related RSI covering over 35,000 subjects (2001-09).
- RECOUP's professionals have over 300 scientific publications or presentations and are on the editorial panel of major International sub-speciality medical journals.
- RECOUP is launching India's first Masters Level Online Ergonomics Course in 2010, which is also the first for any developing country.
- Dr. Sharan is the advisor on MSD, Ergonomics and Cerebral Palsy to the Government of India.
- Dr. Sharan was invited to chair the scientific session on MSD at the World Ergonomics Congress at Beijing (China) in August 2009 and represented India at the International Ergonomics Council.
- RECOUP's staff have received exclusive and personalised training from renowned experts like Prof. Daniela Colombini, Dr. Natale Battevi, Lucia Pignini (Ergonomists from Milano, Italy), Prof. Arun Garg (Ergonomist from Wisconsin, USA), Dr. Takashi Matsuo (Paediatric Orthopaedic Surgeon from Tokyo, Japan and inventor of OSSCS for Cerebral Palsy), Dr. Eva Ponten (Paediatric Orthopaedic and Hand Surgeon from Stockholm, Sweden), and Suparna Damany (RSI Physiotherapist from Pennsylvania, USA) among others.

About EWA Workshop

Introduction:

The most important principle of ergonomics is fitting the task to the man. Ergonomics has an interdisciplinary approach based on its theories in physiology, psychology, anthropometry, and various aspects of engineering. It is the study of how humans accomplish work-related tasks in the context of human machine system operation and how behavioral and non-behavioral variables affect that accomplishment. This is an intensive three days workshop on commonly used Ergonomic Risk Assessment Tools to provide a comprehensive, authoritative, and practical account of human factors and ergonomics methods.

Objectives:

- 1.To provide a complete, reliable, and practical account of human factors and ergonomics methods.
- 2.To encourage people to make full use of human factors and ergonomics methods in system design.
- 3.To understand ergonomic risk factors and select the appropriate assessment methods.
- 4.To practice and master commonly used ergonomic tools under real life situations.

Who should attend?

Occupational Health Physicians, Physical and Occupational Therapists, Physiologists, Ergonomists, Facility Managers of Industries, Health and Safety Professionals.



Workshop on Ergonomic Workplace Analysis (EWA) Programme Schedule

DAY 1	Session	Time	Topic
	1	09.00 - 10.00	Introduction to Ergonomic Workplace Analysis
	2	10.00 - 11.00	Methods to assess levels of musculoskeletal discomfort among workers: NIOSH discomfort surveys, the Dutch Musculoskeletal Questionnaire (DMQ), University of Michigan Upper Extremity Questionnaire (UMUEQ), Cornell Musculoskeletal Discomfort Survey, Nordic Musculoskeletal Questionnaire (NMQ)
	3	11.00 - 12.00	Postural evaluation tools: PLIBEL, Quick Exposure Checklist (QEC)
	4	12.00 - 01.00	Postural evaluation tools: Rapid Upper Limb Assessment (RULA)
	5	01.00 - 02.00	Lunch
	6	02.00 - 03.00	Rapid Entire Body Assessment (REBA)
	7	03.00 - 05.00	The Strain Index
	8	05.00 - 06.00	Measurement of work effort and fatigue: Borg Ratings of Perceived Exertion scale, Muscle Fatigue Assessment method.

DAY 2	Session	Time	Topic
	1	09.00 - 11.00	Assessment of Exposure to Manual Patient Handling in Hospital Wards: MAPO Index (Movement and Assistance of Hospital Patients)
	2	11.00 - 01.00	Methods for assessing back injury risks: Revised NIOSH Lifting Equation
	3	01.00 - 02.00	Lunch
	4	02.00 - 03.00	Snook tables for maximum weight
	5	03.00 - 06.00	The Occupational Repetitive Action (OCRA) Methods: OCRA Index and OCRA Checklist

Facilities provided by RECOUP:

Expert instructors, Workshop Cd's with materials from RECOUP, certificates and transcripts.

RECOUP's Ergonomists who have been trained by the inventors of Strain Index and Revised NIOSH Lifting Equation (Prof. Arun Garg) and OCRA and MAPO methods (Prof. Daniela Colombini and Dr. Natale Battevi)

Facilities to be provided by the organizers:

- 1) Hall with minimum 500 sq. ft
- 2) LCD projector
- 3) 10 TABLES
- 4) 10 big boxes () with 10 kg of weight
- 5) 10 small boxes () with 5 kg of weight.
- 6) 10 inch tapes
- 7) Photocopies of the of the materials send from RECOUP.
- 8) Pencils and scrubbers
- 9) Lunch and other beverages
- 10) Local transportation facilities and accommodation for the instructors



**Costing for the onsite EWA programme Rs. 2000/- per participants
(Minimum number of participants: 20, Maximum number of participants: 40)**

Other Courses Offered by RECOUP:

1. Assessment and Diagnosis of WRMSD (Work Related Musculoskeletal Disorders)
2. Recent advances in the management of Musculoskeletal Disorders (SHARAN's PROTOCOL)
3. Functional rehabilitation of childhood disabilities



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Place: Bangalore

Date:

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