Workshop presentation submission

Workshop title:
Applying ergonomics and evidence based evaluation in the design of a large organisation’s offices based on activity based work (ABW) principles

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Theme:
Activity Based Work (ABW) has many applications of ergonomics in providing a flexible, user centred and task based workplace where instead of having a designated desk users are encouraged to move to workspaces that reflect the type of work they are undertaking. As such there should be more interaction, movement and a higher occupancy rate that provides a commercial incentive. The introduction of ABW environments has been undertaken in various forms, sometimes without ergonomist assisting in the design and delivery of these environments. During the development of plans for a building of 20 floors in Sydney there were Labs established to test the design. Approximately 500 staff in total participated in one of four Labs where they came and worked in a workspace that had been fitted with all the features of an ABW office. This workshop presents the findings from research undertaken during this time and describes the wider process of building an ABW office. Few ergonomists have an opportunity to undertake research as to the actual benefits and issues of this environment however our team did achieve that and present our findings in the workshop.

This workshop will:
• Outlines the consultation process to design an ABW environment
• Covers the physical, environmental and psychosocial issues of ABW
• Presents the research undertaken before, during and after the ABW trial labs
• Discuss the challenges and opportunities for ergonomists in the design of ABW

Objectives: From attending this workshop delegates will:
• Have an understanding of the consultative process necessary to change work behaviours in a ABW environment
• Have an understanding of the objective and subjective benefits of ABW, particularly with regard to physical wellbeing and psychosocial adjustment
• Participate in collaborative discussion sharing experiences and knowledge from other ABW projects

Length of workshop:
2.5 to 3 hours

Target audience and expected level of interest:
Any delegates attending the conference whether experienced in ABW design or otherwise

Type of room and/or facilities required:
Workshop style room rather than lecture style

**Materials needing to be provided (if any):**
AV / screen for slide presentation from a laptop
Speakers for laptop