Instruction for workshop presentation submission

Workshop title: Ergonomic Workplace Analysis: How to select the best tool?

Moderator/s name: Dr. Deepak Sharan
Moderator/s affiliation/organisation, COUNTRY: RECOUP Neuromusculoskeletal Rehabilitation Centre, Bangalore, Karnataka, INDIA

Theme:

Objectives: Work related musculoskeletal disorders (WRMSD) are a major cause for morbidity among working age groups and are associated with significant financial and social burden. One of the crucial steps in prevention of WRMSD is the identification of ergonomic risk of a job by a process called Ergonomic Workplace Analysis (EWA). However, an assessor often feels lost in the myriad of EWA Tools available. This workshop aims at presenting a simplified overview of the popular EWA tools, merits and demerits of each and will provide recommendations for selection of tools for different tasks, based on the faculty’s experience of conducting over 5,00,000 EWA in diverse industries.

Length of workshop: 90 – 120 minutes

Target audience and expected level of interest: Ergonomist from various fields including occupational physicians, physiotherapist, health and safety officers, engineers and researchers who are working in the field of risk identification.

Type of room and/or facilities required: Standard lecture room which can occupy upto 50 to 75 participants. LCD projectors with video players

Materials needing to be provided (if any): None

Abstract:
Ergonomic workplace analysis is a process where the ergonomic risk factors are evaluated using various validated tools. A systematic process of conducting ergonomic risk assessment starts with developing a prioritized job and department list to be evaluated and the second step would be conducting MSD risk assessments to look for physical risks related to workstation design and work practice. It could be done by using various ergonomic assessment tools. An important part of the ergonomic process is a periodic review of the facility, specific workstation designs and work practices, and the overall production process, from an ergonomics perspective. Applying a scientific, evidence-based approach to the ergonomics process is important. The goal is to identify ergonomic risk factors, quantify them, and then make measurable improvements to the workplace, ensuring that jobs and tasks are within workers’ capabilities and limitations. The best approach for doing that is to make ergonomics an ongoing process of risk identification and risk reduction based on objective, scientific analysis of the workplace.

In this workshop various validated tools available to assess posture, muscle effort, risk associated with repetitive action and risk associated with manual handling tasks like lifting and carrying will be discussed and will give an overview about various tools and recommend the best tool to assess a specific task identified to be risky.
All the tools are presented in the following order.

1. Dr. Deepak Sharan, Consultant in Orthopaedics, Rehabilitation and Ergonomics, RECOUP Neuromusculoskeletal Rehabilitation Centre, Bangalore, INDIA / Introduction to EWA, Steps involved in ergonomic assessment, Checklists in EWA, Postural assessment tools, Work Effort and Fatigue assessment tools
2. Mr. Jerrish A. Jose, Consultant in Physiotherapy and Ergonomics, RECOUP Neuromusculoskeletal Rehabilitation Centre, Bangalore, INDIA / Tools to Assess of Repetitive Actions, Tools for assessing lifting, carrying, pushing and pulling task
3. Dr. Deepak Sharan, Consultant in Orthopaedics, Rehabilitation and Ergonomics, RECOUP Neuromusculoskeletal Rehabilitation Centre, Bangalore, INDIA / Summing up