

Proposal for conduction Seminar on

“Work Related Musculoskeletal Disorders Prevention & Office Ergonomics”

Why work place ergonomics is important:

Various research suggests that work related suffering from pain, musculoskeletal discomfort is one of the most common factor of poor performance and absence.

WHAT IS WORK RELATED MUSCULOSKELETAL DISORDERS (WMSDs)

When a muscle, tendon, nerve or joint is stressed and traumatized on a repeated basis for days, months or years, body tissues eventually become damaged. This leads to a work related musculoskeletal disorder. Work related musculoskeletal disorders are sometimes called repetitive strain injuries (RSIs), cumulative trauma disorders and overuse injuries.

When a WMSD develops, a worker experiences:

1. Swelling, as some tissues become irritated
2. Pain
3. Stiffness and loss of range of motion of surrounding joints
4. Inability to work and function at home

MOST OF THESE WORK RELATED MUSCULOSKELETAL DISORDERS ARE PREVENTABLE IF TAKEN CARE EARLY AND WITH THE PRACTICE OF GOOD OFFICE ERGONOMICS.

BLK SUPER SPECIALITY HOSPITAL started its journey of excellence started way back in 1956 when Dr B.L Kapur an eminent Obstetrician and Gynaecologist of his time was invited in 1956 by the then Prime Minister to set up a hospital in Delhi. The hospital was set up within 3 years and Shri. Jawahar Lal Nehru inaugurated the hospital in 1959. Dr. B L Kapur's passion and dedication for achieving his dream was unmatched. BLK Super Speciality Hospital was commissioned in its redeveloped avatar in **April 2009** and has since then taken very rapid strides and has been successful in creating its very own niche among the hospitals offering Super Speciality care.

BLK Center for Advance Physiotherapy, Sports & Neurorehabilitation, is award (From AIIMS, New Delhi) winning state of the art facility. Center if providing international

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standard of care to patients with various musculoskeletal and neurological impairments, from the prevention to rehabilitation.

Dr. Dharam P. Pandey Director & HOD of Department) is being delivering various health care talk on ergonomics and prevention of work related musculoskeletal disorders to various organizations such as GAIL, TAJ Group, HDFC, many other.

BLK Super Speciality Hospital take this opportunity to offer conducting health talk/seminar on prevention of musculoskeletal injuries with help of practicing good ergonomics and other prevention measures. As we know sound health and free from pain/suffering enhance the performance of employees.

They deserves good health.....give them opportunity to help themselves.....