



**The Association of
Chartered Physiotherapists
in Occupational Health
and Ergonomics**

**Advanced Office
Ergonomics for
Physiotherapists**

**The Town Hall
40 Boltro Road
Haywards Heath
RH16 1BA**

9-10 November 2010

ACPOHE Courses

Advanced Office Ergonomics

9-10 November 2010



Course Aims

This course aims to build on the knowledge and skills of physiotherapists familiar with conducting Workstation (DSE) Assessments for individuals. It aims to give physiotherapists the knowledge, skills and confidence to undertake high quality complex assessments of individuals with additional needs, utilizing the current evidence base. Current "ergonomic" office equipment and seating are reviewed in depth to ensure delegates are confident and effective when recommending these. Technical solutions for disability are also introduced.

Course Objectives

On completion of this two day course, delegates will be able to:

- Discuss the evidence base for work based interventions for office workers experiencing WRMSDs.
- Effectively prescribe suitable seating for office workers based on their individual requirements, including those with complex needs.
- Recommend effective equipment, behavioural and organisational solutions for physical disability based on sound reasoning.
- Discuss current UK Disability Law and reasonable adjustments.
- Explain how dyslexia, hearing impairment and visual impairment is managed in the office setting.
- Discuss assistive technology solutions for people with additional needs.

Pre Course

Delegates should have a sound grasp of the DSE Regulations and should have conducted at least 30 DSE workstation assessments. This course is unsuitable for physiotherapists who do not have specific experience of workstation assessment. Ideally, physiotherapists will have attended ACPOHE's Level 1 Office Ergonomics course.

Presenters

Kathy Lewis has worked in the occupational health and ergonomics field for the last 13 years. She currently spends equal amounts of time working as a clinician within the NHS, private practice and undertaking workplace assessments. Kathy has a Hon Grad Dip in Physiotherapy and a Masters Degree in Health Ergonomics.

Jan Vickery has specialised in the fields of Occupational Health and Ergonomics for 15 years. She has a BSc in Physiotherapy and MSc in Health Ergonomics. Jan is a Registered Ergonomist. She is Manager of Physiotherapy and Ergonomics at Milligan & Hill.

Both facilitators have extensive experience in their fields; having worked in a variety of settings.

Location: The Town Hall, 40 Boltro Road, Haywards Heath RH16 1BA

Cost: £240 for ACPOHE members & £275 for non members

Closing Date: 30 September 2010

BOOKING FORM

Advanced Office Ergonomics
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Name (on delegate badge):

Place of Work (on delegate badge):

Mailing Address:

Email Address:

Contact Telephone Day:

Contact Telephone Evening:

- I am currently a member of ACPOHE - cost of course is £240.
- I am not currently a member of ACPOHE - cost for course is £275 but this includes ACPOHE membership for 2011 .
NB: Please download a membership database questionnaire from the ACPOHE website — www.acpohe.org.uk, complete and send in with your course application. Once received you will be sent a membership card and given access to the private "MemberZone" of the ACPOHE website www.acpohe.org.uk

I require information about accommodation close by the course venue.

I have special dietary requirements.
Please specify (e.g. vegetarian, vegan, gluten free)

I will require other additional assistance.
Please specify (e.g. mobility, visual, auditory)

Please therefore find enclosed a cheque made payable to ACPOHE for £240 as I am a member / £275 as I am not yet a member

For further information please contact Jan Vickery:

Email: jan.vickery@milligan-and-hill.co.uk
Telephone: 0845 379 3037

Please send your application to:

Suzanne Sleeman
c/o ACPOHE Advance Office Ergonomics Course
16 St Helens Place
London
EC3A 6DF

Further booking forms can be downloaded at - www.acpohe.org.uk/events.htm