



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

**INTRODUCTION TO
OFFICE ERGONOMICS
COURSE**

**Royal Surrey County Hospital
Guildford**

(35 minute train journey from Waterloo)

March 5th and 6th 2011



Introduction to Office Ergonomics 5th-6th March 2011

Course Aims:

The Association of Chartered Physiotherapists in Occupational Health & Ergonomics (ACPOHE) is a special interest group of the Chartered Society of Physiotherapy. ACPOHE has been running courses for physiotherapists who have a specialist interest in the fields of occupational health and ergonomics for many years. This two day Workstation (DSE) Ergonomics for Physiotherapists course designed for physiotherapists who have had limited or no experience in the area of conducting office ergonomics assessments or who are looking for a refresher.

After this course the participant should be able to:

1. Demonstrate an understanding of relevant Health & Safety legislation & regulations, relevant to office workers, particularly computer users.
2. Demonstrate an understanding of other relevant legislation.
3. Demonstrate an understanding of the risk factors associated with work related upper limb disorders (WRULDs).
4. Demonstrate an understanding of relevant consent and confidentiality issues.
5. Feel competent to conduct a comprehensive office workstation ergonomics assessment and design an action plan which aims to reduce risk and promote health.
6. Carry out basic anthropometric measurements and be able to advise on the type, size and functionality of office furniture and equipment that is suitable for a user.
7. Prepare a clear and logical report of the assessment and recommendations made that meets all of the needs of the referrer.

Pre Course

Delegates should have a sound grasp of anatomy, work physiology, biomechanics and posture relevant to ergonomics. Pre-course preparation is required and a reading list will be provided.

Presenter

Kathy Lewis is a Chartered Physiotherapist and has been working in the field of occupational health and ergonomics for 12 years. She gained an MSc in Health Ergonomics from the University of Surrey in 2002. Kathy currently works in the NHS and in many private sector organizations.

Location: Occupational Health Training Room, Level A, Royal Surrey County Hospital, Egerton Road, Guildford, Surrey, GU2 7XX

Cost: £250 for ACPOHE members & £285 for non members

Closing Date: 4th February 2011

BOOKING FORM



Introduction to Office Ergonomics 5th-6th March 2011

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 **£250**.
- I am not currently a member of ACPOHE - cost for course is **£285** but this includes ACPOHE membership for 2010 .
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 £250 as I am a member / £285 as I am not yet a member for 2010**

For further information please contact Kathy Lewis:

Email: kathy@working-health.com

Telephone: 07718541554

Please send your application to:

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

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

NB. DO NOT BOOK TRAVEL OR ACCOMMODATION UNTIL YOU HAVE CONFIRMATION OF YOUR BOOKING