



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

**Office Workstation (DSE)
Ergonomics
for
Physiotherapists**

**Manchester
November 7th & 8th 2009**

ACPOHE Courses

Office Workstation (DSE) Ergonomics



for Physiotherapists

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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. Recently two courses: An Introduction to Occupational Health; and Applied Ergonomics have been offered at least twice a year. Workstation (DSE) ergonomics has been included in both of these courses in recent times.

ACPOHE is currently updating and enhancing the course program on offer. This two day Workstation (DSE) Ergonomics for Physiotherapists course is part of this development.

The course has been 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.

Presenter: Catherine Albert MSc Ergonomics, BSc
Registered with the Health Professions Council & Ergonomics Society

Catherine Albert qualified as a physiotherapist in Australia and after clinical work both there and abroad she completed an MSc in Ergonomics at Nottingham University. She has spent 20 years specialising in occupational health, ergonomics and rehabilitation in both the UK and Australia.

Location: Manchester

NB: A array of office ergonomics equipment will be available to delegates and will be used during practical sessions.

Cost: £220 for ACPOHE members & £255 for non members

BOOKING FORM



Office Workstation (DSE) Ergonomics for Physiotherapists - Nov 7th & 8th

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 £220.
- I am not currently a member of ACPOHE—cost for course is £255 but this includes or 2009 but would like to be.
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 an ACPOHE New Member's Pack.
- 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 £220 as I am a member / £255 as I am not yet a member for 2009**

For further information please contact Catherine Albert :

Email: catherine@workfuture.co.uk

Telephone: 07905 151 427

Please send your application to:

Catherine Albert
c/o ACPOHE Office Ergonomics Course
41 Parkside
Nottingham
Nottinghamshire NG8 2NQ

Further booking forms can be downloaded at ACPOHE's website — www.acpohe.org.uk. Once your application is received, you will receive further information and a receipt.