







Welcome to the Active Ergonomics 'info-mailer'. To navigate through the information please click on the relevant section below, alternatively use the advance & return icons in the bottom corner to move through the pages. To exit the mailer press 'esc' on your keyboard.

-  Suitable seating service
-  Display screen equipment assessments
-  Workplace evaluations
-  End user & assessor training
-  Vehicle seating assessments
-  Bespoke consultancy & research

## Who are “active ergonomics”?

Active Ergonomics is a specialist Consultancy within Orangebox offering services and products to ensure improved health and productivity at work.

The application of ergonomics ensures a good fit between people and the tasks they do, the equipment they use and the environment in which they work. Our trained ergonomists and designers are available to offer specific assessment and training to support those staff and departments interested in improving the workplace and work practices affecting posture, activity, comfort and stress.



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## Suitable seating service

To find the best fit between any individual and their seating we provide an advice, assessment and supply service via telephone and a specifically designed seating-assessment form. This service is designed to compliment and enhance existing internal occupational health procedures to ensure the swift and accurate replacement of appropriate alternative seating on a national scale to individuals in need.

### Summary of benefits:

- Dedicated support from Ergonomist
- Robust process with prompt responses
- Adaptation where possible of standard product to reduce costs (O.B. product only)
- Quotes for chairs provided prior to order
- Chairs sourced delivered and installed
- All chairs on a two week trial to guarantee suitability
- Management reporting to assist the budgetary process
- Pledge to ensure ongoing monitoring and assistance where further alterations maybe required to ensure lasting solution



## Display screen equipment assessments

Fully integrated DSE assessments that are compliant with the regulations can be undertaken for single individuals, for small groups in the same office or whole sites.

- On site evaluation includes posture and seating, keying position, monitor height and distance, control of glare and reflection, lighting and alignment of equipment.
- Training and advice on good posture and workstation layout will be given
- Any changes that can be made immediately will occur at the time of the visit
- User's are left with a short booklet outlining good workstation set up
- A written report is provided that includes recommendations

Available in two options:

### Condensed DSE Assessment

Cost and time effective, ideal for large groups on a preventative basis, this on-site workstation assessment is conducted with the user at their workstation. Any recommendations that need to be implemented will be outlined in a short report. Average time per end user 20 – 30 minutes.

### Comprehensive DSE Assessment

Recommended for early intervention, individual users will be interviewed on-site prior to the assessment taking place. This will provide detailed

information on any aches/pain or discomfort felt by the user from any aspect of their workplace covering both physical and psychological issues. The workstation assessment will then be conducted with the user at their workstation. Photographs and measurements of the workstation will be taken where necessary. Findings from the interview and workstation assessment will be outlined in a detailed report with information about suitable equipment where possible. Most equipment recommended can be sourced by Active Ergonomics on request. Average time per end user 45 minutes – 1 hour.

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## Workplace evaluations

To improve existing work environments by identifying physical and psychological issues and their sources and ensure application of ergonomics to new work environments. Can be tailored for industrial workplaces as well as offices.

### Holistic approach

- Includes worker, occupational health and manager questionnaires covering physical and psychological issues
- Observation of typical postures adopted
- Use of postural tools where necessary
- Workstation measurements taken and compared with regulations and standards
- Detailed report to help identify areas that need attention and recommendations



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## End user & assessor training

To get the greatest benefits from seating and workstations they need to be used and adjusted properly. Suitable and detailed training can therefore be produced for various targeted audiences.

- Training can be tailored to the organisation's requirements
- Short posture workshops can help alert staff to the dangers of DSE work and simple ways to combat them
- Training can be provided to on-site health and safety or DSE personnel
- 2 day DSE assessors course available

## Vehicle seating assessments

Can be conducted either with potential vehicles that an individual or an organisation is considering to purchase or with the user in their vehicle to help improve driving posture and vehicle set-up.

- Help choose suitable vehicles
- Evaluate different aspects of the vehicle
- Provide recommendations on driver's posture
- Drivers left with information about good driving posture
- Findings outlined in a report with photos

## Bespoke consultancy & research

We understand that some ergonomics issues need a tailored bespoke approach according to the organisation's requirements. We are happy to discuss any problems and put together proposals for more complex consultancy or research.

Active Ergonomics is a consultancy that thrives on good quality ergonomics research. With our extensive experience in the field we can bring a pragmatic approach to research. We are happy to be part of multidisciplinary teams to represent the ergonomics/human factors perspective in research and consultancy projects.

Our clients include many of the largest banks and corporate organisations in the UK.

Need more information?

Call or email us for a free consultation

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