



One-day Seminar Ergonomics for Health and Safety



Conducted by **National Safety Council, Karnataka Chapter**

In Association with **Biocon Limited**

Ergonomics play an important role in ensuring health, safety, and productivity of the employees at the workplaces. Therefore, it is necessary to educate the employees on the principles of ergonomics and their application to reduce and alleviate the Work-related Musculoskeletal Disorders (WMSD) to enhance awareness on proper posture, workstation setup and body mechanics to provide practical techniques to reduce physical strain and fatigue during work activities.

Faculty from Ergophyx, Surat, Gujarat

- Dr. Maitri Shukla – Master of Physiotherapy (Ortho)
- Dr. Pooja Raval – Master of Physiotherapy (Neuro)

Target Group for this Seminar:

EHS Professionals, IT / Maintenance/Call center / BPO, Banks staff, Lab Technicians

Program on: **15 Nov 2024**
Timings: **10 am to 4 pm**
Venue: **Tyler Jacks Hall, Biocon Park, Jigani Link Road, Bengaluru.**

Nominations with delegate fee to be sent to the following email address only:
nsckcbgl@gmail.com

Scan and pay



RSVP:
P.C. Venkateswarlu, Secretary,
NSC, Karnataka Chapter, Mob: 98808 75000

Prior registration is mandatory to participate in this program.

Ergonomics emerged as one of the most critical risks, making risk assessment and implementing interventions are necessary for good health and safety.

Research data shows that organizations implementing ergonomics programs increase their productivity through.

- Decreased rates of ergonomic injuries
- Reduced employee absenteeism
- Reduced health care costs associated with ergonomic hazards.
- Enhanced retention of healthy and safe employees
- Improved employees' retention and morale

Attend this seminar and discover the power of ergonomics to feel better and achieve more.

Delegate Fee: Rs.2,360/- [including GST of 18%]

Payment to: National Safety Council, Karnataka Chapter, SB Account no: 737 901 000 019 96
IFSC Code: BARB0VJINFA (5th digit is Zero) Bank: Bank of Baroda, Infantry Road branch, Bengaluru

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