

Office Environment

In the office environment, just sitting for long periods places strain on the back and extensive use of keyboards and mice can bring problems with arm and neck pain.

This huge problem creates a tremendous burden on employers, as well as resulting in individual pain and suffering.

Reducing these problems in the workplace can reduce time lost, increase productivity and aid compliance with health and safety Regulations.



Office working

Research has shown musculoskeletal disorders (MSDs) to be almost as common in offices as they are in industry. Usually the impact is less – it is easier to carry on sitting at a desk with back pain than it is to deliver barrels of beer or build a wall.

However, if problems persist they can start to interfere with work and, in severe cases, may stop employees from working altogether.

This has been recognised since 1992 with the introduction of the Display Screen Equipment Regulations.

The application of ergonomics principles and expertise can help to reduce the extent of any problems and such an approach is at the core of the HSE guidance to the Regulations.

RESEARCH CONSULTING SERVICES

Multi-disciplinary specialists in Occupational and Environmental Health and Hygiene

What we do

Our consulting function provides support to companies to ensure compliance with the Regulations and reduce the likelihood of injury to employees. Help and advice on selecting suitable furniture and equipment can be provided to help safeguard the health and safety of office employees. We can provide an office audit to review current practices; carry out workstation risk assessments and provide recommendations for risk reduction.

Our ergonomists conduct training sessions and produce training material for in-house assessors as an addition to the assessment process or as a stand alone service. We also provide training to groups of employees on the principles of workstation layout to increase knowledge of potential problem areas and how to reduce risks themselves. We can provide in-depth assessment and advice for those employees with existing medical conditions such as carpal tunnel syndrome, tennis elbow, prolapsed discs etc. and those with disabilities.

Increasingly IOM is being asked to complete assessments for people who work from home as they are also covered by the regulations.

IOM Expertise

The IOM is at the forefront of knowledge and expertise on this topic. Our team of ergonomists carry out government-funded research, helping to extend and develop that knowledge, and provide the same expertise to employers through its consultancy services.

Specific services

- One to one risk assessments which aim to educate employees and rectify problems immediately.
- Training courses which provide a greater depth of knowledge for those staff members tasked with completing DSE assessments for others.
- On-going support to companies in busy periods and for difficult cases (expert assessments)
- Disability support to ensure your company is being proactive in its inclusiveness.
- Stress audits target and reduce stress causing events or situations.

Our Commitment to You

The prevention of work-related ill-health is fundamental to the IOM's existence and, with MSDs making a major contribution to that ill-health it is seen as a core part of our work.

With the IOM you are assured of sound scientifically-based knowledge derived from our research activities.

However, we are not 'ivory-towered academics' and pride ourselves in providing realistic and practicable solutions to real problems.

Did you know?

You are only a phone call or a mouse click away from accessing the full range of **IOM Ergonomics Services**. These are underpinned by an unrivalled body of knowledge, and more than three decades of service provision and research. We provide a wide range of ergonomics and other services encompassing many factors that may cause ill health and injury in the workplace.

We can help you with large issues and small, and our ergonomic services and consultancies include:

- Detailed study of Upper Limb Disorders (ULD) / Repetitive Strain Injury (RSI) and risk reduction measures
- Advice on manual handling risks and risk reduction
- Manual handling risk assessment, training and reduction
- Manual handling assessor training
- Display Screen Equipment Specialist assessments.
- Display Screen Equipment assessor training
- Advice on equipment and furniture
- Work place environments and design
- Heat stress assessment and control
- Ergonomics of Personal Protective Equipment (PPE).
- Stress management

Our purpose is to help you keep workers healthy. Our team of ergonomists are leaders in their field with an unmatched knowledge built up over thirty years providing services, consultancies and research to government, industry and commerce. So, we'll give you access to real experts, who will listen, understand, and focus on providing the services and help that you need.

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