



Workshop

Create a healthier work environment

The ergonomic work environment has a significant impact on employees' health, pain levels, and sick leave. Therefore, it is crucial to focus on the environment and how to establish conditions that enhance employees' well-being.

A good work environment includes much more than work postures and adjustable workstations. How tasks are planned, organized, and performed, and how it affects employees' health are also important factors. With the latest ergonomic insights, both employees and managers can gain insight of how tasks at work can be approached and handled in a healthier and more effective manner.

At PrimaCare, we offer a workshop that supports a healthy work environment. The workshop includes the following:

- **Reviews** of workstations and potential challenges. This could include team behaviors related to issues such as heavy lifting, prolonged work in physically demanding positions, or the use of assistive devices.
- **Coaching** regarding challenges and strengths for both management and employees.
- **Presentation and guidance** on ergonomic principles, where employees are equipped with the latest insights on how to support their body to handle tasks at work and how movement and simple exercises can support a well-functioning body at the workplace.

