

Ergonomics

The body at work



By applying the latest ergonomic insights, you can support a healthier work environment, empowering employees with the knowledge to support both themselves and their colleagues in adopting better habits for their well-being.

A good ergonomic work environment aims to ensure that employees can perform their work in a safe and healthy manner. This includes ensuring that the workplace is appropriately organized, that employees have the necessary tools, and that the work is planned so that employees get an adequate amount of movement, rest, and variation throughout the workday.

At PrimaCare, we offer guidance on ergonomic principles, equipping employees with the latest knowledge on how to support their body, to handle tasks at work. Employees will gain knowledge on how movement and simple exercises can prevent physical discomfort and support a well-functioning body at the workplace. Additionally, they will be guided in preventive exercises tailored to their work tasks.

