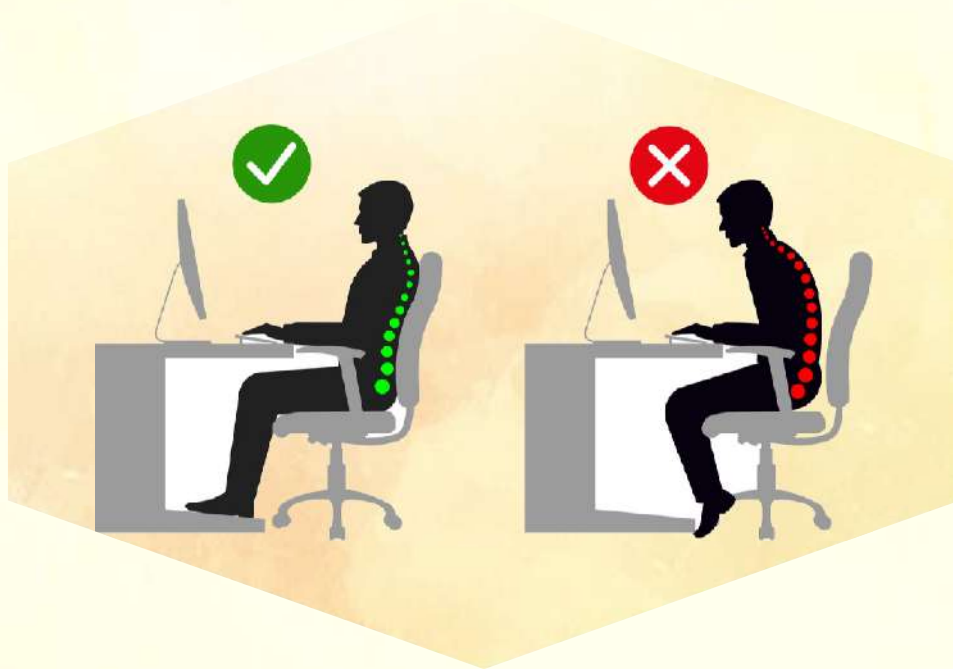




**KLE ACADEMY OF HIGHER EDUCATION & RESEARCH**  
Accredited "A" Grade by NAAC (2nd Cycle) & Placed in Category "A" by MHRD (GoI)  
**INSTITUTE OF PHYSIOTHERAPY**  
**BELAGAVI - KARNATAKA**



**INTERDISCIPLINARY COURSE**  
**ON**  
**DESK ERGONOMICS MADE EASY**





# Interdisciplinary Course on Desk Ergonomics Made Easy

## PREAMBLE

Ergonomic disorders are the fastest growing category of work-related illness leading to absenteeism. Implementing ergonomic solutions increases productivity and reduces the risk of work-related injuries. The course is intended to elucidate a small fraction of one of the most widely applied ergonomic principles at workplace

## AIMS & OBJECTIVE

- To impart adequate knowledge about normal and abnormal mechanics related to desk work
- To impart skills to identify common work-related musculoskeletal disorders
- To provide knowledge relating to prevention and primary management of work-related musculoskeletal disorders.

**DURATION : 2 days (15 hours)**

**MEDIUM OF INSTRUCTION : English**

**FREQUENCY : Once a Year**

**No. of Seats : 30**

## CONTENT

- Human biomechanics (normal & abnormal)
- Basics of ergonomics
- Preventive strategies for work related musculoskeletal disorders
- Management of work-related musculoskeletal disorders