

COURSE: BODY & ERGONOMICS

Friday 2 February 2018

Søren Hald, REDMINKROP

Proper ergonomics in your everyday life makes a difference for your well-being ... a huge difference.

Several employees working in the field of laboratory animal science have pain or body discomfort. Many have become accustomed to such when utilizing the body in their work. But it should not be like this! Regardless of whether you are newly employed or you have many years of experience.

Body & Ergonomics is an updated approach to ensure that you and your colleagues do not suffer harm in muscles and joints while working. You will be presented to "physical training" - dos and don'ts - how to use your full potential for well-being! With this approach we invite everybody with an interest in Body & Ergonomics to be able to make a difference for own physical and ergonomic health.

You will be presented to knowledge that can be used directly in your everyday life without comprehensive changes. A small effort for the body will give a great response in the form of a better well-being. Søren will communicate this in a humorous and interesting way. We will talk about experiences from animal facilities and laboratories, training to do while at work, physical competences and classic proper ergonomics.



Former course participant state:

- A great course
- Gave something to think about
- Can recommend and praise
- Photo show is brilliant
- Good, brilliant lecture and presenter
- Simple and short: thank you :)
- Very good lecture
- Interesting and necessary subject

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Day Agenda

09:00-09:30: Good morning & breakfast.

09:30-11:00: How to make the body feel good at work. You must know this to understand what to do. We will quiz on relevant knowledge of body and ergonomics. This will provide the basics about what we know today on how to avoid musculoskeletal disorders. You will be able to use your new interesting knowledge instantly.

11:00-12:00: Well-being barometer. This is a tool that shows you how much of your full potential for optimal physical wellbeing you in fact live out. This section will be completed with a short walk to clear our heads and work up an appetite.

12:00-12:45: Lunch

12:45-13:45: Training to get fit for work. It is necessary to perform some form of training to avoid wearing down the body. This can be done in many ways. Søren will give a realistic proposal to how it is done.

13:45-14:30: Nudging. Arrange the working environment for you to make the right choices with focus on your work day in animal facilities, the laboratory or at the office.

15:00: We round off and you get a short story to take home.

Educator

Søren Hald, Physiotherapist, Occupational Health Consultant and Founder of REDMINKROP. Søren has worked with Body & Ergonomics for 12 years in all types of industries. He engages in ergonomics in laboratories in particular, and he has for a several years been employed as an ergonomic consultant at Research Center Risø. Søren solves ergonomic assignments at the Faculty of Health & Medical Sciences, University

of Copenhagen and at laboratories at the Ministry of Environment & Food of Denmark. And during the past year Søren has given ergonomic training to the staff at animal facilities at Oslo University and at Helsinki University.

Language

Optional (English or Danish). Our lecturers speak English but as most course participants are from Scandinavian countries the possibility of conducting the courses in Scandinavian is available, if all participants agree on it. Otherwise courses are held in English.

When

Friday 2 February 2018 from 09:00-15:00.

Where

SCANBUR, Silovej 16-18, 2690 Karlslunde.

Price

EUR 269,00 excluding VAT or Academy points 2500. Includes breakfast & lunch.

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<http://www.scanbur.com/academy/registration-form/>

Deadline for registration

Friday 26 January 2018.