

# On Demand Course: Ergonomics & Wellbeing in the Animal Facility

## DESCRIPTION

Working in the animal facilities subject laboratory animal caretakers and technicians to a challenging physical work environment. Repetitive movements, overhead lifts or awkward work positions may result in pain and work disability.

This course will teach you how to perform your work while avoiding work-related musculoskeletal disorders. The educator will help you understand the importance of physical wellbeing, how much potential you have to increase your wellbeing and the impacts you may earn from this.

You will get tips and tricks on how to practice for healthier work positions and learn how to construct your work day and working environment for optimal implementation of the course content.

This course contains interactive lectures and practical exercises. The course will build on the specific challenges in the physical work environment of the course participants.

## EDUCATOR

Søren Hald is a physiotherapist and partner at REDMINKROP ("SAVEMYBODY"). Søren has for more than 10 years worked to help people obtain a better physical work environment and thus a better wellbeing. Søren is an experienced consultant on ergonomics in laboratories and has worked with several Danish animal facilities to improve their physical work environment.

## LANGUAGE

English or Danish (optional).

This 1-day course is also made on demand at SCANBUR or at your facility. Please contact [academy@scanbur.com](mailto:academy@scanbur.com) for further information on available dates and estimated costs.

