



# Ergo Simplified – A Godrej Interio Initiative

## An Occupational Therapist Perspective



By Dr Reena Valecha,

**Principal Ergonomic Consultant**

Workspace & Ergonomics Research Cell

Godrej Interio, MUMBAI .



Bombay Chamber  
of Commerce & Industry

*Godrej* **interio**













## Current Work Scenario !

- Longer Work Hours
- Connected Work Spaces :  
Less need to Walk around
- Static Postures for long  
stretches of time

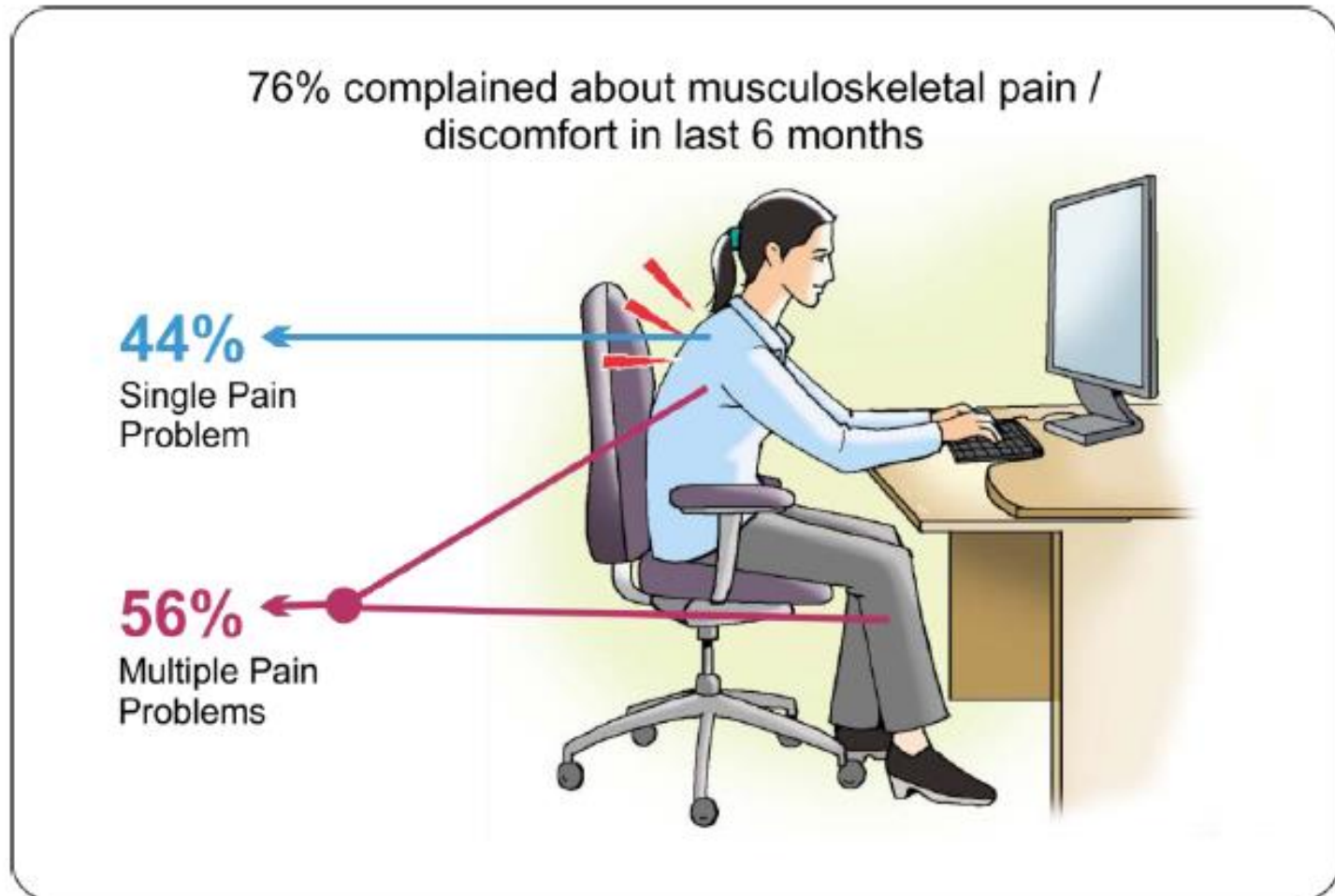








# Large number of office workers suffered from multiple pain problems



“15% employees took leave  
of about 3-4 days in a  
span of two months on  
account of MSDs & pain  
resulting in **loss of  
productivity for the  
organization**”



# Static Postures at Workplace Cause Host of Health Problems

Office workers today spend many more hours at work, compared to their counterparts from a decade or more ago, and most of these hours in the office are spent working on the computer or laptop. Remaining seated at the workstation for long periods of time – or static postures – cause strain to the body, leading to fatigue, muscle strain and even spinal and skeletal injuries over time, finds the 'Keep Moving' study conducted by Godrej Interio. The firm carried out a study of nearly 1,000 employees across 70-

6 in 10 employees remain physically inactive during working hours

64% employees almost always sit at their workstation

## IMPROVE POSTURE HABITS!

Sitting for long hours has become routine due to long office hours but this trend can take a toll on health  
By KSHITIZ MOHAN

75% of the employees attend up long conferences up to 2 hours every day

44% of the employees suffer from single pain problem

56% of the employees suffer from multi-pain problem

76% of the employees complained about musculoskeletal pain

64% of the employees spend 9 hours sitting at the desk, in meetings or conferences

68% of the employees work continuously for 8 hours at their workstation

60% of the employees remain physically inactive during the working hours and don't exercise daily

95% of the employees were unaware of the ill effects of static postures

**T**HE EFFECTS of static postures on the health of office-goers are quite known. A research done by Godrej Interio, Ergonomics and Workplace research team, highlights some alarming facts about

spent in a static position, working on computer/laptop. Direct network connectivity has trapped people to their screens and the need to move around to communicate in the office has decreased, in-

only do the static postures add to the muscular effort required to do the task, but the lack of motion impedes the blood flow in the lower extremities.

**What's The Remedy**

**Emplo**  
span of  
etal dis  
a loss

## Sitting for long hours is harming us: Study

A study of over 1,000 Indian professionals puts the spotlight back on unhealthy sitting postures at workplaces.



That workplace stress, long working hours, lack of physical activity at work, and unhealthy food habits are taking a toll on us is no secret. You know these are bad for your health, but you brush them off because everybody seems to be sailing in the same boat and we seem to have internalized a twisted appropriation of placing work before health. In this context, you might write





A Godrej Interio Initiative

**To help Organisations tackle the  
HIDDEN HAZARDS @ the Workplace  
&  
improve the PRODUCTIVITY of their  
organizations**

# 3 EASY STEPS TO A HEALTHY OFFICE

- **ASSESSMENT:** Evaluating the Ergonomic Quotient of office – Identifying EVIDENT & HIDDEN HAZARDS through Ergonomic Audit !



Determine the wellness quotient of your workplace through our  
**WORKSPACE ASSESSMENT**



Track problem areas before they become serious health concerns with our  
**RISK IDENTIFICATION EXPERTISE**

➤ **Workspace Assessment : Evaluating the Ergonomic Quotient of office – Identifying EVIDENT & HIDDEN HAZARDS through Ergonomic Audit !**



**LUX levels**



**THERMAL  
COMFORT**



**NOISE**



**Posture  
Evaluation**



# 3 EASY STEPS TO A HEALTHY OFFICE

- **ASSESSMENT: Evaluating the Ergonomic Quotient of office – Identifying VISIBLE & HIDDEN HAZARDS through Ergonomic Audit !**
- **CORRECTION : Removal of HAZARDS – Improving integration of Furniture elements , Ergonomic Awareness Workshops**

# Correction – Ergonomics Wellness@Work Training



Educate your employees about MSD  
prevention practices with  
**WELLNESS@WORK TRAINING**



## Correction – YOGA-NOMICS @Work



Train your employees in easy to do  
workdesk exercises with our  
**YOGANOMICS@WORKDESK**





# 3 EASY STEPS TO A HEALTHY OFFICE

- **ASSESSMENT:** Evaluating the Ergonomic Quotient of office – Identifying **VISIBLE & HIDDEN HAZARDS** through Ergonomic Audit !
- **CORRECTION :** Removal of **HAZARDS** – Improving integration of Furniture elements , Ergonomic Awareness Workshops
- **PREVENTION :** Reinforcement to change and adopt **GOOD WORKING HABITS**
  - Wellness Tips circulation

# PASSIVE Prevention – Constant Communication



Sustain wellness education for your employees by subscribing to our  
**WEEKLY WELLNESS TIPS**

## Healthy Ram



### TAKE YOUR HEADACHES SERIOUSLY!

Constant exposure to cellphone radiation causing headaches & fatigue. Adopt these simple tips to minimize the impact of harmful cell phone radiation:

- Use a hands-free / bluetooth device (Use it carefully, continuous use of the same is also harmful.)
- Keep it away from you when you are not using it. The further away from your body the phone is, the less radiation you are exposed to.
- Hold it right: Hold the phone as far down as possible. This allows the phone to send and receive signals without the need of radiation.



Pass on this message to your family a  
If you have comfort or health queries rela

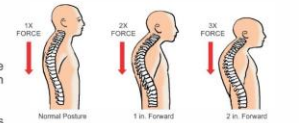
WELLNESS TIPS!



### ARE DIGITAL GADGETS STRAINING YOUR SPINE?

Experts reveal every extra inch your spine curves forward increases the pressure in your spine. To keep your spine healthy:

- Align your head with your spine as often as possible.
- Adopt the 90-90-90 posture.
- Do spine strengthening exercises regularly.



Celebrated on October 16th every year, The World Spine Day (WSD) theme for 2015 was "Your Back at Work". It focused on the importance of education related to good spinal health and prevention of injuries in the workplace.

Pass on this message to your family and friends & show them you care about their health as much as they do!  
If you have comfort or health queries related to office environment, please feel free to contact us at [dr.alishah@godrej.com](mailto:dr.alishah@godrej.com)

WELLNESS TIPS!

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\*This information is not intended as an alternative to personal, professional medical advice. The reader should consult a physician in all matters relating to health, and particularly in respect of any symptoms which may require diagnosis or medical attention. The advice and information given in this reader are believed to be accurate and true at the time of sharing with you and have been issued in good faith. Godrej & Boyce Mfg. Co. Ltd. shall not accept any legal responsibility or liability for any errors and omissions that may have been made.

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# PASSIVE Prevention –Digital Communication (Videos)



# PASSIVE Prevention – Helpline WhatsApp /Email/Social media

(access to weekly wellness tips, Office Ergonomics videos and wellness queries)



[reenav@godrej.com](mailto:reenav@godrej.com)



9769750982



**Questions ?**