

Ergonomic Innovations and new age technologies to prevent musculoskeletal disorders at the Workplace

Invited Lectures

Faculty:

Saransh Raja

Work-related Musculoskeletal Disorders (WRMSDs) are often called Cumulative Trauma Disorders, Repetitive strain injuries and overuse syndrome. Most WRMSDs affect hands, wrists, elbows, shoulders, and neck. WRMSD have long been associated with increased absenteeism at the workplace, staff turnover, decreased productivity, disability, increased medical and healthcare costs to employers and increased frequency of accidents at the workplace. New-age technologies and ergonomic innovations can greatly reduce the risks related to manual handling and thus prevent the occurrence of WRMSDs. In addition to prevention, Technologies can assist the workforce in meeting job demands and provide safe working conditions.

About Our Speaker:

Saransh Raja

He is an Occupational Medical doctor by profession, having a deep interest in the field of Occupational Health and Safety, Mental Health in the Workplace, Ergonomics, Occupational Safety, Workplace Wellness and Occupational Psychology are the areas of interest. He has more than six years of experience in the health and safety industry. He has committed himself to preventing occupational accidents and diseases, making a healthier and safer workplace.