

## **On-site and remote management of WRMSD in IT Professionals. Is there a difference?**

Keynote Sessions

Faculty:

Deepak Sharan

This lecture will provide insights into the differences in the management strategies for work-related musculoskeletal disorders (WRMSD) in on-site and remote work settings. Given the ever-growing trend of hybrid and remote work, it is imperative to comprehend the impact that it might have on the prevalence and management of WRMSD in IT professionals. The speaker will compare his research studies related to WRMSD management in the two settings and explore the differences, challenges and solutions. Through this, a deeper understanding of the unique challenges faced by IT professionals in each setting can be obtained, leading to the development of effective measures to address these issues.

### **About Our Speaker:**

Deepak Sharan

Dr. Deepak Sharan is a highly accomplished consultant specializing in orthopedic surgery, rehabilitation, ergonomics, occupational health, and functional and lifestyle medicine. Based in Bengaluru, India, he is associated with RECOUP Health and holds prominent positions in various prestigious organizations. Dr. Sharan serves as the Chairperson of the Scientific Committee on Musculoskeletal Disorders at the International Commission on Occupational Health and as the President of the International Myopain Society. He is also the Founder Director of the EPM International Ergonomics School in Italy and the Founder President of both the Indian Ergonomics School and the Indian Myopain Society. With an impressive portfolio of over 600 international scientific publications and conference presentations, Dr. Sharan has conducted extensive research on office and industrial ergonomics, healthcare ergonomics, cognitive ergonomics, and work-related musculoskeletal disorders (WRMSD). Notably, he co-developed the Time-based Assessment Computerized Strategy (TACOs) for assessing the risk of WRMSD among physiotherapists. Dr. Sharan has received numerous awards and research grants, including the National Disability Award from the Government of India and prestigious international research awards in the field of orthopedics and pediatric orthopedics. As an internationally recognized expert in WRMSD, he has developed his own validated assessment and treatment approach known as the SHARAN's Protocol, which has successfully treated over a million patients from 45 different countries. Dr. Sharan also works as an ergonomics and occupational health consultant for several Fortune 500 companies and is an authorized trainer for various methodologies and tools related to ergonomics and occupational health, including the Revised

NIOSH Lifting Equation, ERGOcheck Risk Mapping, TACOs Tool, OCRA methods, and Push-Pull-Carry techniques.