



SEP Training

# *Ergonomics: Workplace Health and Safety*

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A training day for employers and employees  
(all work environments)

Tom Nthiani, physiotherapist  
George Onoka, occupational therapist

Fri, 23<sup>rd</sup> March 2018, 9 a.m.—4:30 p.m.  
Desmond Tutu Conference Centre, Westlands  
5000/= KSh.



# Ergonomics: Workplace Health and Safety

Human beings spend a third of their time at work and the health of one's workforce directly impacts the productivity and well-being. So ergonomics is one of the most important aspects of our day to day activities. Whether you work at a desk or you have a job that requires manual handling, ergonomics are important steps to prevent injuries and make you efficient.

Special Education Professionals (SEP) has developed a training to take your safety and ergonomic awareness to the next level. It will provide you with useful and practical tools to prevent work related musculoskeletal disorders (MSD) and other work related illnesses. The training will focus on identification of common signs of work related injuries and illnesses, their causes (e. g. poor posture) and techniques at workplace. It will also include demonstrations of good ergonomic principles and preventive adaptations.

## Session Plan

- Basic concepts of ergonomics
- What are musculoskeletal disorders (MSD)
- Recognize and understand the factors contributing to work related MSD
- Common musculoskeletal injury risks
- Early signs and symptoms
- Strategies to reduce work related MSD
- Use of ergonomic principles to improve the design of work stations
- Understand worker capability and limitations
- Applying ergonomic programs to increase productivity and profitability
- Back safety
- Fatigue management
- Sedentary behaviour

## About the Facilitators

**Tom Nthiani**, BSc. in physiotherapy from Jomo Kenyatta University of Agriculture and Technology (JKUAT), is a senior physiotherapist with 10 years experience. Currently he is a trainer at SEP and a critical care physiotherapist at Machakos level 5 Hospital. He is also a part-time lecturer at Kenya Medical Training College, Machakos Campus. Tom is registered with and licensed by the Physiotherapy Council of Kenya.

**George Onoka**, BSc. in occupational therapy from JKUAT, has 10 years experience working with people who have MSD. Currently he is a rehabilitation officer with Amref Health Africa and a trainer with SEP. He is registered with Kenya Occupational Therapists Association (KOTA) and has occupational therapy validation by Health Service Executive, Ireland.

Both trainers have significant knowledge and expertise in body mechanics and are experts at translating complex medical concepts into operational principles that can be applied in any work place.

## Date and Time

Friday, 23<sup>rd</sup> March 2018, 9 a.m.—4:30 p.m.

## Venue

Desmond Tutu Conference Center, Westlands  
(along Wayaki Way opposite Safaricom building)

## Fee

5000/= KSh. (incl. lunch and tea breaks)  
Payment via M-Pesa  
(Paybill 919974, A/C 0455325994)

A certificate will be issued to participants.

## Reserve in advance

Before 16<sup>th</sup> March 2018  
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## SEP contact

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## About Special Education Professionals

Special Education Professionals—SEP Kenya is a non-profit organisation working with children with disabilities. Its multidisciplinary team of occupational therapists, special needs teachers, physiotherapists, speech and language therapists, and psychologists offers training for professionals, families and caregivers. SEP aims at creating awareness and strengthening the inclusion of children with disabilities in school and society.