

### Preventing occupational disorders at the Athens office

As it is widely known, neck and shoulder strain, back pain and tendonitis are prevalent disorders among office workers. Whilst the Athens office has taken the positive step of providing its employees with ergonomic equipment (for example, an ergonomic chair, keyboard and mouse), the risk entailed by the above mentioned complaints, caused by bad posture while working, remained a cause for concern.



To address this issue, a training session on musculoskeletal disorders and best practices was implemented during a regular Safety, Health and Environment Meeting. An experienced physiotherapist led the session, presenting and describing in detail the symptoms, causes and results of each disorder. In addition, he showed a video which demonstrated correct seating and positioning of the body while working as well as good practices to fit around daily lifestyles. Finally, he demonstrated some easy and short exercises that employees can perform even in the workplace during work hours.



Employees came away from the training session with a much greater awareness of the negative and serious effects that bad posture and wrong handling of their working equipment can have, and fully informed about proper ways to work without damaging their health.