

Why choose Stress Angels?

- The quality of our consultants. Our fully qualified chiropractors, osteopaths and physiotherapists have a superior knowledge of how workstation set-up and posture affect the functioning of the spine, muscles and joints
- We have a referral network for further assessment or treatment if required
- We are not tied to any one particular supplier and can therefore give genuine, unbiased advice. We will only recommend purchase of new equipment or furniture where absolutely necessary

About Stress Angels

Stress Angels works with corporate clients throughout the UK and is dedicated to improving the health, wellbeing and vitality of employees. We offer a range of services to help combat stress and musculoskeletal problems – two of the leading causes of absenteeism in the workplace.

In addition to our DSE services we also offer on-site massage, nutrition seminars, stress management services and yoga/pilates classes. We can create a complete health and wellbeing programme for you, or simply provide single elements.

For more information about any of our services or to discuss your requirements further, please call us on 020 7924 0382, or visit us at www.stressangels.co.uk

* HSE (www.hse.gov.uk)

Are your employees at risk from workstation injuries?



Computer workstations are a source of risk and liability. Sitting at a computer for extended periods of time, with incorrect posture or incorrectly positioned equipment, can lead to health problems such as back pain and RSI (Repetitive Strain Injury). Stress Angels helps you reduce risk and comply with Health and Safety regulations through their workstation assessment services. Ensuring your employees are safe and comfortable is not only mandatory, it makes good business sense.

Did you know?

- An estimated 10.7 million working days (full-day equivalent) were lost in 2006/07 through musculoskeletal disorders caused or made worse by work*
- On average, each person suffering took an estimated 16.7 days off in that 12 month period*
- One in six working days lost in the UK is due to back pain*
- It can cost thousands of pounds per employee in sickness absence and retraining if any employee has a workstation injury
- With Stress Angels you can both protect your employees from injury and comply with regulations for as little as £25 per employee

The Legal position

The Health and Safety (Display Screen Equipment) Regulations 1992 require employers to:

- Analyse workstations to assess and reduce risks
- Ensure workstations meet specified minimum requirements
- Provide information and training

Benefits of compliance

Complying with the Regulations can help you to:

- Create a safe and healthy working environment
- Reduce injury, back pain and other musculoskeletal disorders
- Cut sickness absence
- Retain valued staff, saving on recruitment and re-training costs
- Reduce the risk of employee litigation
- Enhance the reputation of your organisation through an overt interest in employee welfare

Stress Angels DSE Services

Stress Angels offers two levels of service, both of which ensure compliance with current regulations.

Individual VDU workstation assessments

Our 30 minute one to one workstation assessments are suitable for those with specific complaints, and for those working at a computer for long hours.

Our expert assessors are all fully trained chiropractors, osteopaths or physiotherapists, as well as qualified DSE Assessors. Our assessors will study how each employee works; examining the positioning of equipment and furniture, making changes where needed and providing face-to-face training on posture and ergonomics.

The findings of each assessment are reported back to HR or the relevant Departmental Manager and recommendations made on any action that the organisation needs to take, along with suggested timescales.



Group training seminars

Not as in-depth as individual assessments, but an excellent option for organisations with larger numbers of employees. Seminars are 1 hour long and for a maximum of 20 people.

Our seminars cover the key points that employees need to know about safety at their workstation and equip them with the skills needed to customise their own workstations and carry out efficient self-assessments. Seminars are very interactive, with hands on instruction from our expert seminar leaders. Employees have the opportunity to carry out practice assessments.

