

Award in Office Ergonomics: Intake February 2022

Assessment Task: One written assignment based on chosen question	
Qualification: <i>Award in Office Ergonomics</i>	Tuition Centre: 21 Academy Licence Number: 2018-017
Level: Award MQF Level 5 - 4 ECTS	Student Name:
Date:	ID Number: <same no. submitted in student profile>
Assignment Deadline: 24 th June 2022	
<p>Task The purpose of this unit is to develop an understanding of 1 topic you will write about which form part of Office Ergonomics.</p> <p>Note This assessment provides students with an opportunity to put into practice the relevant provisions of the legislation, regulations, and best practices in relation to the topic they choose to write about forming part of the fundamentals of Office Ergonomics</p> <p>Note <i>You should plan to spend approximately 20 hours researching the assignment question, preparing for, and writing the assignment for assessment. The nominal word count for the assignment is 1,200 words. You are expected to select the most appropriate citation method which you feel most comfortable using http://www.citethisforme.com/. Referencing should be used in both the presentation and the assignment.</i></p> <p><i>In the assignment identify how the complaint being presented can be one that affects directly or indirectly an element of the individual's productivity or/and well-being.</i></p> <p><i>In the assignment, highlight the complaint being made and how it relates to office ergonomics. Also follow by the steps you would take in order to address the presented problem. Finally the assignment must include a conclusion by what is expected to happen when the suggestions/steps made are fully implemented.</i></p>	
Choose 1 questions from the following:	
<p>Question 1: 33-year-old women suffering from headaches for the past 3 years since commencing a new job as a product manager with an iGaming company. The lady has been to her GP who subsequently referred her to a Neurologist; the latter ruled out any underlying pathology and suggests that the headaches area result of poor sitting posture. The neurologist recommended she improves on her sitting posture and to also get some physiotherapy done to her neck.</p> <p>In light of the above, and drawing from your experience, what steps would you take to help this person rectify their situation.</p>	
<p>Question 2: 46-year-old man complaining of back pain for the past two years since he started working from home due to the Covid-19 situation. The patient reports feeling most of the pain towards the end of this workday a and tends to be most pronounced in the brief period when standing from his chair following a lengthy period in sitting. The patient is concerned because apart from his usual pain in the lower back he is now waking up and experiencing some tingling in his left foot. He has come to you for advice as he figures that his problem is a result of his poor ergonomic setup since working from home.</p> <p>In light of the above, and drawing from your experience, what steps would you take to help this person rectify their situation.</p>	

Pass Mark - 50%	
By submitting I confirm that this assessment is my own work	
Mark:	Signature: <main assessor>
Date	Signature: <quality assurance>