

## CASE STUDY

# HOW TO PREVENT ABSENTEEISM FOR OFFICE WORKERS

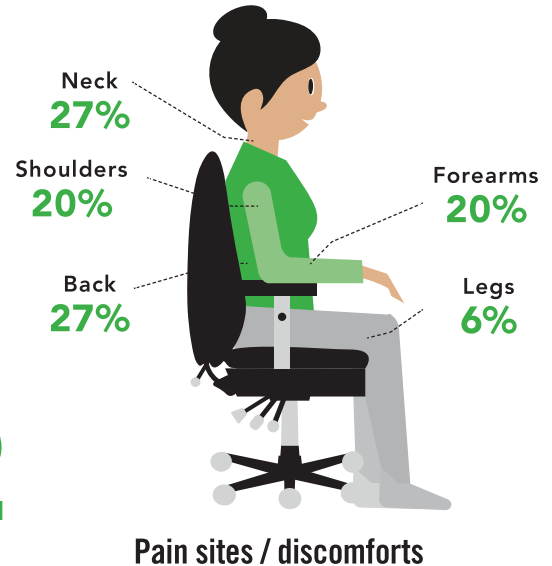


## Problem

Office workers who experience one of the following situations:

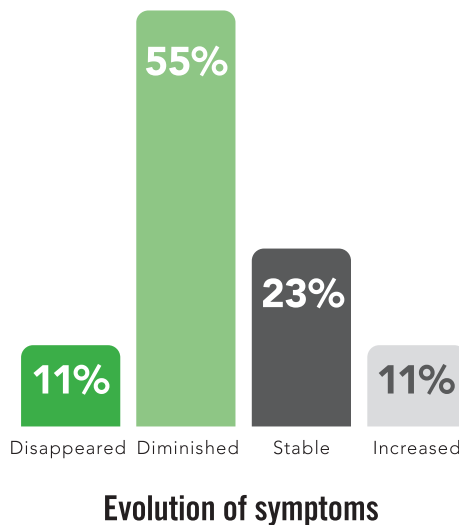
- Significant pain or discomfort
- A musculoskeletal disorder
- A medical note or is being seen by a healthcare professional
- Is returning to work

**1002**  
Office workers

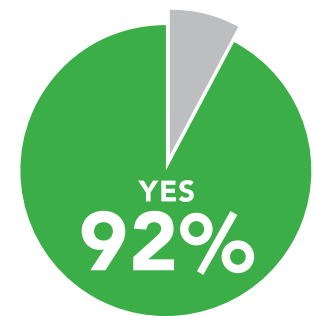


## Solution

- Eliminate ergonomic risks and adjust the workstation according to the employee's condition.
- Teach the employee office ergonomics principles.
- Develop autonomy by focusing on accountability.



Employees responded:



## Results

A global and adapted approach generates results: workstation ergonomics, postures and working methods, specific exercises and follow-ups.

**Symptoms are stable, have decreased or disappeared for 89% of employees.**

Using a strategy that promotes autonomy and responsibility is an added value.

**92%**

of employees are confident with the adjustments made to their workstation.

**Rapid employee support** is a condition of success.