



About Us

Prem Ergo Solutions is a company that offers total ergonomic solutions to corporates, from the IT sector to huge industrial plants. We look at 'People at work' holistically and conduct training programs along with treatment or preventive exercises at site.

Since 1998, our services have expanded to include giants in the industrial sector like Tata Steel, Caterpillar Inc. and China Lignite Power.

Many industrial operations are carried out in awkward postures, with repetitive motions, causing pain in the low back, neck or shoulders. These medical conditions are called Musculoskeletal Disorders (MSDs) and coupled with poor health, cause a high incidence of absenteeism and loss of productivity. Our services benefit workers with musculoskeletal pain due to bad posture or the workstation design.

What are Musculo skeletal disorders (MSDs)?

Musculoskeletal Disorders (MSDs) are injuries affecting the soft tissues of the body, like muscles or nerves. Other synonyms include Cumulative Trauma Disorders (CTD), Repetitive Stress Injuries (RSI), and Repetitive Motion Injuries (RMI). Since they are work related, they are also called Work Related Musculoskeletal Disorders (WMSDs).

MSDs often lead to significant mental stress, creating a challenging cycle of physical and psychological strain. Constant pain wears down mental resilience, and the fear of it worsening causes chronic anxiety, making it hard to relax.

What is Ergonomics?

The word ergonomics comes from the Greek word "ergon" which means work and "nomos" which means laws. It is essentially the "science of work," concerned with the 'fit' between people and their work. It puts people first, taking account of their capabilities and limitations, and aims to make sure that task, equipment, and the environment suit each employee.

There are three broad domains of ergonomics:

- Physical Ergonomics
 - Cognitive Ergonomics
 - Organizational Ergonomics.

Assessment by Prem Ergo Solutions [PES]

1. Identification of Risk Factors

2. Methodology

- Detailed Observation of Workstations and Workers
- Capturing Workstations and Worker Postures through Photos and Videos
- Workstation Analysis
- Optimizing Product Design through Human-Product Interface Measurements
- Physiological measurements AI
- Powered Assessment



Our team inspecting the shop floor

Ergonomic Risk Analysis Post Assessment

The following data would be available after the ergonomic survey
Postural stress through RULA, REBA, Rodgers Muscle Fatigue Analysis and NIOSH evaluation scales.

- Factors causing physiological fatigue among operators during industrial operations.
- Lifting index is used to calculate severity in manual material handling jobs through NIOSH revised equation.
- **Physical Ergonomics:** Modifications to the workstations by working closely with the in design engineers of the industry and arriving at ergonomic designs or mechanization of the jobs involved.
- **Organizational Ergonomics:** The experts from Prem Ergo Solutions will study team dynamics, workflow, redesign shift patterns or workflow layouts to enhance collaboration, reduce downtime, and minimize worker fatigue.
- **Cognitive Ergonomics:** In industrial settings, Prem Ergo Solutions offer suggestions such as for control panel design in factories by organizing buttons and displays

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Why Prem Ergo Solutions?

With 26 years of expertise in ergonomic solutions catering across diverse industries, IT companies & personalized solutions for remote employees, PES is a trusted leader in the field of Ergonomics. Our team includes medical doctors, physiotherapists, leading ergonomists of the country, industrial and biomedical engineers, all dedicated to enhance well being and productivity of the employee, leveraging cutting edge AI software. We deliver ergonomic solutions tailored to meet each clients unique need and environment.

Our Packages

“PAIN PAIN GO AWAY” PACKAGE

Awareness Lecture: Demonstration on health at work for computer professionals and industrial workers.

Topics covered: [By Ergonomist]

Duration: 2 Hours.

- Musculoskeletal disorders - Early warning signs, risk factors
- Prevention and treatment strategies: Workstation modification, ergonomic accessories
- Explanation of Do's and don'ts for the workers. • Postural advice
- Demonstration of computer break exercises for office ergonomics

WORK FROM HOME PACKAGE

This is the same as the “PAIN PAIN GO AWAY” PACKAGE given above, but training is given virtually.

“CONTINUOUS MAINTENANCE” PACKAGE

- This is a yearly contract for regular visits by the following:
 - Visit by medical and ergonomic consultant
 - Visit by consultant Physiotherapist for on-site training.
 - Physiotherapy treatment
 - Yoga, diet or eye care advice, depending on client needs.

“PRODUCTIVITY PLUS” PACKAGE

Shop floor assessment by ergonomic consultant

This is done by an industrial visit to the shop floor and ergonomic evaluation of the workstation.

There are two categories.

- OFFICE ERGONOMICS
- INDUSTRIAL ERGONOMICS

Our Clients



OUR TEAM OF

DR. SUNDER M.D. (PHYSICAL MEDICINE AND REHABILITATION)

Dr. Sunder, the founder of PES is a well known ergonomic consultant trained in Ergonomic Principles at the University of Michigan. He has been an industrial medical officer for several companies and is the medical expert in the team, with two decades of experience.



He has been the President of the Indian Association of Occupational Health [Tamil Nadu Branch] and has three prestigious award orations at national conferences organised by IAOH. Dr. Sunder has presented several papers in India and abroad, and has given over 500 lectures to corporates on Ergonomics.

DR. A. K. GANGULI. MSc. PH.D [SC]

Dr. Ganguli is a specialist in Ergonomics who has been a consultant to a dozen ergonomic projects and was past President of the Indian Society of Ergonomics. He has published over 30 papers in national and international journals and contributed to 4 books on the subject. He is the recipient of several awards for his work in ergonomics.



DR. SOMNATH GANGOPADHYAY PH.D, FABMS

Dr. Somnath is the Professor and HOD, Occupational Ergonomics Lab, University of Kolkata. He is a member of the Syndicate of University of Kolkata and has trained over a dozen Postgraduate students in ergonomics and has done ergonomic evaluation to over 30 companies all over India and has published over 250 articles



and contributed to 24 books as an author. He is a and visiting faculty to several universities in India and abroad.

DR. SUBHASHIS SAHU, PH.D, FABMS

Dr. Subhashis Sahu is presently Assoc. Professor In-Charge of Ergonomics, University of Kalyani, West Bengal. He is actively involved in teaching of Ergonomics and Occupational Health in different Postgraduate, Doctoral, Postdoctoral and professional courses in different Universities



for more than 25 years. He has published more than 150 research articles in different reputed journals and about 20 students were awarded a Ph.D degree under his supervision.