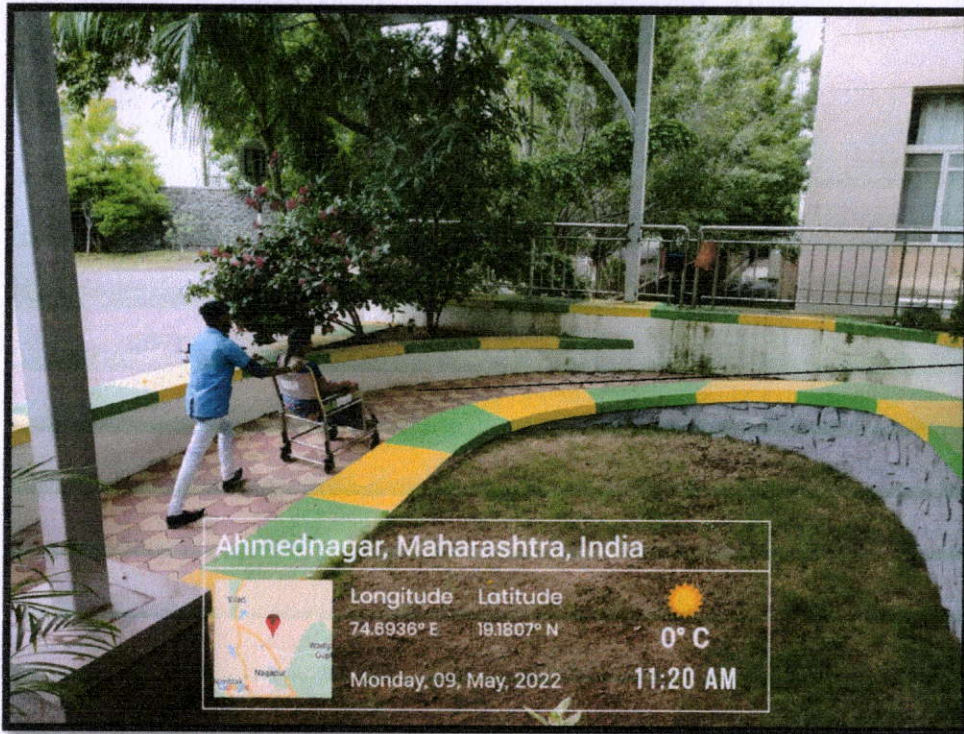


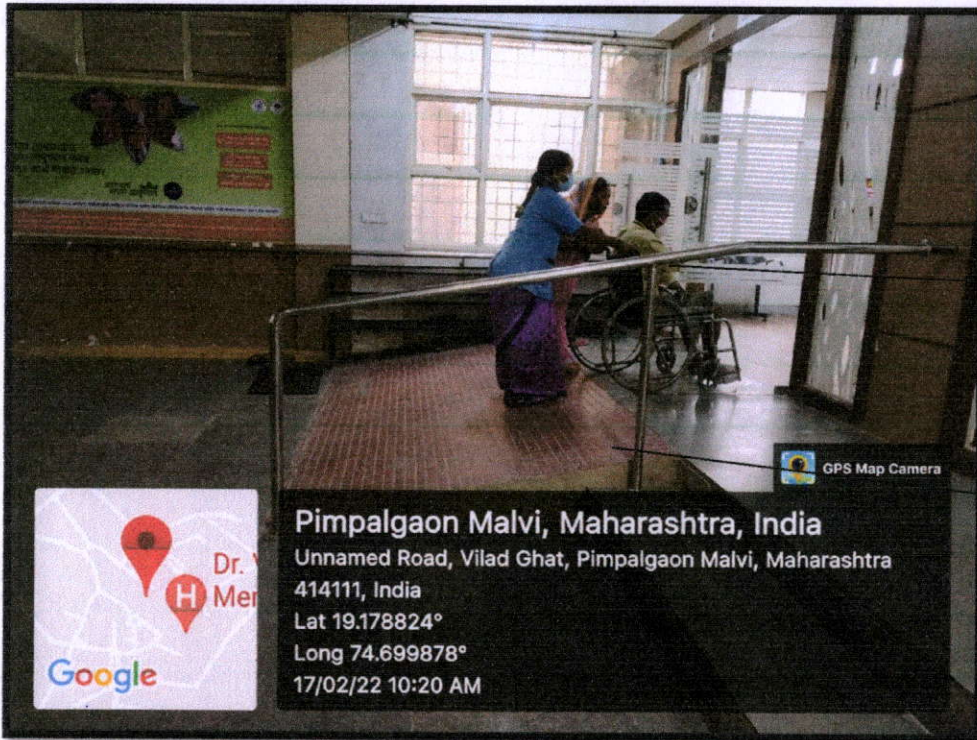
**Any other relevant  
information**



### QUALITY OF CARE



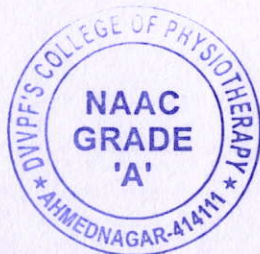
Ramp surface



Handrail for Ramps

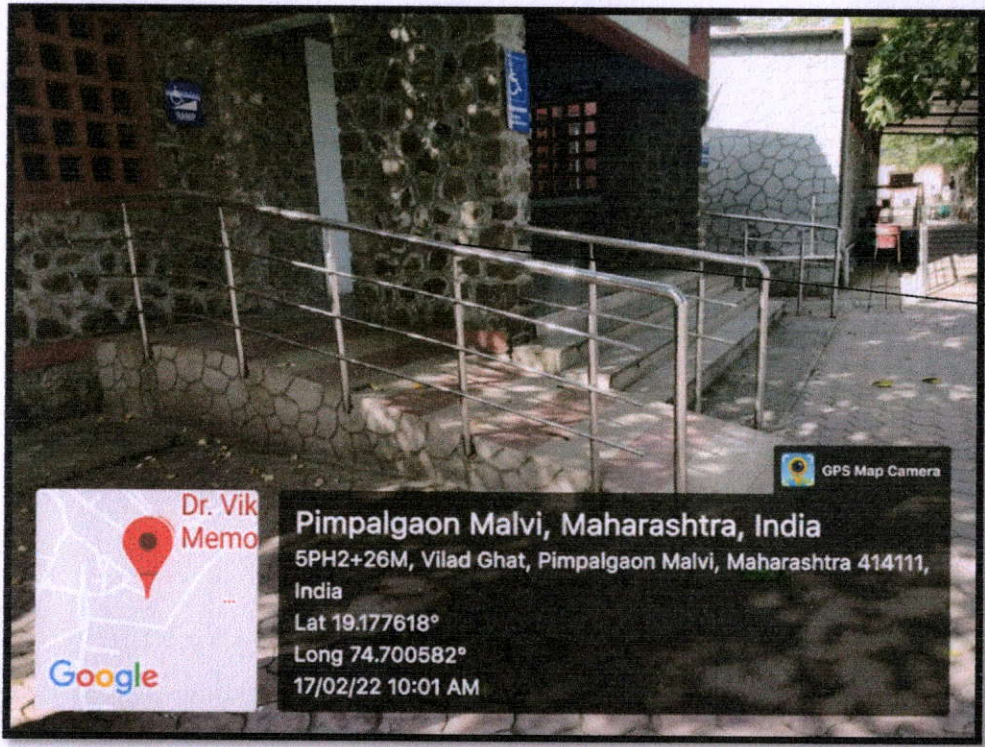
Ramp surface

Fig: RAMP WALKWAY AT PHYSIOTHERAPY OPD



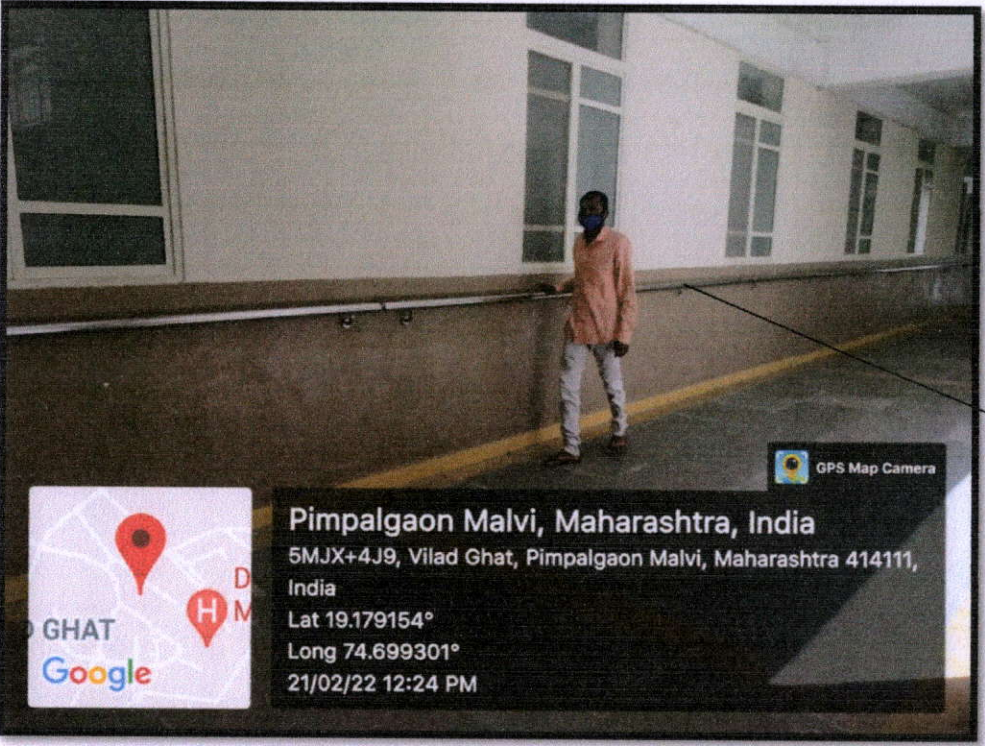
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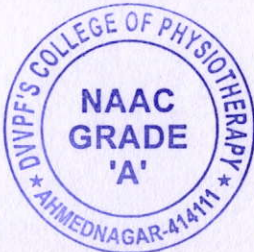
Handrails

**Fig: HANDRAILS TO HOLD**



Handrail at ramp walkway to prevent from fall

**Fig: RAMPS FOR EASY ACCESSIBILITY ALONG WITH HANDRAILS.**







Handrails

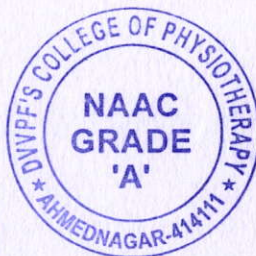
Stairs

**Fig: STAIR WITH HANDRAILS**



Grab Bars

**Fig: TOILET SEAT WITH GRAB BARS**

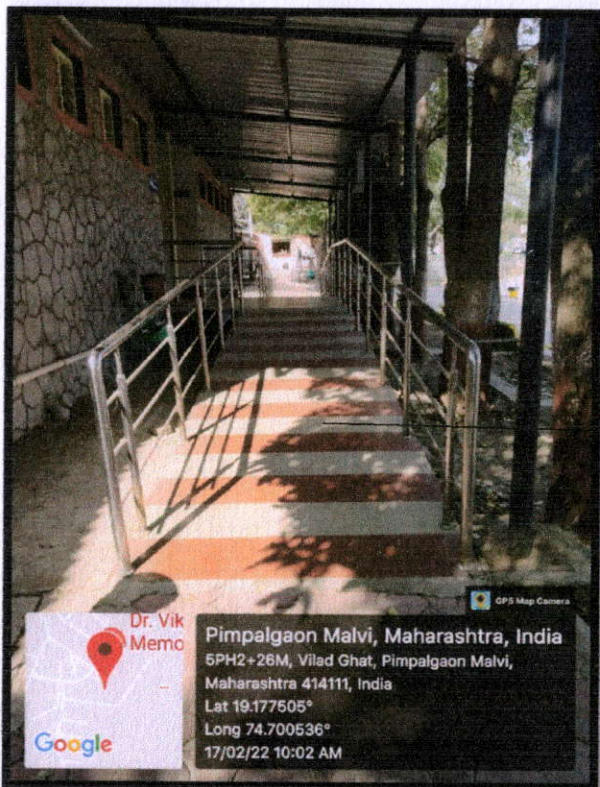


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Handrails



Ramp surface

**Fig: FACILITY OF COMMON TOILET WITH HANDRAILS AND RAMP WALKWAY FOR DISABLED PATIENTS**



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वृद्धावस्थेत खाली पडणे ही एक अत्यंत गंभीर समस्या आहे, पण योग्य ती खबरदारी घेतल्याने तुम्ही नक्कीच हे टाळू शकता. तर वृद्धावस्थेतील खाली पडण्याच्या गंभीर समस्येवर मात करण्यासाठी खालील काही सोप्या उपायांचा वापर करणे.

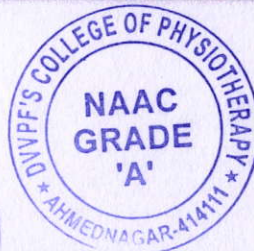
- १) खोलीमध्ये पुरेसा प्रकाश असावा, त्यामुळे चांगल्या प्रकाशाचा लाईट असणे अत्यंत गरजेचे आहे.
- २) खोलीमध्ये अगदी अनावश्यक फर्निचर नसावे. जेणेकरून अडचण होणार नाही. आणि खोलीमध्ये सहजतेने वावरता येईल.
- ३) लाईट व पंख्याचे बटन बिछाण्याजवळच आसावे.
- ४) ज्या वस्तूंची सतत गरज भासते. त्या नेहमी जवळच ठेवलेल्या आसाव्यात(जसे की चष्मा, काठी, पेपर, पाणी, औषधे)
- ५) खोली मधील फरशी ही घसरणारी नसावी. कारण अशा फरशीमुळे सहज घसरून पडण्याची शक्यता खूप असते.
- ६) बिछाना हा भिंतीला चिटकुन आसावा.
- ७) घरामध्ये किंवा बाहेर असणा-या पाय-यांना पकडण्यासाठी आधार असावा.
- ८) पाय-यांची उंची कमी असावी.



- ९) रात्री बाथरूमकडे जाणा-या मार्गावर आवश्यक लाईटचा प्रकाश असावा.
- १०) इंडियन टॉयलेटचा वापर करू नये. टॉयलेट सीट उंच असावे किंवा वेस्टर्न टॉयलेटचा / खुर्चीचा वापर करावा.



- ११) बाथरूममध्ये उठताना व बसताना धरण्यासाठी भिंतीला लाकडी किंवा लोखंडी काठीचा आधार असावा.



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- १२) छोट्या स्टूलवर चढणे टाळावे. कारण ताल जाऊन पडण्याची संभावना असते.
- १३) कमी उंचीच्या खुर्च्या ज्यामधून उठण्यास व बसण्यास त्रास होईल, त्याचा वापर करू नये.
- १४) सर्व कपाटांचे व कप्यांचे दार बंद ठेवणे. उघडे राहिल्यास त्याला धडकुन पडण्याची शक्यता असते.
- १५) हिष व रिस्ट पॅडींग हे घातल्याने पडल्या नंतरही त्यातून हांगा-या इजेपासून किंवा फ्रॅक्चर पासून तुमचा बचाव होतो त्यामुळे त्याचा वापर नियमित करावा.



बाहेरील परिसरात घ्यावयाची काळजी.

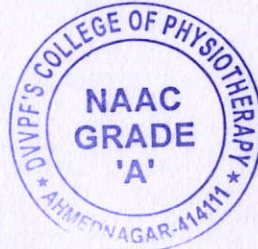
- १) कच्च्या रस्त्यावरून चालणे टाळावे.
- २) रस्त्यातील छोटी वेली, झाडे-झुडपे कापून टाकावी, त्यात पाय अडकुन पडण्याची शक्यता असते.
- ३) बाहेर सुद्धा पुरेसा प्रकाश पडेल इतके लाईट असावेत.
- ४) रस्त्यातील दगड व अडथळे बघून चालावे.
- ५) बाहेर जाताना नेहमी योग्य बुटांचा वापर करावा.
- ६) जर तुम्ही चालण्यासाठी कोणत्याही अधाराचा वापर करत आसाल (जसे काठी, वॉकर, क्रच) तर बाहेर जाताना ते ते नेहमी सोबत न्यावे.



- ७) ओल्या फरशीवर जपून पाऊल टाकावेत. किंदा ओल्या फरशीचा वापरच करू नये. त्यामुळे घसरून पडू शकता.



**Fig: PREVENTIVE STRATEGIES FOR FALL AT HOME AND ENVIRONMENT.**





# FALLS CLINIC SCHEDULE



Dr. Vitthalrao Vikhe Patil Foundation's  
**COLLEGE OF PHYSIOTHERAPY**

Opp. Govt. Milk Dairy, M.I.D.C., Ahmednagar-414111  
Tel:- (0241) 2778042, 2777059, Fax:- (0241) 2779757



E-mail: principal\_physiotherapy@vims.edu.in Website: www.vimscopt.edu.in

Ref. No.: DVVPF's/COPT/2021/934

Date: 28/10/2021

## DEPT. COMMUNITY PHYSIOTHERAPY - FALLS CLINIC SCHEDULE

### PG, INTERN

<u>SR NO.</u>	<u>DATE</u>	<u>PG STUDENT</u>	<u>INTERN</u>	<u>TEACHER INCHARGE</u>
1.	2/11/2021	Dr. Rudalee Husale	Ritanshu Autade	Dr. Shwetanjali Bhagra
2.	09/11/2021	Dr. Pallavi Mane	Komal Dhage	Dr. Shwetanjali Bhagra
3.	16/11/2021	Dr. Pradnya	Ritanshu Autade	Dr. Shwetanjali Bhagra
4.	23/11/2021	Dr. Neha Lavhade	Komal Dhage	Dr. Shwetanjali Bhagra
5.	30/11/2021	Dr. Pallavi Mane	Ritanshu Autade	Dr. Shwetanjali Bhagra

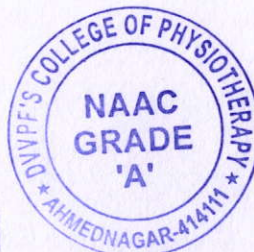
Note :

- The Falls Clinic will be conducted on every Tuesday
- All students are instructed to collect the falls questionnaire & register from the Dept of community Physiotherapy one day prior
- Kindly submit monthly report to concerned teacher

Venue: Hospital OPD area  
Time: 11 am-12 pm

HOD

(Dept. community Physiotherapy)



P.T.O



# FALLS QUESTIONNAIRE

7/09/2021



## DR. VITHALRAO VIKHE PATIL FOUNDATION'S COLLEGE OF PHYSIOTHERAPY

(Affiliated to M.U.H.S. Nashik, Accredited by NAAC & Recognized by UGC u/s 2(I))  
Opp. Govt. Milk Dairy, Vadgaon Gupta, Post : MIDC, Ahmednagar - 414 111 (Maharashtra)  
Tel.: 0241-2778042, 2777059, 2779757 Fax : 2779782,  
Website : www.vims.edu.in Email: principal\_physiotherapy@vims.edu.in



### FALLS QUESTIONNAIRE

नांव : Bhagwat Sureshwar एस्. जी. ए. एम्.- पडण्याबद्दल जागरूकता सांगणारी प्रश्नावळी  
पत्ता : Aurangabad व्यवसाय : Farmer लिंग : M  
शिक्षण : SHST

सुचना :- ही प्रश्नावळी वृद्धावस्थात वृद्धावस्थात पडण्याबद्दलची जागरूकता जाणून घेण्यासाठी बनवण्यात आली आहे. या मध्ये १० प्रश्न आहेत. उत्तर हो/नाही असे द्यावयाचे आहे. याचा निष्कर्ष हा वेगवेगळ्या टप्प्यानुसार टक्केवारीने काढता येईल.

१) तुम्हाला माहित आहे का, पडणे ही देखील वृद्धावस्थेतील बाकी आजारां एवढेच गंभीर समस्या आहे ?

अ) होय :  ब) नाही :

२) तुम्हाला माहित आहे का, ठराविक कारणामुळे पडण्याची शक्यता वाढते ?

अ) होय :  ब) नाही :

३) तुम्हाला माहित आहे का, वृद्धावस्थेत तुमच्या शरीरात असे काही बदल होतात, ज्यामुळे तरुण लोकांपेक्षा तुमची पडण्याची शक्यता जास्त वाढते ?

अ) होय :  ब) नाही :

४) तुम्हाला अशा काही आजारांबद्दल माहित आहे का, ज्यामध्ये तोल जाण्यामुळे तुम्ही पडू शकता ?

अ) होय :  ब) नाही :

५) कधी पडल्यानंतर तुम्ही डॉक्टरकडे गेलात का ? किंवा तुम्ही कधी पडलात तर डॉक्टरकडे जाणार का ?

अ) होय :  ब) नाही :

६) तुम्ही स्वतः कधी पडण्याची शक्यता टाळण्यासाठी काही प्रयत्न केले आहेत का ?

अ) होय :  ब) नाही :

७) पडण्याचा धोका टाळण्यासाठी भौतिकोपचाराचे महत्त्व तुम्हाला माहिती का ?

अ) होय :  ब) नाही :

८) तुम्हाला असे वाटते का, पडण्याचा धोका घरातील परिसरापेक्षा बाहेरील परिसरात जास्त आहे.

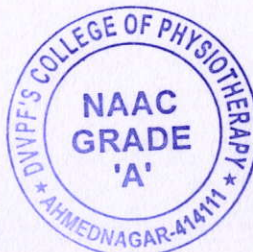
अ) होय :  ब) नाही :

९) तुम्हाला असे वाटते का, फक्त औषधांच्या सेवनामुळे तुम्ही पडण्याची शक्यता कमी करू शकता ?

अ) होय :  ब) नाही :

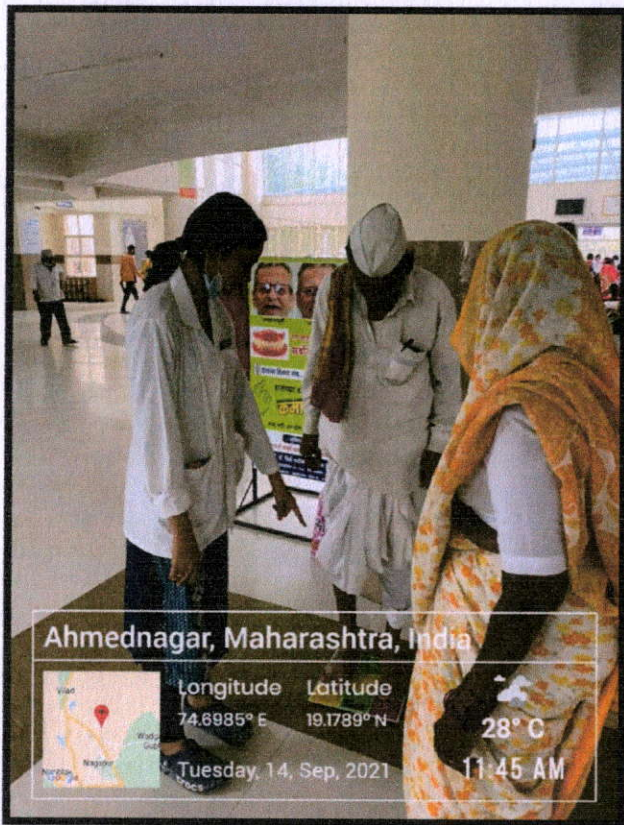
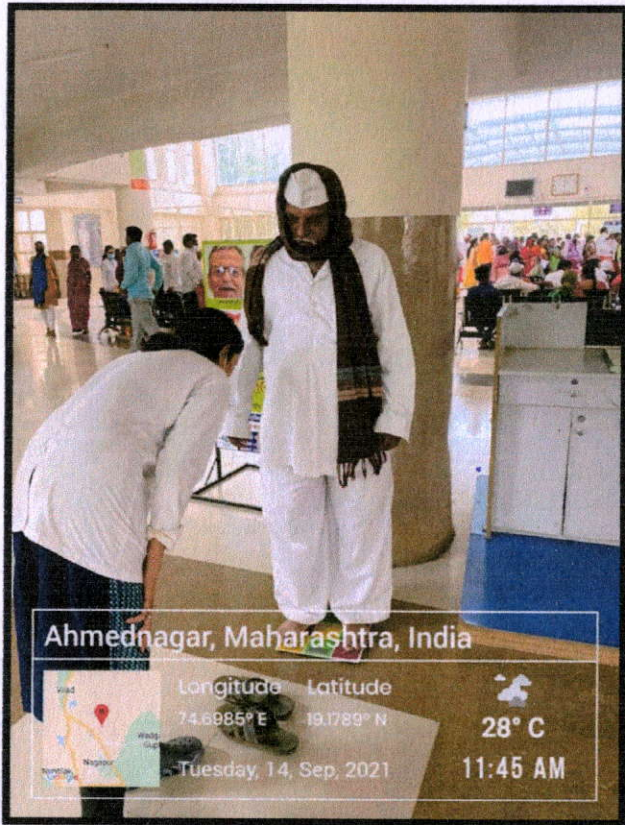
१०) तुम्हाला असे वाटते का, भौतिकोपचाराच्या साहाय्याने तुम्ही या समस्येवर मात करू शकता ?

अ) होय :  ब) नाही :



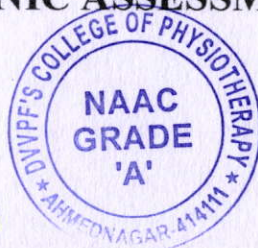
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**Fig: FALLS CLINIC ASSESSMENT ON PATIENTS**

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# Ergonomic Analysis Rapid Upper Limb Assessment (RULA)

**ERGONOMICS** RULA Employee Assessment Worksheet Task Name: \_\_\_\_\_ Date: \_\_\_\_\_

### A. Arm and Wrist Analysis

**Step 1: Locate Upper Arm Position:**

Step 1a: Adjust...  
If shoulder is raised: +1  
If upper arm is abducted: +1  
If arm is supported or person is leaning: -1

**Step 2: Locate Lower Arm Position:**

Step 2a: Adjust...  
If other arm is working across midline or out to side of body: Add +1

**Step 3: Locate Wrist Position:**

Step 3a: Adjust...  
If wrist is bent from midline: Add +1

**Step 4: Wrist Twist:**

If motion is limited in mid-range: +1  
If wrist is at or near end of range: +2

**Step 5: Look-up Posture Score in Table A:**  
Using values from steps 1-4 above, locate score in Table A.

**Step 6: Add Muscle Use Score:**  
If posture mainly static (i.e. held >10 minutes):  
Or if action repeated occurs 45 per minute: +1

**Step 7: Add Force/Load Score:**  
If load < 4.4 lbs. (intermittent): +0  
If load 4.4 to 22 lbs. (intermittent): +1  
If load 4.4 to 22 lbs. (static) or repeated: +2  
If more than 22 lbs. or repeated or shocks: +3

**Step 8: Find Row in Table C:**  
Add values from steps 5-7 to obtain Wrist and Arm Score. Find row in Table C.

**Scoring:**  
1-2 = Negligible Risk  
3-5 = Low Risk. Change may be needed.  
6-7 = Medium Risk. Further investigation. Change soon.  
8-10 = High Risk. Investigate and implement Change.  
11+ = Very High Risk. Implement Change.

**Scores**

**Table A: Wrist Score**

Upper Arm	Lower Arm	Wrist Posture	Wrist Twist	Wrist Twist	Wrist Twist		
1	1	1	2	2	2	3	3
1	2	2	2	2	3	3	3
1	3	2	3	3	3	3	4
1	4	2	4	4	4	4	4
2	1	1	1	2	2	2	3
2	2	2	2	2	2	3	3
2	3	2	3	3	3	3	4
2	4	2	4	4	4	4	4
3	1	1	1	2	2	2	3
3	2	2	2	2	2	3	3
3	3	2	3	3	3	3	4
3	4	2	4	4	4	4	4
4	1	1	1	2	2	2	3
4	2	2	2	2	2	3	3
4	3	2	3	3	3	3	4
4	4	2	4	4	4	4	4
5	1	1	1	2	2	2	3
5	2	2	2	2	2	3	3
5	3	2	3	3	3	3	4
5	4	2	4	4	4	4	4
6	1	1	1	2	2	2	3
6	2	2	2	2	2	3	3
6	3	2	3	3	3	3	4
6	4	2	4	4	4	4	4

**Table B: Neck, Trunk, Leg Score**

Neck	Trunk	Leg					
1	1	1	1	1	1	1	1
1	2	2	2	2	2	2	2
1	3	3	3	3	3	3	3
1	4	4	4	4	4	4	4
2	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2
2	3	3	3	3	3	3	3
2	4	4	4	4	4	4	4
3	1	1	1	1	1	1	1
3	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3
3	4	4	4	4	4	4	4
4	1	1	1	1	1	1	1
4	2	2	2	2	2	2	2
4	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4

**Table C: Neck, Trunk, Leg Score**

Neck	Trunk	Leg					
1	1	1	1	1	1	1	1
1	2	2	2	2	2	2	2
1	3	3	3	3	3	3	3
1	4	4	4	4	4	4	4
2	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2
2	3	3	3	3	3	3	3
2	4	4	4	4	4	4	4
3	1	1	1	1	1	1	1
3	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3
3	4	4	4	4	4	4	4
4	1	1	1	1	1	1	1
4	2	2	2	2	2	2	2
4	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4

### B. Neck, Trunk and Leg Analysis

**Step 9: Locate Neck Position:**

Step 9a: Adjust...  
If neck is twisted: +1  
If neck is side bending: +1

**Step 10: Locate Trunk Position:**

Step 10a: Adjust...  
If trunk is twisted: +1  
If trunk is side bending: +1

**Step 11: Legs:**  
If legs and feet are supported: +1  
If not: +2

**Step 12: Look-up Posture Score in Table B:**  
Using values from steps 9-11 above, locate score in Table B.

**Step 13: Add Muscle Use Score:**  
If posture mainly static (i.e. held >10 minutes):  
Or if action repeated occurs 45 per minute: +1

**Step 14: Add Force/Load Score:**  
If load < 4.4 lbs. (intermittent): +0  
If load 4.4 to 22 lbs. (intermittent): +1  
If load 4.4 to 22 lbs. (static) or repeated: +2  
If more than 22 lbs. or repeated or shocks: +3

**Step 15: Find Column in Table C:**  
Add values from steps 12-14 to obtain Neck, Trunk and Leg Score. Find Column in Table C.

**Scoring:**  
1-2 = Negligible Risk  
3-5 = Low Risk. Change may be needed.  
6-7 = Medium Risk. Further investigation. Change soon.  
8-10 = High Risk. Investigate and implement Change.  
11+ = Very High Risk. Implement Change.

**RULA Score:** \_\_\_\_\_

# Rapid Entire Body Assessment (REBA)

**ERGONOMICS** REBA Employee Assessment Worksheet Task Name: \_\_\_\_\_ Date: \_\_\_\_\_

### A. Neck, Trunk and Leg Analysis

**Step 1: Locate Neck Position:**

Step 1a: Adjust...  
If neck is twisted: +1  
If neck is side bending: +1

**Step 2: Locate Trunk Position:**

Step 2a: Adjust...  
If trunk is twisted: +1  
If trunk is side bending: +1

**Step 3: Legs:**

Adjust: +1, +2, Add +1, Add +2

**Step 4: Look-up Posture Score in Table A:**  
Using values from steps 1-3 above, locate score in Table A.

**Step 5: Add Force/Load Score:**  
If load < 11 lbs.: +0  
If load 11 to 22 lbs.: +1  
If load > 22 lbs.: +2  
Adjust: if shock or rapid build up of force: add +1

**Step 6: Score A, Find Row in Table C:**  
Add values from steps 4 & 5 to obtain Score A. Find Row in Table C.

**Scoring:**  
1 = Negligible Risk  
3-5 = Low Risk. Change may be needed.  
6-7 = Medium Risk. Further investigation. Change soon.  
8-10 = High Risk. Investigate and implement Change.  
11+ = Very High Risk. Implement Change.

**Scores**

**Table A: Neck**

Upper Arm	Lower Arm	Wrist	Neck	Trunk	Leg		
1	1	1	1	1	1	1	1
1	2	2	2	2	2	2	2
1	3	3	3	3	3	3	3
1	4	4	4	4	4	4	4
2	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2
2	3	3	3	3	3	3	3
2	4	4	4	4	4	4	4
3	1	1	1	1	1	1	1
3	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3
3	4	4	4	4	4	4	4
4	1	1	1	1	1	1	1
4	2	2	2	2	2	2	2
4	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4

**Table B: Lower Arm**

Upper Arm	Lower Arm	Wrist			
1	1	1	1	1	1
1	2	2	2	2	2
1	3	3	3	3	3
1	4	4	4	4	4
2	1	1	1	1	1
2	2	2	2	2	2
2	3	3	3	3	3
2	4	4	4	4	4
3	1	1	1	1	1
3	2	2	2	2	2
3	3	3	3	3	3
3	4	4	4	4	4
4	1	1	1	1	1
4	2	2	2	2	2
4	3	3	3	3	3
4	4	4	4	4	4

**Table C: Score A**

Score A	1	2	3	4	5	6	7	8	9	10	11	12
1	1	1	1	1	1	1	1	1	1	1	1	1
2	1	2	2	2	2	2	2	2	2	2	2	2
3	1	3	3	3	3	3	3	3	3	3	3	3
4	1	4	4	4	4	4	4	4	4	4	4	4
5	1	5	5	5	5	5	5	5	5	5	5	5
6	1	6	6	6	6	6	6	6	6	6	6	6
7	1	7	7	7	7	7	7	7	7	7	7	7
8	1	8	8	8	8	8	8	8	8	8	8	8
9	1	9	9	9	9	9	9	9	9	9	9	9
10	1	10	10	10	10	10	10	10	10	10	10	10
11	1	11	11	11	11	11	11	11	11	11	11	11
12	1	12	12	12	12	12	12	12	12	12	12	12

### B. Arm and Wrist Analysis

**Step 7: Locate Upper Arm Position:**

Step 7a: Adjust...  
If shoulder is raised: +1  
If upper arm is abducted: +1  
If arm is supported or person is leaning: -1

**Step 8: Locate Lower Arm Position:**

Step 8a: Adjust...  
If other arm is working across midline or out to side of body: Add +1

**Step 9: Locate Wrist Position:**

Step 9a: Adjust...  
If wrist is bent from midline or twisted: Add +1

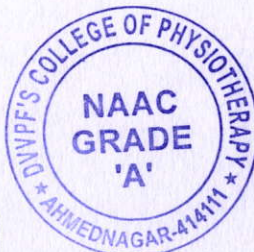
**Step 10: Look-up Posture Score in Table B:**  
Using values from steps 7-9 above, locate score in Table B.

**Step 11: Add Coupling Score:**  
Well fitting handles and mid range power grip: **good**: +0  
Acceptable but not ideal hand hold or coupling acceptable with another body part: **fair**: +1  
Hand hold not acceptable but possible: **poor**: +2  
No handles, awkward, unsafe with any body part: **Unacceptable**: +3

**Step 12: Score B, Find Column in Table C:**  
Add values from steps 10 & 11 to obtain Score B. Find column in Table C and match with Score A in row from step 6 to obtain Table C Score.

**Step 13: Activity Score:**  
+1 1 or more body parts are held for longer than 1 minute (static)  
+1 repeated small range actions more than 4x per minute  
+1 Action causes rapid large range changes in postures or unstable base

**REBA Score:** \_\_\_\_\_



P.T.O



## ERGONOMIC CLINIC SCHEDULE



Dr. Vitthalrao Vikhe Patil Foundation's  
**COLLEGE OF PHYSIOTHERAPY**

Opp. Govt. Milk Dairy, M.I.D.C., Ahmednagar-414111  
Tel:- (0241) 2778042, 2777059, Fax:- (0241) 2779757



E-mail: principal\_physiotherapy@vims.edu.in Website: www.vimscopt.edu.in

Ref. No.: DVVPF's/COPT/2021/952-

Date: 2/8/2021

### DEPT. COMMUNITY PHYSIOTHERAPY - ERGONOMIC CLINIC SCHEDULE

#### PG, INTERN

<u>SR NO.</u>	<u>DATE</u>	<u>PG STUDENT</u>	<u>INTERN</u>	<u>TEACHER INCHARGE</u>
1.	1/09/2021	Dr. Pallavi Mane	Shristi Shah	Dr. Sonyabapu Shewale
2.	8/09/2021	Dr. Neha Lavhade	Sohail Patel	Dr. Sonyabapu Shewale
3.	15/09/2021	Dr. Pradnya Mestani	Shristi Shah	Dr. Sonyabapu Shewale
4.	22/09/2021	Dr. Pallavi Mane	Sohail Patel	Dr. Sonyabapu Shewale
5.	29/09/2021	Dr. Aishwarya Sidhaye	Shristi Shah	Dr. Sonyabapu Shewale

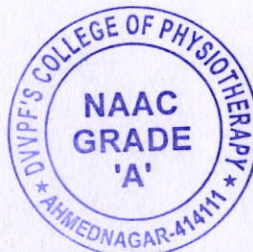
Note:

- The Ergonomic clinic will be conducted on every Wednesday
- All students are instructed to collect the Questionnaire & register from the Dept of community Physiotherapy one day prior
- Kindly submit monthly report to concerned teacher

**Venue:** Administrative area  
**Time:** 11 am-12 pm

HOD

(Dept. community Physiotherapy)



P.T.O



## OFFICE ERGONOMICS CHECKLIST



Dr. Vithalrao Vikhe Patil Foundation's  
**COLLEGE OF PHYSIOTHERAPY**



Opp. Govt. Milk Dairy, M.I.D.C., Ahmednagar-414111

Tel:- (0241) 2778042, 2777059 Fax:- (0241) 2779757

E-mail: principal\_physiotherapy@vims.edu.in Website: www.vims.edu.

### Department of Community Physiotherapy

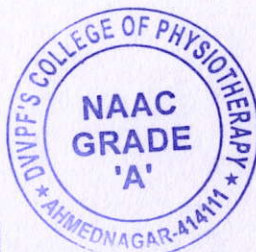
#### Office Ergonomics Checklist

Name: manisha Gaikwad

Date: 29/12/21

Work station: stitching department

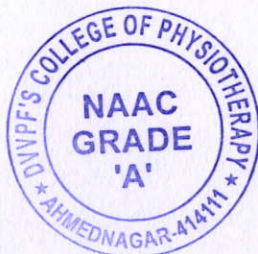
Sr. No	Chair	Yes/No/Na	Suggested Actions ( If No)
1	Can the height, seat and back of your chair be adjusted? Are your feet fully supported by the floor when you are seated?	NO	-Obtain a properly functioning chair -Lower the chair -Add footrest -Readjust for footwear height
2	Are you able to sit without feeling pressure from the chair seat on the back of your knees?	NO	-Adjust seat pan -Add a back support
3	Does your chair provide support for your lower back?	NO	-Adjust chair back -Obtain proper chair -Obtain lumbar roll
4	Does your armrest allow you to get close to your workstation?	NO	-Adjust armrest -Remove armrests
5	Are your keyboard, mouse and work surface at your elbow height?	NO	-Raise or lower workstation -Raise or lower keyboard -Raise or lower chair
6	Are frequently used objects within easy reach?	Yes	-Rearrange workstation
7	When using your keyboard and mouse, are your wrists straight and your upper arms relaxed by your side?	-	-Recheck chair, raise or lower as needed -Check posture -Check keyboard and mouse height
8	Is your mouse at the same level and as close as possible to your keyboard?	-	-Move mouse closer to keyboard -Obtain larger keyboard tray if necessary
9	Do you alternate the hand use for controlling your mouse?	-	-Switch hands and adjust buttons in control panel
10	Is your monitor positioned at least an arm's length away?	-	-Reposition monitor -Obtain flat screen or deeper work surface if there is not enough space



P.T.O

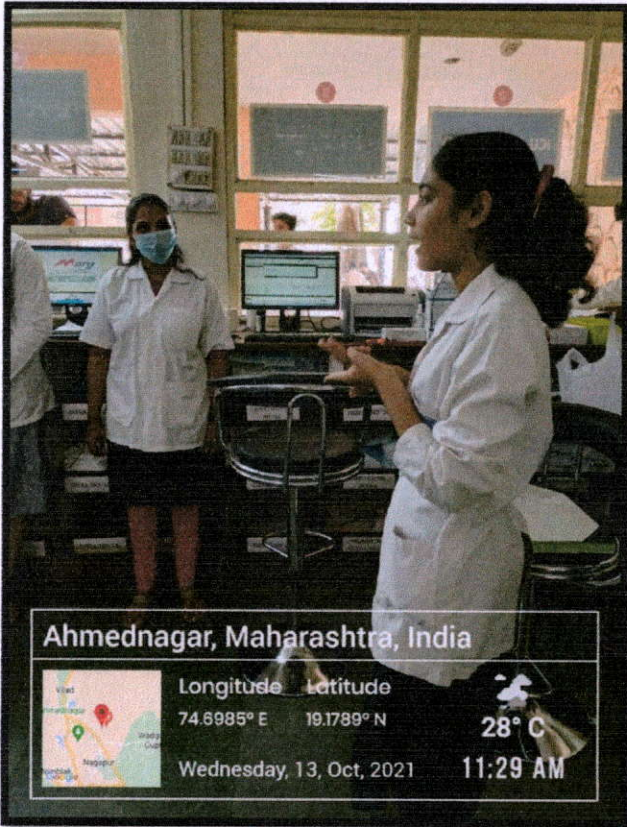


11	Is your monitor height slowly below eye level?	No	-Add or remove monitor stand -Adjust monitor height
12	Is your monitor and work surface free from glare?	—	-Windows at side of monitor -Adjust overhead lighting -Cover windows -Tilt screen downward -Obtain anti-glare screen
13	Do you have a desk lamp for reading or writing documents?	—	-Obtain desk lamp -Place on left if right handed -Place on left if left handed
14	Do you take stretch breaks every 30 minutes?	No	-Set reminders to take breaks
15	Do you take regular eye breaks from looking at your monitor?	No	-Refocus on a picture on a wall every few minutes
16	Is your document ramp positioned directly in front of you?	No	-Adjust workstation setup -Obtain a different document ramp
17	Are you using a headset or speakerphone if you are writing or keying while talking on the phone?	—	-Obtain a headset if using the headphone



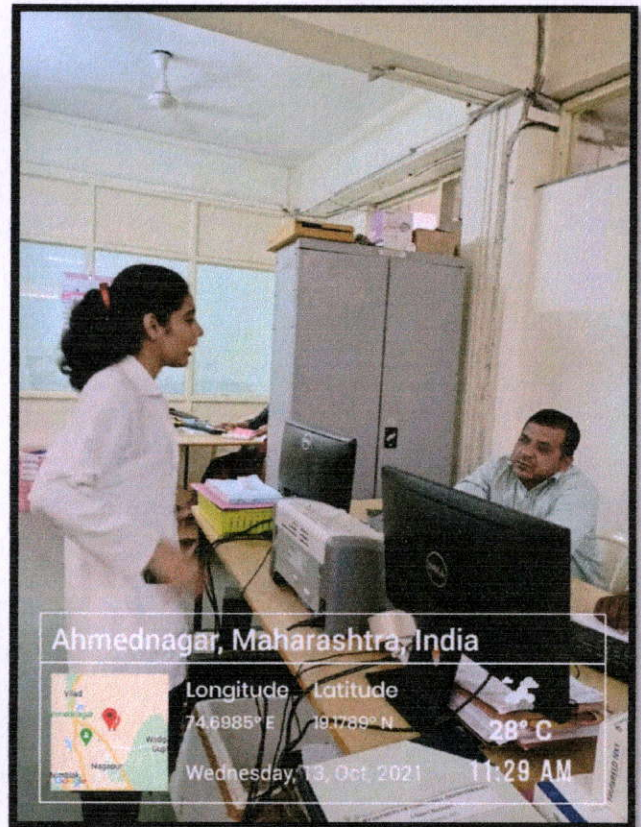
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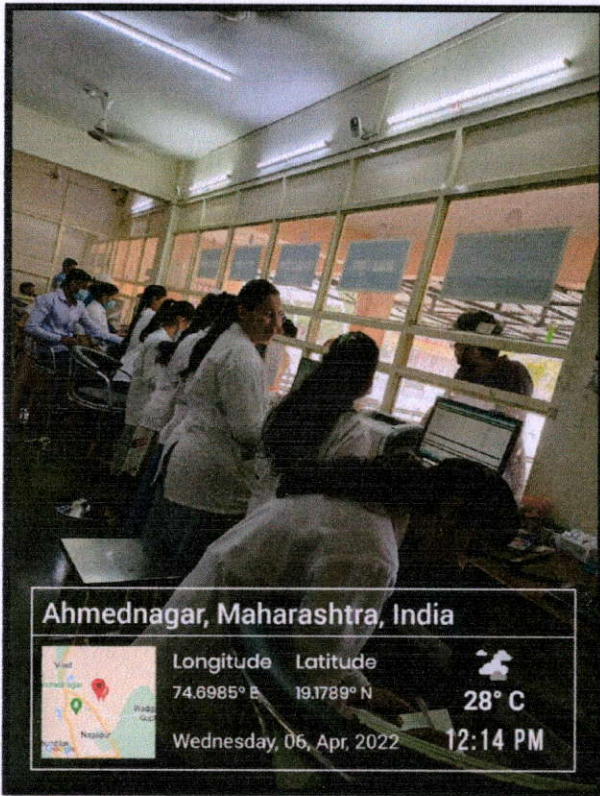
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74.6985° E	19.1789° N	28° C
Wednesday, 13, Oct, 2021		11:29 AM



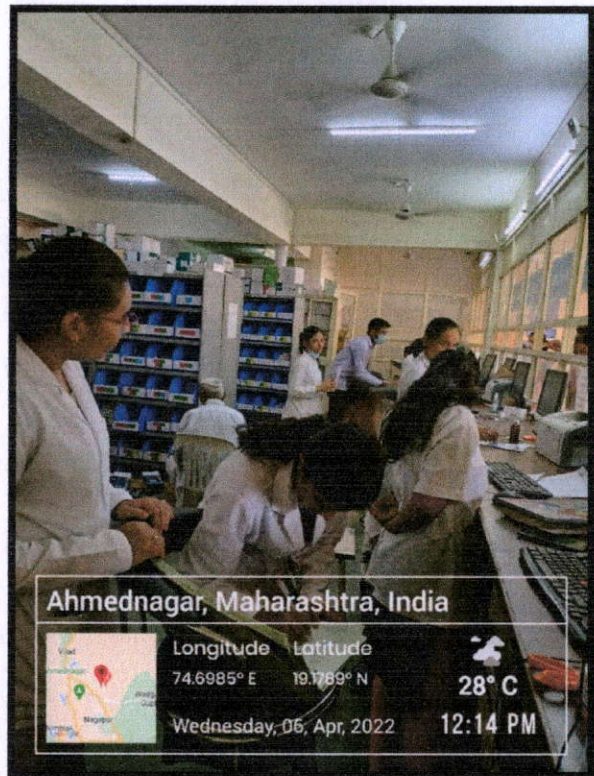
Ahmednagar, Maharashtra, India

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Ahmednagar, Maharashtra, India

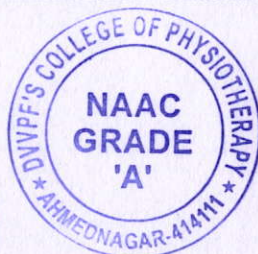
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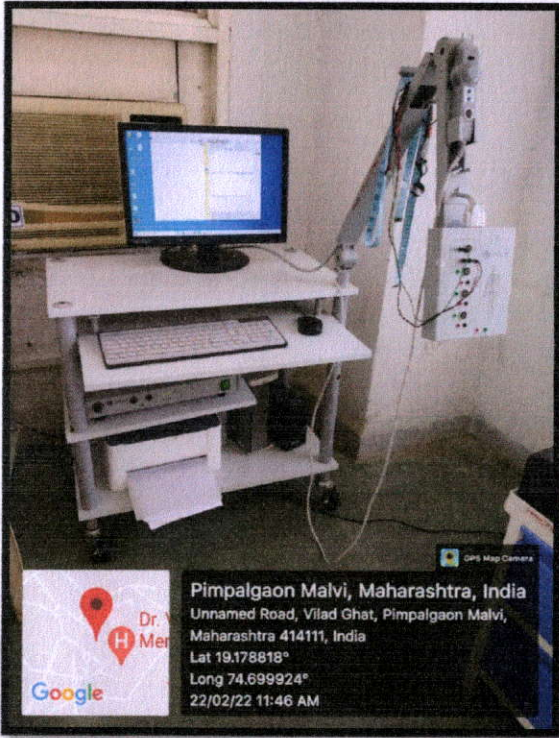
Ahmednagar, Maharashtra, India

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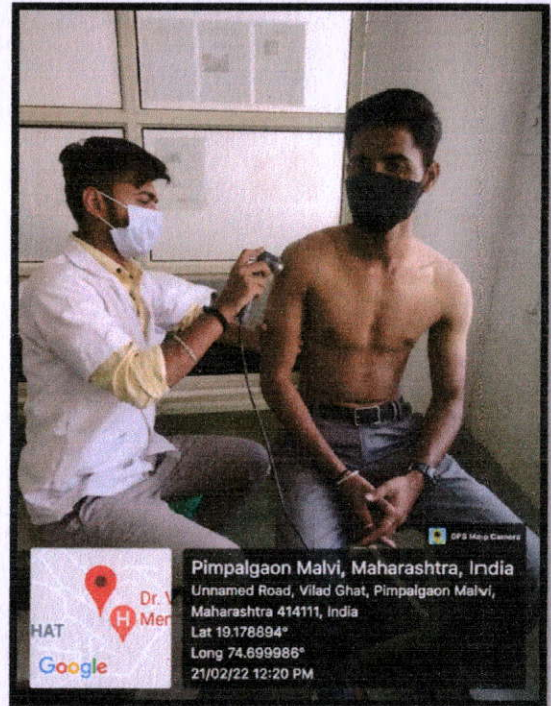
**Fig: ERGONOMIC ADVICE AND EXERCISE PRESCRIPTION TO HOSPITAL WORKERS**



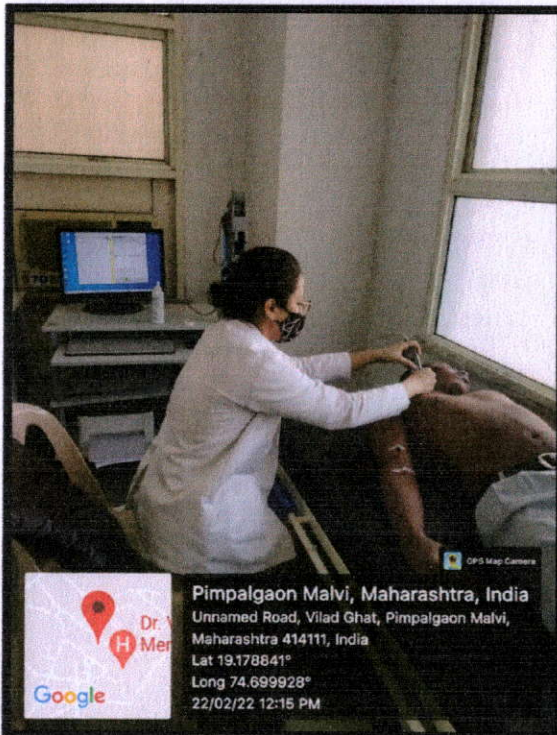




**EMG/NCV MACHINE**



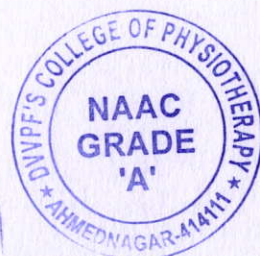
**ULTRASOUND MACHINE**



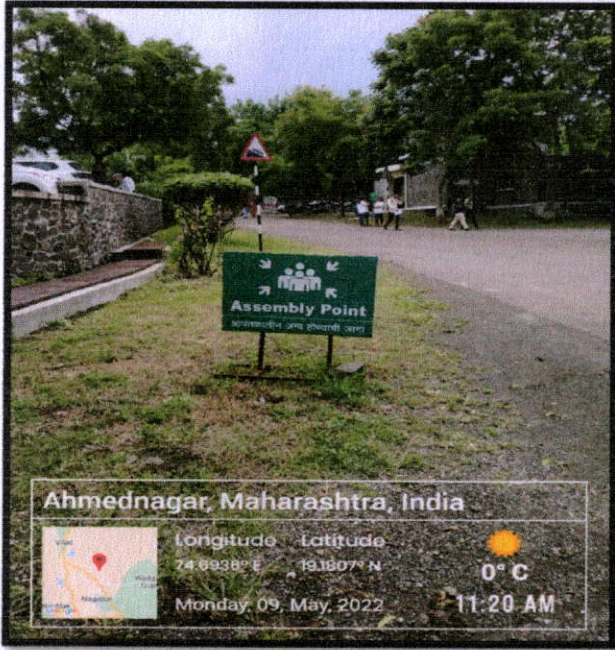
**EMG**



**STABILIZER**

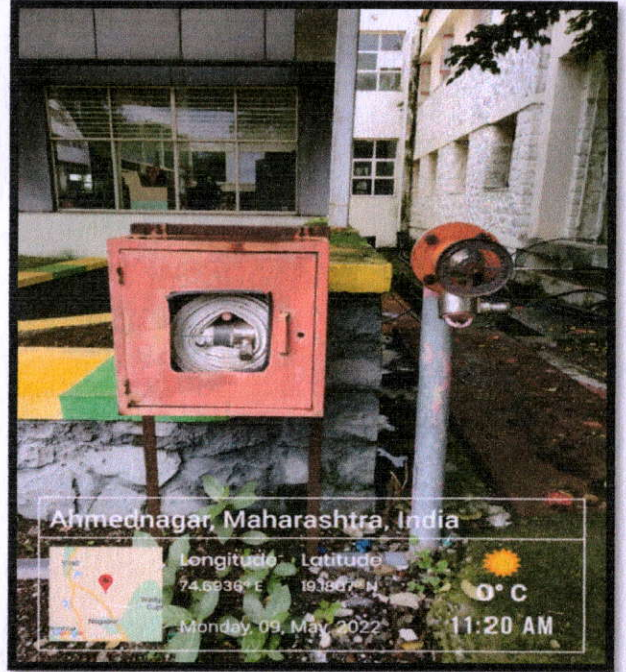






Ahmednagar, Maharashtra, India  
 Longitude 74.6938° E Latitude 19.1807° N  
 Monday, 09, May, 2022 11:20 AM

**ASSEMBLY POINT IN CASE OF FIRE**



Ahmednagar, Maharashtra, India  
 Longitude 74.6936° E Latitude 19.1807° N  
 Monday, 09, May, 2022 11:20 AM

**FIRE HOSE BOX**



Pimpalgaon Malvi, Maharashtra, India  
 Unnamed Road, Vilad Ghat, Pimpalgaon Malvi,  
 Maharashtra 414111, India  
 Lat 19.178457°  
 Long 74.700488°  
 17/02/22 10:08 AM

**FIRE EXIT SIGNS**



Pimpalgaon Malvi, Maharashtra, India  
 5PH2+65H, Vilad Ghat, Pimpalgaon Malvi,  
 Maharashtra 414111, India  
 Lat 19.178409°  
 Long 74.700439°  
 17/02/22 10:07 AM

**FIRE EXTINGUISHER**



*Shyam*  
 Principal