

Right posture emphasised during Occupational Health Week

The International Labour Organisation (ILO) recognises April 28th as an international day for Safety and Health at Work. CMC Vellore began the tradition of celebrating this day from the year 2015. This year, the Occupational Health team under the Directorate (HR), with the assistance of the Department of Hospital Management Studies & Staff Training and Development, decided to celebrate Occupational Health Week from 24th to 29th April, 2017.

One-hour sessions were organised for each day of the week, based on the theme 'Nurture your Posture', to educate all staff (doctors, nurses, technical and non-technical staff, administrative staff, clerical staff, hospital attendants and housekeeping attendants) on basic ergonomics and the right posture at the work place. Basic warm-up exercises to prevent back pain and related complications were also taught during this time.



Nearly 800 staff attended these sessions and were benefitted. The sessions were led by Dr. Reginald Alex, Co-ordinator, Occupational Health and faculty from Back School; Dr. Judy Ann John, Professor, Physical Medicine & Rehabilitation (PMR) and Vice Principal (AHS); Mr. Sanjeev Padankatti, Reader (AHS), PMR; Mr. Lenny Vasanthan, Lecturer (AHS), PMR and their team.

An essay and poster competition was conducted on the same theme, which also drew enthusiastic participation. The programme ended on 28th April, 2017, with a valedictory function, during which Associate Director Dr. Anil Kuruvilla released an online video which has been uploaded on the intranet; this video is of warm-up exercises for our staff.

Dr. Premila Lee, Nursing Superintendent, distributed prizes to the winners. Dr. C. E. Eapen, Medical Superintendent, and Dr. D. J. Christopher, Professor and Head, Pulmonary Medicine, felicitated the gathering and appreciated the team for appropriately bringing out the importance of right posture at one's workplace, to create a safe working environment in our institution.

The programme came to an end with Dr. Kanagalakshmi, Asst Professor, Staff & Student Health Services, delivering the vote of thanks. On 29th, April, 2017, a Quality Circle on the theme of the week, 'Nurture your Posture', was conducted. Dr. Henry Prakash, Professor, PMR, delivered a talk titled 'Motions and Emotions of the Back'. Dr. Venkatesh, Professor, Orthopaedic Spinal Disorders, also spoke on 'Carving the Back – A Surgeon's Perspective'. Dr. Raji Thomas, Professor and Head, PMR, moderated these sessions, which saw a considerable number of CMC staff in attendance.

The Occupational Health activities and celebration received the constant support and encouragement of Dr. Deepak Abraham, Associate Director (HR). The programme's success was ensured by Mr. Samuel N J David, Sr. Manager and Head of the Department of Hospital Management Studies & Staff Training and Development, and his team, who helped co-ordinate the week-long event.