

Ergonomics Live: How a Floor Walk Delivered Immediate Impact

The Challenge

The setting is a globally renowned library at one of the UK's premier universities. A specialist imaging team working with fragile and valuable materials operates in a constrained, underground studio environment with a mix of screen-based and physically demanding work.

Despite providing adjustable desks, ergonomic seating, regular DSE assessments and manual handling training, the management team wanted an independent review to ensure that workstation setups and working habits had not drifted over time.



Our Approach

Osmond Ergonomics & Wellbeing delivered a half-day Ergonomics in Practice Floor Walk, combining:

- A practical workshop on posture, fatigue and workstation setup
- One-to-one workstation reviews carried out in the live working environment

Advice was tailored to the team's specialist equipment, space limitations and physical demands.

The Impact

Out of 14 staff, approximately 50% of workstations were adjusted on the day.

These small but critical changes, including chair height, screen position and input device placement, reduced strain and improved comfort immediately. The session also refreshed awareness of good working habits, helping prevent the slow return of poor posture that leads to musculoskeletal issues.

Client Feedback

"The session was perfectly pitched for the team. The preparation beforehand made it highly relevant, which is why the team were so engaged."

Why This Matters

Even in well-managed workplaces, ergonomics drift is common. A simple floor walk delivers quick, measurable improvements that protect wellbeing, reduce injury risk and boost productivity.

As many services move towards virtual delivery for speed and convenience, this case also highlights the enduring value of being physically present in the working environment. Observing people at work and providing live, individualised feedback allows for nuanced, practical adjustments that simply cannot be replicated remotely.

This is what makes our floor walk service so valuable and impactful for both individuals and organisations.