



**JIPMER**



**World Occupational  
Therapy Day 2024**  
27<sup>th</sup> October

*Occupational Therapy for All*

**OCCUPATIONAL THERAPY SECTION, PMR  
DEPARTMENT**

**OBSERVES WORLD OCCUPATIONAL THERAPY DAY**

**28/10/2024 - 27/11/2024**

**“ERGONOMICS FOR WORK RELATED  
MUSCULOSKELETAL PROBLEMS FOR JIPMER STAFF  
AND STUDENTS**

**Signs and symptoms of  
Musculoskeletal  
Disorders**

- Decreased Range of motion
- Deformity
- Decreased grip strength
- Loss of function
- Muscle fatigue
- Numbness
- Burning sensation
- Pain
- Tingling

**Common risk factors for  
workplace Musculoskeletal  
Disorders**

- Excessive force
- Repetition
- Incorrect Postures
- Static Postures
- Contact Stress
- Prolonged Exertions
- Frequent/ and Heavy Lifting

**Venue:** OCCUPATIONAL THERAPY OPD “91”, 2nd FLOOR  
PMRC BLOCK

**TIME:** During regular OPD hours 9AM To 12PM  
2PM To 4PM