

# The ACSA framework

*Your remedy for lost working time*

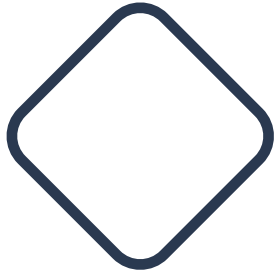


# ACSA supports your performance

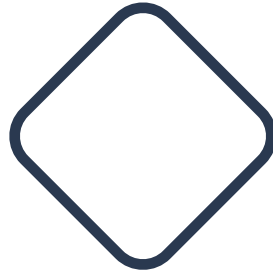
Time is money. Hence, lost working time is lost money.

But it also means colleagues in pain, increased stress on the teams and reduced performance.

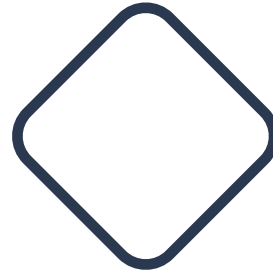
The ACSA framework is a proven method to help you reduce lost working time.



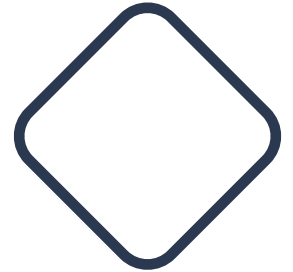
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# Together, we identify the right targets



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We help you analyse the root causes of lost working time:

- conduct musculoskeletal surveys to understand who has pain, where and how badly;
- deploy the Ergo Quick Scan to identify the most risky workplaces;
- carry out workstation analyses to find out the best way to protect both the health and performance;
- organize OH'Seed workshops to understand the strengths and weaknesses of the corporate health culture.

# We help you grow



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Then, we help you find the quickest way to resolve the issues at stake:

- improve ergonomics e.g., by redesigning the workstations with your engineering teams;
- train your employees to foster durable and healthy habits in terms of posture and workplace adjustment;
- help them work comfortably from home by setting up a Whatsapp hotline;
- empower your most health-conscious colleagues with our 24-days or 10-weeks Online Posture Programs.



# We protect your investments



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Massive amounts of money are wasted due to bad purchases. We help you avoid such losses:

- train facility managers and buyers in ergonomically sound purchases;
- help you formulate tenders and select the best bids for office furniture;
- train your engineering teams in ergonomic workplace design;
- participate in your engineering or building projects to include ergonomics right from the start.

# And we remain by your side



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Nobody can be fully protected against dramas. But we can help those in pain recover:

- offer individual remote consultations for your colleagues with recurring or chronic pain;
- organize on-site 1-1 interventions to facilitate return to work;
- identify individual ergonomic solutions to support those who need it;
- cooperate with the health and invalidity insurance providers for reducing long-term absences.

# Example

Here is a step-by-step example of how to remotely deploy the ACSA framework:

1. launch a musculoskeletal survey to define initial KPIs, and plan on repeating it every 2 years;
2. organize webinars to educate employees in posture and ergonomics (incl. when working from home);
3. deploy a comprehensive individual assistance program:
  - a) set up a Whatsapp ergonomic hotline to advise employees at a distance;
  - b) offer 1-1 consultations on Zoom for those who still feel pain or discomfort;
  - c) offer the Online Posture Programs;
4. define with you an employee onboarding program with regard to ergonomics;
5. on an *ad-hoc* basis, participate in your projects related to office buildings or furniture.



# We are a partner that you can trust

150+ companies already rely on our pragmatic expertise, including the following industry leaders:



The media also recognize the novelty and the value of our approach.





# HELPING YOU STRIVE IS OUR MISSION...



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