

April 6, 2016

Dr. Reena Valecha
Godrej Interio
Godrej & Boyce Mfg. Co.
Plant No. 13 Annexe
Gate No. 8
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Mumbai.

Hi Dr. Reena,

I would like to thank Godrej Ergonomic Cell and you for partnering with us to conduct a Computer Workstation Ergonomic Assessment for our ARENA Office employees. The primary aim of the assessment was to identify the potential ergonomic and health risks in our computer workstations and also do an illumination study and come up with a structured preventive and correctives plan. Accordingly, you and Parag conducted the Assessment in our office on a sample size of 120 workstations as well as an Illumination Study. You had also presented the preliminary report with our Principal Ergonomist from UK, while he was visiting our office. Your final report with a corrective plan, helped us in identifying the potential risks at the Computer workstations.

Arising out of the findings from the report, we realized that while we have provided state-of-the-art, ergonomically designed office furniture to our employees, there was a big need to educate and train our employees on the correct usage. Hence, we requested you to conduct a series of short workshops for our employees across the office. The Workshops conducted by you were very interesting and informative and were appreciated by our employees as per their feedback. We are confident that the learnings from the Workshop are helping our employees in terms of maintaining correct posture, setting up their workstations as well as the various desk exercises and nutrition and hydration tips have been useful and will go a long way in mitigating the risks and providing a healthy and comfortable workplace for our employees.

Subsequently, our Mulund Site also invited you to conduct an ergonomics talk-cum-demo during the National Safety Week, which was also well received by the participants.

We value our association and look forward to partnering with you in future for extending similar programs in our other offices.

Regards,

Anahita Makhania
Sr. Officer - Fleet & Office Safety