

Work environment, ergonomics and risk assessment

When the Work Environment Authority has been in touch — or before they are. I go through your systematic work environment management, find the gaps and tell you what to fix, and in what order.

AFS 2023:10 ch. 6 · the employer must provide knowledge of ergonomics

HOW IT WORKS

From a walk-through to documented training

The course is built on your own workstations, not on generic e-learning. The risk assessment can be done on its own.

- 1 Conversation and scope**
Which workplaces and how many people are covered, and whether it is the full package or the lighter option. You get a quote.
- 2 Walk-through**
I go through the premises and list the straining tasks: manual handling, lifting, twisting, repetitive movements and working heights. That becomes the list of stations.
- 3 Photography, wrong and right**
At each station a pair of photos in the same frame — one wrong, one right, shown on your own equipment. Written consent from staff is arranged before the visit.
- 4 Booklet and posters**
Material built for you: the theory and the legal basis, plus your own stations. Posters to put up at the workstations.
- 5 Training on site**
Included in the package. A session with the group and a round of the stations, with the techniques demonstrated in practice.
- 6 Records for your documentation**
Date, participants and content — so the course counts as part of your systematic work environment management when an inspector asks.

What you get and what I need

What you get

- ◆ A booklet built for your site, in print and as a PDF for the intranet
- ◆ Wrong/right posters to put up at the stations
- ◆ Training on site for the group (in the package)
- ◆ Records for your work environment documentation
- ◆ A clear answer on what to fix and in what order

What I need from you

- ◆ Access to the premises and one contact person on your side
- ◆ Written consent to photography — arranged before the visit, otherwise there are no photos
- ◆ A list of the workplaces to be covered
- ◆ Existing risk assessments and incident reports, if you have them
- ◆ What lifting aids you have, so that 'right' is shown with your own equipment

TWO PRICES, TWO DIFFERENT THINGS

Risk assessment or ergonomics course

The risk assessment is the review: I look at your systematic work environment management and tell you where the gaps are. From SEK 25,000.

The ergonomics course is the work that follows: the walk-through, the photos, the material and training on site. From SEK 100,000 as a package — the price depends on the number of stations and participants. The lighter option, without live training, is quoted individually until I have measured the hours on the first course.

One thing that comes up often: Swedish rules set no fixed limit in kilos. Risk is determined by weight together with the distance from the body, the working height, the twisting and the frequency. Old training material citing 25 and 15 kilos does not come from Swedish legislation.

Price

Risk assessment from SEK 25,000

Ergonomics course as a package from SEK 100,000, e.g. for a warehouse group — the price depends on the number of stations and participants. The lighter option is quoted individually.

[Book a review](#)

8 years in HR and Swedish labour law, on the ground in Sweden · working in Swedish, Polish, English and Italian

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