

## CASE STUDY: iSAMS

iSAMS is a management information system for schools. Through a suite of portals, the platform brings together the whole school community - from data administrators and staff, to pupils and parents. Founded in 2007, the platform is used by over 300 schools in the UK and abroad - quickly becoming a market leader for independent schools around the world.

With over 50 members of staff, the iSAMS office manager contacted Positura to provide a company workstation/health assessment to ensure their compliance with the health and safety legislation for workplaces.

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The Display Screen Equipment (DSE) Regulations require employers to perform suitable and sufficient analysis of the workstation by ensuring that workplaces are well designed, workers have adequate rest breaks and know what to do to reduce the risks. Positura visited the company's headquarters in Northampton and performed an extensive workstation evaluation.

To complete the DSE risk assessment, Positura evaluated the staff's display screens, furniture, equipment, environment, and individual tasks. In depth evaluation of the workstation was also provided in respect to any pain and discomfort.

Due to the nature of the roles within the company - mainly desk based - the majority of iSAMS employees spend a lot of time at their workstations. The assessment found that many employees sit for two hours or more without a break - well above the recommended time frame. It's not an uncommon situation, but one that can lead to long term issues.

Because of the way that the workstations had been set up, a number of musculoskeletal issues were also identified with employees suffering with headaches, wrist strain, and aches in the lower back. Positura made reasonable adjustments at the time to the workstations including adjusting people's chairs and monitor positioning and height.

Following a review of the findings, recommendations for equipment and workstation set-up were provided to reduce the notable work-related discomfort. Further recommendations were made to achieve a healthier workplace, with fruit suggested as a prominent snack offering rather than biscuits to avoid employees' afternoon energy slump.

Since putting into practice Positura's recommendations, iSAMS staff have seen an evident difference to the neck and wrist aches and pains by the end of the working day. The changes have helped the company make strides towards achieving a happy, healthy and pain-free workforce.

“We found the assessments to be extremely helpful and worthwhile. They helped open our eyes to a number of problems that our staff were having that we were not aware of before, and the recommendations presented have given us the opportunity to solve these problems,” commented Rebecca Roff, office manager at iSAMS.



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“I would not hesitate to recommend their services to any company looking to have workstation assessments, we certainly learnt a lot. In fact, with seven new members of staff starting in the coming months, we have asked Positura to return to make sure that they start with the best possible workstation set-up to avoid the development of any problems in the future.”



**For more information or to book a workstation assessment for your company call 07794 311 201.**