



## WAVENEY SAFETY & ENVIRONMENT GROUP

HOTEL VICTORIA, LOWESTOFT, SUFFOLK  
Thursday, 26th September 2019 at 9 am

WASEG would like to invite those interested in Workplace Health & Safety to attend our half day Seminar.

### Online Ergonomics Risk Assessment Avoiding Staff Absences



Psychological and Physiological Principles  
of fitting the equipment and task to the end user

**Mark Rigby**  
Online Ergonomics Ltd.

### Mental Health and Wellbeing in the Workplace



Mental Health First Aid: **Michele Judd**  
Hands on Relaxation Techniques: **Natalie Forwood**

### Transportation of Dangerous Goods



**Bob Ludgate**  
Ludgate Consultancy & Training Ltd.

Cost £10 including coffee/tea and biscuits. Advanced Booking required.

Please contact our secretary via email [info@waseg.co.uk](mailto:info@waseg.co.uk) or 07519 336320  
Seminar host Frank Sykes, former Principal Inspector with HSE