

Dr.Amol Sangekar. (CEAS II, OTR)
Industrial and Office Ergonomics Consultant and assessor
asangekar@indiaergo.com
91-22-65047363

PUBLICATIONS

- **Tablets and Smart Phones-How to manage them ergonomically and prevent repetitive stress injuries.**
Humanizing work and work environment as an invited guest speaker. (HWWE-2014)- IIT Guwahati, December 3, 2014.
Authors: Dr.Amol Sangekar

- **Evaluation and analysis of office workstation and worker. A study to ascertain need for training in office ergonomics and preventing MSDs.**
Indian Association of Occupational Health. National Conference. Bangalore, February 18, 2016 Authors: Dr.Amol Sangekar

SUMMARY

IndiaErgo provides ergonomic consultations and expertise in Mumbai and across India. We provide Ergonomic services for Industrial and Office setups.

Dr.Amol Sangekar (OTR. CEAS II) holds a degree in Ergo-medicine and Occupational Therapy and is an ergonomic expert, and an ergonomic trainer and ergonomic consultant with various companies in INDIA, Qatar and Bhutan.

He is the director of IndiaErgo and along with his expert team of ergonomists assists a lot of companies in keeping their workplaces safe and free of MSD/RSI-Repetitive stress Injury.

INDIAErgo strives to provide its clients with accurate ergonomic assessments through the use of various standardized and validated ergonomic tools. IndiaErgo provides work desk assessments, industrial assessments, workshops and lectures in preventive and therapeutic application of ergonomics. We also provide onsite clinics for clients interested in providing the best for their employees.

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EXPERIENCE

- 1. Freelance Ergonomics Consultant with iFluids engineering. QATAR. Project with Gulf drilling and Qatar petroleum- QATAR**
 - January 2016 - Present (1 year 6 months)
 - Ergonomics Assessments for 8 on shore oil rigs as a pilot project.
 - Office and Industrial ergonomics assessments for on shore rigs.

- 2. Freelance Ergonomic Trainer with Druk Green. BHUTAN**
 - December 2015 - Present (1 year 3 months) Ergonomic Certification- Train the Trainer.
 - Successfully trained and certified 15 employees in Office Ergonomics- BHUTAN.

- 3. Freelance Ergonomics Consultant with Castrol India Pvt Ltd.**
 - May2017-present.
 - Office ergonomics.

- 4. Cognizant Technology Solutions India Pvt Ltd**
 - September 2017.
 - New office setup assessment
 - Ergonomics Assessment of Office and conference room chairs.
 - Ergonomics Assessment of workstations and cubicles

- 5. Teva Pharmaceuticals**
 - September 2017.
 - Office Ergonomics Assessment of workstations
 - Ergonomics Workshops across all India locations.

- 6. International Initiative for Impact Evaluation (3ie)**
 - October 2017
 - Office ergonomics Assessment
 - Ergonomics Evaluations of Workstations
 - Office Ergonomics Workshop

- 7. Hindalco Industries Pvt Ltd.**
 - August 2017
 - Ergonomics assessment of coal plant, control room, admin building, security, hr, stores, welding unit.

- 8. Freelance office ergonomics consultant with Mettler- Toledo India Pvt Ltd.**
 - July2017- present
 - Individual Workstation assessments and training.

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9. Freelance Office ergonomics consultant with Discovery Networks Asia-Pacific

- Mar2017- present
- Ergonomics assessment of Office furniture.

10. Freelance Ergonomics Assessments with Cello Pens Pvt Ltd

- February 2017 - Present (1 month)
- Ergonomics assessments of pen assembly lines. Assessing postures, furniture, lux levels, humidity and decibels of workers in assembly line.

11. Freelance Laboratory, Salon and office Ergonomics Assessor with L'Oréal

- March 2017 –Present (2months)
- Ergonomics Assessments of laboratory and salon tasks
- Ergonomics assessment of Office workers.

12. Freelance Office and Industrial Ergonomics Assessor with GMR Energy Limited

- January 2017 - Present (2 months)
- Ergonomics assessments of control centre and other office areas in GMR.
- Includes assessment of postures, work timings, lux levels, decibels, furniture in office settings.

13. Freelance Ergonomics consultant, trainer and industrial ergonomics assessor with Flexi tuff, Nanofil with Flexi tuff International Limited.

- December 2016 - Present (3 months) Industrial assessment of heavy machines.
- Postural assessments, lux levels, noise, push pull study. Ergonomics workshop on lifting and preventing RSI.

14. Freelance Office and Laboratory ergonomics assessor with Nalco Water, An Ecolab Company

- December 2016 - January 2017 (2 months)
- Office and Laboratory ergonomics Assessment.
- Ergonomics training and workshop.

15. Freelance Ergonomics Consultant with Galderma

- September 2016 - Present (6 months)
- Workshop on Office ergonomics.

16. Freelance Consultant Industrial and Office Ergonomics expert and assessor with DB Schenker

- September 2016 - Present (6 months)
- Ergonomics Assessment of DB Schenker in Bangalore included assessing office workers. Industrial ergonomics assessment of heavy lifting, pushing pulling and use of heavy machinery in logistic sections.
- Workshop on Manual material Handling and Ergonomics.

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17. Freelance Industrial ergonomics consultant and trainer with Thermax

- July 2016 - Present (8 months)
- Industrial ergonomics workshop and factory floor ergonomics assessment.

18. Freelance Ergonomic Consultant and assessor with Telstra

- May 2015 - Present (1 year 10 months)
- Ergonomic work station assessments.

19. Freelance Ergonomics Consultant and Ergonomic trainer with Air India

- February 2014 - Present (3 years 1 month)
- Ergonomic Workshops for ground staff, cabin crew and heavy lifting employees. Work-desk assessments. Ergonomics training.

20. Freelance ergonomics consultant with Dataserv APAC

- September 2013 - Present (3 years 6 months) 1.Work Desk assessment for computer workers.
- Heavy machinery ergonomic assessment for workers in workshop. Lecture for computer and heavy machine users.

21. Freelance Ergonomics trainer, consultant. Prudential , India with prudential process management services

- October 2012 - Present (4 years 5 months)
- Ergonomic survey, trainings.

22. Freelance ergonomics Consultant with Nocil Limited

- January 2012 - Present (5 years 2 months)
- Ergonomic survey.

23. Freelance Ergonomic Consultant with PPC Worldwide

- September 2011 - Present (5 years 6 months)
- Ergonomics work-desk assessments.
- Ergonomic workshops.

24. Freelance Ergonomics Consultant with HCC

- July 2010 - Present (6 years 8 months)
- Furniture Design.

25. Freelance Ergonomics Consultant with BloombergUTV

- March 2009 - Present (8 years).Work-desk assessments.

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26. Freelance Ergonomics Consultant with iTree Consulting Pvt Ltd.

- January 2009 - Present (8 years 2 months)
- Ergonomic training.
- Ergonomic workshops.
- Work-desk assessment
- RSI prevention program

27. Freelance Industrial Ergonomics Assessor with AxleTech International

- December 2016 - December 2016 (1 month)
- Ergonomics assessment of industrial workstations involved in manufacture of axles for off road vehicles.

28. Freelance Ergonomics consultant and assessor with Voith Paper Fabrics India Ltd.

- June 2016 - June 2016 (1 month)
- Ergonomics assessment of paper fabrics machines. Worker and machine assessment.

29. Freelance Ergonomist with Holcim, INDIA.

- May 2016 - May 2016 (1 month)
- Ergonomics Workshop.

30. Freelance Ergonomics Consultant and Trainer, ExxonMobil, INDIA.

- September 2015 - September 2015 (1 month)
- Ergonomic Workshop on Handheld devices and laptop use.

31. Freelance Ergonomics Consultant- PepsiCo INDIA.

- April 2015 - April 2015 (1 month)
- Conducted Ergonomic work desk assessments.

32. Freelance Ergonomics trainer with FreeCharge

- January 2015 - January 2015 (1 month)
- Ergonomics workshop on RSI risk of hand held devices and laptops.

33. Freelance Ergonomics Consultant with ROCHE, INDIA.

- October 2014 - October 2014 (1 month)
- Ergonomics screenings and workshop.

34. Freelance Ergonomics consultant with Technip

- July 2014 - July 2014 (1 month)
- Ergonomics workshop.

35. Freelance Ergonomics Consultant with Godrej

- January 2009 - December 2011 (3 years).Furniture Evaluation

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EDUCATION

1. **CEAS II (USA). EXPANDED ERGONOMICS ASSESSMENT SKILLS CERTIFICATION.**
Internationally recognised Ergonomics certification.
Link: <https://thebackschool.net/professional-directory/find-a-certified-professional>
2. **OSHA- Ergonomics for general Industry (certification) Number: 13274745**
3. OTR. NBCOT USA. License 1014787. September 1997 to March 2018
4. Degree in Occupational Therapy and Ergo Medicine.
Seth G. S. Medical College. Mumbai. 1997.

RECOMMENDATIONS

5 people have recommended Dr. Amol Sangekar

1. "Myself and Dr. Amol worked for a project in Qatar. He is having very exhaustive knowledge in Ergonomics and his way of approach is quite good. Wishing him for his success in future.
Regards "

— SUGANTHAN V, FREELANCE CONSULTANT - ELECTRICAL, FREELANCE CONSULTANT - ELECTRICAL ENGINEERING, worked directly with IndiaErgo with iFluids Engineering, Qatar.
2. "Dr Amol has provided valuable insight on work space management. Has advised us on numerous occasions on ergonomics issue. Conducted workshop for our company on postures and exercises to be undertaken to avoid RSI. I have found him to be a dedicated professional who is honest and forthcoming in his opinion. Wish him the very best in all his endeavours"

— Venkatesh Sampath, Head _ Corporate Facility and Administration, Prudential Process Management Services India Pvt Ltd, was Ergonomist IndiaErgo client.
3. "My team and I came across Amol's profile online and he was one of the few professionals listed in India who was qualified to perform an ergonomic assessment required for our R2/eSteward certification. Amol was a thorough professional and a really nice and helpful person to work with. He created a number of unique assessments for our plant workers and also held an ergonomic support workshop for desk workers. His simple suggestions on posture and placement were extremely helpful and I saw a difference in my back pain right away! Two thumbs up for Amol!"

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— Pritika Sethi, Head - Branding & Corporate Communications, Dataserv APAC Limited, was IndiaErgo client

4. "The Consultancy and Trainings provided by Dr. Amol were extremely useful to our entire Organisation. We being an IT company were not with all aware of even basic Aergonomics, and Dr. Amol's personal attention really gave us a completely different insight. All the Best Dr. Amol - Many more trainings lined up for you. Thanks!!!"

— Abhijit Deodhar, Director, iTTree Consulting Pvt Ltd., was Ergonomist IndiaErgo client

5. "I have known Dr Sangekar for last 5 years and I am always impressed with his understanding of the subject & variety of experience he brings to the table. I wish him a great success in his endeavour to help his patients."

— Parag A Shastry, Head - Workspace Ergonomics Research Cell, Godrej & Boyce Mfg. Co. Ltd., was Ergonomist IndiaErgo client