



Do you know if your workforce is physically ready for the work you ask them to do?

Every job places **demands** on the body; every person carries a finite **capacity** to meet them. When demand repeatedly outruns capacity, the signal arrives late — as fatigue, restriction, absence and cost. **MR-CAS makes that gap visible** early enough to act on. The cost isn't pain; it's **volatility**.

WHAT MR-CAS IS

MR-CAS — the Musculoskeletal Risk & Capacity Audit System — measures what an employee's body can physically do, compares it with what the work **actually demands**, and turns confidential individual findings into **anonymised workforce intelligence**. Preventative and non-diagnostic. Not a wellness programme — a managed system, reported to leadership on a **governance cadence**.

HOW IT WORKS — SIX STEPS, ON A GOVERNANCE CADENCE

1

Understand the Work

Roles, working conditions and the real physical demands of the group.

2

Assess the People

A structured physical-capacity assessment of the selected employees.

3

Identify the Gaps

What the employee can currently tolerate vs what the work requires.

4

Take Action

Practical guidance and targeted capacity-building support where it matters.

5

Reassess

Measure again, so the change is evidenced rather than assumed.

6

Report & Govern

Anonymised leadership reporting · monthly steering · quarterly reassessment.

FOR LEADERSHIP



Early visibility

See physical-capacity patterns while they are still patterns — before injury, absence or formal restriction. Early visibility creates options.



Targeted action

Effort goes to the people, roles and capacities carrying the most risk — not the same programme for everyone.



Governed & measurable

Baseline and reassessment data reported on a fixed cadence, in the register format your board already uses. If you can't measure physical capacity, you can't govern it.



Confidential by design

Individual results stay with the employee; leadership sees anonymised workforce patterns only.

NOT ANOTHER CORPORATE WELLNESS PROGRAMME

Corporate wellness asks "what can we offer employees?" MR-CAS asks whether the workforce has the physical capacity to handle the work being asked of it. We don't replace occupational health, physiotherapy, ergonomics or wellbeing — we fill the space between general wellness and clinical care. Ergonomics adjusts the furniture; MR-CAS governs the capacity of the person using it.

WHAT WE LOOK AT

Joint movement

Control

Strength & capacity

Work demands

Recovery & fatigue

Physical stress patterns

PRIORITY SECTORS

Financial & Professional Services

Asset Management

Energy

Oil & Gas

Infrastructure

Industrial

Engineering

Law Firms

Aviation

Logistics

PRIORITY REGIONS

Dubai / DIFC

Abu Dhabi

UAE

Singapore

Kuala Lumpur

Bangkok

Southeast Asia

MR-CAS is preventative and non-diagnostic. It does not diagnose medical conditions, treat, or replace occupational health or safety services — it delivers visibility, targeted action and measurable capacity, not unsubstantiated promises.

MEASURE · UNDERSTAND · ACT · REASSESS**START SMALL. MEASURE. THEN DECIDE.****Start with an MR-CAS pilot — 8–12 weeks, one selected group.**

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