

People across the world are embarking on the largest and perhaps longest, working-from-home endeavor in history due to COVID-19. While it is possible to do everything from a laptop sitting on the sofa, or standing at the kitchen counter, or even from a bed, it is not possible to do so without ergonomic risk. In addition to these challenges, many employees are trying to figure out how to be productive while sharing home spaces with other family members, and how to maintain some sense of normality in the midst of uncertainty.



These cost-effective training measures all take 30 minutes or less, and are aimed at providing solutions to setting up an ergonomically safe home office, while problem solving many home office dilemmas. A range of practical and creative solutions will be offered to address the many different types of situations and environments people are trying to work within. Strategies for addressing the mental health aspects of isolation and change will also be explored.

This training is designed to be offered to your employees virtually, and is delivered via a fully narrated power point presentation. The training is also available in French.

Training Program Topics

- Review computer ergonomic principles
- Challenges and opportunities of working from home
- Optimal set-up of home office equipment, including the chair, keyboard, mouse, laptop, and monitor
- Problem solving for various home office challenges - from the desk to the dining room table and beyond
- Strategies for being productive and dealing with distractions
- Strategies for maintaining positive mental health while working from home

Fees

Various program lengths available, all 30 min or less. One flat fee for your whole organization. Contact us for more information.

About Your Trainer

Elaine Huzel is an occupational therapist, and the owner and principal consultant at Work-Able Solutions. She has over 25 years of experience in ergonomics and work rehabilitation. Elaine has conducted over one thousand ergonomic assessments, and currently works with a number of organizations and government agencies, providing ergonomic assessment, training, program development, and design consultation, as well as medical accommodation services.



Since 1998, Work-Able Solutions has been dedicated to enhancing health and ability in the workplace and in the daily lives of our clients. Today, we have evolved to deliver flexible and accessible services that recognize and celebrate the uniqueness of each individual. Known for our creative solutions and exceptional results, we ensure the needs of our clients are met, and expectations are exceeded. We are a company that strives to live by our core values, while providing solutions for living and working well.