

Ergo Coach Training



 **Work-Able SOLUTIONS**
Occupational Therapy Consulting Services

This 1- day program will provide a group of individuals in your organization with basic knowledge of office ergonomics & optimal workstation set up.

Hands-on practical training at your site allows the Ergo Coaches to assist other employees to optimize the fit and comfort of their chair and workstation.

This training facilitates a proactive, efficient and cost effective approach to the prevention of workplace musculoskeletal disorders. Participants will receive a manual and materials to assist in the completion of optimal workstation adjustments in your office environment.

Work-Able Solutions

Workplace services aimed at:

Enhancing Function. Preventing Injury.

www.workablesolutions.ca

PO Box 38033

Winnipeg, Manitoba R2E 1H3

Tel: 204.338.0601

Fax: 204.334.8898

Ergo Coach Training

Workshop Agenda:

- 9:00 Introduction
- 9:15 Office Ergonomics Principles
- 10:15 Break
- 10:30 Office Ergonomics Principles
- 11:30 Steps to Adjusting a Workstation
- 12:00 Lunch
- 1:00 Equipment Review
- 2:00 Practical Training: Workstation 1
- 3:00 Break
- 3:15 Practical Training: Workstation 2
- 4:15 Review and Final Questions
- 4:45 Conclusion of Day

Participants will:

- Obtain basic knowledge of current ergonomic guidelines and standards
- Understand the application of ergonomics in the office environment
- Learn how to adjust all workstation components and commonly used equipment to meet ergonomic standards
- Engage in hands-on practical experience that will enhance skill and improve confidence
- Receive an Ergo Coach Manual which includes reference material, tools, ergonomic handouts to provide to employees, and a reporting template
- Receive a certificate of completion

Support Services:

Program Development:

Do you need help developing your in-house ergonomics program prior to training? We can assist you to set up program processes, standardized equipment lists, documentation guidelines, and procedures related to program analysis.

Ergo Coach Support:

Support your coaches with access to our consultants for a specified period or on an as needed basis.

Fee: \$1800

Maximum Participants: 6

To arrange training please contact us:

204-338-0601 or info@workablesolutions.ca

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