

## Employee Training: Office Ergonomics and Injury Prevention



This 45-minute workshop will provide participants with knowledge regarding ergonomic principles, injury risk reduction, and optimal workstation set up.

Participants will learn how to adjust all workstation components to optimize fit and comfort. They will also be able to identify and modify personal habits and postures that pose risk.

This training provides a proactive, and efficient approach to the prevention of musculoskeletal injury, and can compliment an existing ergonomics program.



**Work-Able SOLUTIONS**

Occupational Therapy Consulting Services

**Solutions for Living and Working Well**

[www.workablesolutions.ca](http://www.workablesolutions.ca)

PO Box 38033

Winnipeg, Manitoba R2E 1H3

Tel: 204.338.0601

Fax: 204.334.8898

# Employee Training: Office Ergonomics and Injury Prevention

## Workshop Topics:

Review of office ergonomic principles

Neutral posture and safe work zones

Injury risk prevention

Eyestrain prevention

The role of movement in prevention

Instructions for adjusting equipment to achieve an optimal workstation set-up:

- The office chair
- The keyboard and mouse
- The monitor

## Participants will:

Obtain basic knowledge regarding ergonomics in the office environment

Learn to identify risk factors

Learn how to adjust all workstation components to meet ergonomic standards and prevent injury risk

Engage in interactive problem solving that will enhance skill and improve confidence

Receive handouts including a step-by-step workstation set-up tool

## Add the *ERGO-BLITZ*

Add a 20-minute Ergo-Blitz after the training to improve ergonomic outcomes.

During the Ergo-Blitz, the occupational therapist will attend each individual at their workstation for 20-minutes, and assist them to apply the training to adjust and set-up all equipment according to ergonomic principles.

Your organization will receive a summary report listing what was adjusted, and any ergonomic recommendations made for each workstation included in the Blitz

**Fee per person: \$100**

**Workshop Fee: \$480**

**To arrange training please contact us: 204-338-0601 or [info@workablesolutions.ca](mailto:info@workablesolutions.ca)**



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