

Employee Training: Office Ergonomics and the Sit-Stand Workstation



This 30-minute workshop will provide participants with knowledge regarding office ergonomic principles, injury risk reduction, and optimal adjustment and use of a sit-stand workstation.

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 is a proactive approach to the prevention of ergonomic risk and injury, and is an effective and efficient component of a workplace health and ergonomics program.



Work-Able SOLUTIONS

Occupational Therapy Consulting Services

Solutions for Living and Working Well

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Employee Training: Office Ergonomics and the Sit-Stand Workstation

Workshop Topics:

Review of office ergonomic principles
Neutral posture and safe work zones
Injury risk prevention
The importance of movement
Safe and proper use of a sit-stand desk
Instructions for adjusting equipment to achieve an optimal workstation set-up:

- The office chair
- The sit-stand desk
- 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: \$95

Workshop Fee: \$480

To arrange training please contact us: 204-338-0601 or info@workablesolutions.ca



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