

Practical Office Ergonomics - 1 Day In-Person Training

Interactive evidence based workshop on office ergonomics

Key features & Benefits:

- Develop a strong understanding of how to prevent musculoskeletal discomfort.
- Learn how to conduct a preventative office ergonomics assessment.
- Understand how to prioritize concerns.
- Learn current evidence to support implementation of effective ergonomics solutions.
 - Live scenarios to apply newly acquired
- knowledge of assessment, adjustment and selection of furniture and equipment.
- Understand how to design and implement an effective ergonomics initiative to meet your organization's goals.

Who is this training for?

- Members of your health and safety team, human resources/disability management groups, and facilities staff.
- Ergonomics team members.

What does it cover?

- What is a musculoskeletal injury (MSI)?
- Stages of an MSI.
- Strategies to manage key risk factors.
- Risk factors associated with MSIs.
- Process to conduct an ergonomics assessment.
- Developing and implementing an effective ergonomics initiative.

\$975 /Person

Course can be customized to organizations.

Call for pricing