



## Workshop Series: Ergonomics at the Computer Workstation

### Goal of the Workshop

To provide participants with knowledge and skill that will allow them to:

- ✓ Understand the principles of office ergonomics
- ✓ Recognize how workstation design can improve comfort and reduce injury risk
- ✓ Evaluate and make appropriate ergonomic adjustments to their workstation
- ✓ Identify personal work habits that affect comfort and productivity

### What is Included in the Workshop?

This **one-hour** session includes a **complete** information package for each participant, and covers the following topics:

- Ergonomics defined
- Basic anatomy and injury prevention
- Typical work postures - the good, the bad and the ugly
- Setting up your computer workstation:
  - ✓ Adjust the office chair
  - ✓ Position the keyboard, mouse and monitor
  - ✓ Use and placement of other office equipment
  - ✓ Lighting considerations
- Use breaks wisely (audience stretching session)
- Common aches and pains – what you can do to prevent them
- “Ergonomic” equipment - truth and fiction
- Question and answer period

### Space and Equipment Requirements

This workshop requires an area that can seat your group comfortably, with audiovisual equipment that can accommodate a PowerPoint presentation.

### Cost of the Workshop

Determined by the number of participants: please call for more information.

**Please call for more information on this and other services available.**