



How are your employees setup at-home?

Ergo-Safety now Provides:

A Virtual Office Ergonomics Course: How to set up your home office

Staff will learn how to set up their at-home workstation to lessen the risk of injury and discomfort while working from home. Information will be provided through a 1 hour video presentation via Zoom or similar application.

Attendees will learn to: adjust the chair, proper desk height, where to place the keyboard, mouse, laptop and monitor along with many other tips and tricks. Solutions will be provided by using regular at-home items such as shoe boxes, books and cushions.

This course will also cover the surrounding environment including natural and artificial lighting, distracting noise and how to approach working from home in a healthy manner.

If you are interested, please call for pricing

613-831-7120

Visit our website at

www.ergo-safety.ca

Tips & Tricks

The course will provide attendees with the information required to effectively set up their remote workstation.

Many tips & tricks can be found on our website or through our weekly Ergo Bulletins.

Available for entire teams/offices or individuals can participate in our public courses.

Also if you want anyone added to our weekly Ergo Bulletin just send us the email address