

## Conducting Remote Home Ergonomic Assessments

During these unforeseen and stressful times we all have to help each other as a community to keep healthy and safe. Many people are going to be working from home for what may be an undetermined length of time. There is likely a variety of workstation set ups at your employees' homes; desk, chair, keyboard, mouse, monitors, etc. We want to help keep your employees healthy by incorporating good ergonomics at home as well. We all know that working from a laptop on our couches or kitchen tables is not ideal. Musculoskeletal issues can develop when working in an unsafe posture over prolonged periods of time.

To help alleviate these concerns, we have developed a one page ergonomic educational bulletin for assisting people to set themselves up at home and to work in a safe and healthy way.

In conjunction with this educational bulletin, we are offering a reduced rate for our home/remote ergonomic assessments. We have done many remote assessments prior to this health crisis and are well versed in the process and its effectiveness. We use a combination of conversation, photographs and documentation. We can do the remote assessment over the phone and/or using Skype or face time.

### Here are the steps involved:

- Step 1: We contact the employee to arrange a day/time for the remote ergo assessment
- Step 2: A bilingual survey is emailed to person to fill out and return electronically ahead of the remote home assessment
- Step 3: The employee is asked to take two specified photographs of their workstation, or computer set-up, and electronically send them to us ahead of the assessment
- Step 4: During the remote assessment the survey and photos are discussed and education is provided to set up the workstation/computer equipment in safest way possible.
- Step 5: A brief report is submitted once the remote assessment is completed

Please note: Regarding our present circumstances, most solutions will require rearranging of the employees current equipment as opposed to purchasing new equipment. Education and use of the current workstation will be promoted.

### Contact us

If you wish more information about our fee for a one-on-one phone or video assessments or if you require further assistance.

Contact us today!  
613-831-7120  
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