

Virtual Ergo Coach Course

We recognize that many organizations will be having their employees working remotely from home for the unforeseeable future. Some clients are choosing to have virtual ergonomic assessments conducted by us and others prefer to conduct their own in-house proactive/preventive ergo assessments. That is where our Ergo Coach course comes in!

The first half of the day is spent learning and understanding home office ergonomics and various workstation equipment and how to set it up, etc. The afternoon is spent conducting virtual ergonomic assessments and case studies. The course typically is from 9 am - Noon and then 1 -4 pm. We take a lunch and also have a 15 minute break in the morning and afternoon.

Our Ergo Coach training is for the person (s) that you would want to be your in-house Ergo Coach (es). No requirements are necessary. Some people we have worked with have some form of ergo knowledge or have been health and safety people. However we start from scratch and teach you the basics of what you need to know to conduct proactive/preventive in-house ergonomic assessments. These are general assessments that assist and teach people how to set up their home workstations, what to look out for and equipment that they can use at home. It is not expected that you would be assessing anyone with a medical condition or an injury. These are more complicated and require assessments conducted by Ergonomists or Kinesiologists/OT's, etc.

We offer the Ergo Coach course to groups/departments for up to 10 trainers. Group training dates are determined with the client. We also have a general Ergo Coach course where people from different organizations attend. The next general Ergo Coach will be running in October.

Attendees will learn:

- ✓ **About muscular discomfort and aggravating postures**
- ✓ **A ranking of the locations/postures in our homes that result in the least discomfort**
- ✓ **Adjusting a chair / DIY chair adjustments**
- ✓ **How to fit to the desk/counter/table height**
- ✓ **Where to place the keyboard and mouse**
- ✓ **Positioning the laptop/monitor**
- ✓ **Solutions will be provided by using regular at-home items such as shoe boxes, books and cushions**
- ✓ **Smart phone ergonomics**
- ✓ **Sitting/standing**
- ✓ **Environmental factors (lighting, glare, noise and temperature)**
- ✓ **Zoom or Video Call Fatigue**
- ✓ **Stretch and health breaks**

Contact us

If you wish more information about our Ergo Coach course, virtual or in-person ergonomic assessments or if you require further assistance.

Contact us today!
613-831-7120
info@ergo-safety.ca
www.ergo-safety.ca