



How are your employees setup at-home?

Virtual Office Ergonomics Course: Setting 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 setting up sitting and standing, surrounding environment including lighting, distracting noise, zoom fatigue and stretch/health breaks 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