



# Education

## Musculoskeletal Disorder Prevention Training

Teach your employees Injury Prevention Strategies & Best Work Practices using ERGO's Interactive, Hands-on Modules

Learn from the professionals at ERGO Inc.



### ERGO for Educational Assistants

Guidelines and strategies for safe lifting and transferring of students



**Best Practices Modules:**

- Sit to stand transfers and pivot transfers
- Toileting and changing
- Wheelchair handling
- Use of lifting equipment and slings
- Carrying and handling of supplies

*I'd like to learn more.*



### ERGO for Custodians

Guidelines and strategies for safely performing custodial tasks



**Best Practices Modules:**

- Vacuuming and cleaning floors
- Mopping – dry and wet
- Wiping surfaces
- Garbage collection
- Moving supplies, furniture and equipment

*I'd like to learn more.*



### ERGO for Libraries

Guidelines and strategies for safe handling of books  
Safe computer workstation use at sitting and standing stations



**Best Practices Modules:**

- Handling courier bins and book carts
- Circulation desk workstations
- Customer Service and Reference desks
- Shelving books and items

*I'd like to learn more.*



### ERGO for Administrative Staff

Guidelines and strategies for safely and efficiently working at a computer workstation



**Best Practices Modules:**

- Monitor, keyboard and mouse set-up
- The chair, including proper adjustment
- The environment – lighting, noise
- Workstation set-up

*I'd like to learn more.*

**INFORMATION REQUEST FORM** Send to ERGO Inc. via email [downey@ergoconsulting.ca](mailto:downey@ergoconsulting.ca) or fax (705) 436-4619.

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### PLEASE NOTE

All courses can be customized. Training can range in length from 15 minute Safety Talks to 2 hour interactive, hands-on sessions.