



# Corporate Services Musculoskeletal Disorder Prevention Training

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

Learn from the professionals at ERGO Inc.



## ERGO for Computer Users

1-3 hour education sessions for computer users. Guidelines and strategies for working safely and efficiently at a computer.



- Monitor, keyboard and mouse set-up
- The chair, including proper adjustment
- The environment – lighting, noise
- Equipment – document holders, headsets, etc.
- Workstation set up – desktops and laptops

I'd like to learn more.



## ERGO Train-the-Trainer Office Ergonomics

1 day "How to Conduct Office Assessments" Certificate Workshop



**Includes:**

- Everything you need to know about office and computer workstation set up
- Fitting the user to the workstation – assess the work surface, monitor, keyboard, mouse, chair, etc.
- Case studies – workstation requirements for specific injury types – assess back, neck, shoulder, wrist injuries
- Take away an Audit Form to use at your workplace

I'd like to learn more.



## ERGO Awareness

½ day - 2 day workshop for Supervisors, JHSC or Ergonomic Committees. Guidelines and strategies to assess and improve work processes and workstation set ups.



- Identify and measure hazards - force, awkward postures, repetition, static work, vibration, impact, cold
- Causes of MSDs and Ontario's MSD guidelines
- Workstation design and anthropometrics – layout, heights, reaches, material flow, sit and stand stations
- Engineering and administrative controls
- Complete an Ergonomic Risk Assessment of a task in your organization

I'd like to learn more.



## ERGO Lunch and Learn Sessions

1-2 hour sessions focusing on how to reduce risk of injury while working in an office environment



**Sessions Include:**

- ERGO Computer Set Up 101
- Ergonomic Seating – steps to ensure proper sitting postures
- Upper Limb Safety at the Computer
- Proper Ergonomic Laptop Use
- Wellness and Stretching for Computer Users
- Back Safety in the Office

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 day interactive, hands-on sessions.