

CIS COURSE ANNOUNCEMENT

DATE & TIME:

TITLE: Ergo Responder for Office Ergonomics

DESCRIPTION

You wouldn't drive a car without first adjusting the seat, steering wheel and mirrors for the proper height and fit. That's just common sense. So, why not take the same care when sitting at your office workstation? When you spend hours on end sitting at your desk, having properly aligned monitors and correct chair height can mean the difference between being comfortable and productive, or sustaining a repetitive injury (such as carpal tunnel syndrome, or chronic neck, shoulder, hip or back pain).

The goal of office ergonomics is to fit your workspace to your body and the job that you're doing. You should feel relaxed while performing normal, everyday tasks and job duties. Your back, head, neck, shoulders, and wrists should be in neutral positions without stretching, turning, or twisting excessively and repetitively. Correct posture can prevent and resolve injuries associated with overuse of muscles and tendons.

Through this two-hour, train-the-trainer program, your agency can have dedicated first-line ergo responders who will provide basic office-related ergonomic assessments.

KEY RESULTS

- Understand basic office ergonomics principles.
- Recognize common risk factors and offer practical solutions.

AUDIENCE

Training is designed for office staff and open to all safety committee members.

APPLICABLE COVERAGE LINE

Training focuses on General Liability and Workers' Compensation.