

Office of Risk & Safety

Organizational
Training
Class

Course Name: Ergonomics

Duration: 45 Minutes

Video Included: Yes

Instructor: TBD

Course Description: Ergonomics is defined as the science of fitting a work area and workstations to the user's needs. The goal is to increase efficiency, productivity and reduce discomfort. This course will teach employees that a sound understanding of ergonomics can prevent most work place injuries by adjusting tools and workstations to the user. For example:

- keyboard and monitor location
- chair height
- posture
- and much more

A balance between sitting and standing is a proven way to combat the effects of sedentary workplace behavior.