



SpinalSolutions

## **Ergonomics 4 Work - Introduction**

This is a 45 minute introductory seminar for the office worker.

This can be used as a basic, stand-alone introduction to ergonomics for employees or preceding a one-to-one ergonomics assessment.

Focus on the workstation set-up is important to prevent musculoskeletal disorders and to promote productivity and morale.

Well designed and correctly used work areas reduce injuries such as repetitive strain injuries as well as neck, shoulder and back pain.

The Ergonomics 4 Work seminar covers the following topics

- Basic anatomy and physiology
- Importance of setting up an office chair correctly and good posture
- How to set up a workstation correctly
- How to use a PC or laptop correctly
- Effective workplace exercises and stretches

These areas are covered in more detail during subsequent one-to-one assessments.

Spinal Solutions can arrange seminars for groups of up to 12 employees.

Handouts are included with this seminar and certificates of attendance.