

Why Office Ergonomics Training?



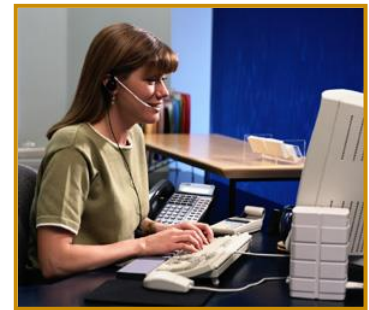
Ergonomics is the relationship between people and their computers, chairs and office equipment. Better comfort in the office leads to:

Less Fatigue:

- It takes more energy to sit and work in an incorrect posture. Set your office up to fit your body and you won't become as tired.

Increased Productivity:

- Being comfortable on the job will allow you to get more work done in less time.



With Office Ergonomics training, you will learn how to adjust your work and home computer stations, including where to place the monitor, keyboard and mouse. You will learn how to adjust your chair properly; tips for driving more comfortably and even participate in some stretches for increasing comfort while working at the computer.

Keenan SafeColleges offers a 13 minute online Ergonomics training course. Please contact Risk Management if you are interested in taking training.