

Ergonomics – The Assessment

Ergonomics

‘The study of people’s interaction with their working environment’

This course is a study of the modern-day work environment. In March of 2020 office employees around the globe moved their work to a home office. While deemed advantageous in many ways, this has presented challenges when it comes to ensuring employee health. A return to the traditional office could uncover many MSD’s and RSI’s - a result of WFH employees who have physically overcompensated, due to a lack of proper ergonomic tools. Before we can re-imagine a ‘new normal’ at work, we must first become ‘ergo-detectives’. An interactive workstation assessment document will help the assessor to uncover current gaps and suggest ergo tools that will promote optimum health and wellness for all. This session is highly interactive. Come prepared to participate and be a part of the solution!

Upon completion of this training the learner will:

- Know the economic impact of workplace injuries on the employee and employer
- Be able to define ‘anthropometrics’ and apply these principles to their proposed solution
- Know how to describe the ‘ideal seated and standing position’ relative to the users tasks
- Know how to identify current gaps and complete a full ergonomic assessment using the interactive tool to provided
- Know how to translate current gaps to recommend the best product solution
- Have a plethora of ‘ergo tips and tricks’ to promote optimum health and wellness throughout the workday



This learning experience will last approximately 1 hour.



The ideal candidate for this course is a salesperson who is new to the process for evaluating ergonomic



Send your request to participate in this workshop to learning@indeal.org.