



Applied Office Ergonomic Assessment Course One Day: Calgary, September 27, 2023

No matter how good your furniture is, employees need to be taught how to use their equipment, through training and ergonomic assessments in order to make good use of it. This course provides the education for you to help others work more comfortably.

- Comply with legislation. Identify and Control the Hazards in your Office Environment.
- Learn the tools to help your employees be more comfortable, productive, and injury-free in the workplace.
- Learn to conduct an Office Ergonomic Assessment for employees in your company. Identify the main components of a Corporate Ergonomics program.
- Learn about SIT/STAND DESKS: Are they necessary to reduce discomfort, learn how to assess whether they are needed, what type to purchase, and how to set them up.

Cost: \$750 plus GST per person.

Includes slide handouts, a certificate, and ergonomic assessment tools.

Learn How To...

- Diagnose the risks for discomfort / injury from computer work.
- Control workplace hazards that contribute to back injuries, visual strain, and repetitive strain injuries in the workplace.
- Determine when / if and why to use sit/stand desks.
- Conduct a basic ergonomic set up and help your co-workers set up their stations.
- Understand pros / cons of ergonomic products.
- Have a proactive ergonomics process in your office.
- Have your assessment results checked by Shona Anderson after the course is completed.

Who Should Attend?

- Safety Professionals / Ergonomics Team
- Office / Facility Managers
- Human Resource Professionals
- Disability Managers
- Occupational Health Nurses

About the Instructor

Shona Anderson is a Canadian Certified Professional Ergonomist. She is the Owner with Anderson Ergonomics Consulting Inc. Shona has a background in Kinesiology, with over 33 years of Ergonomics experience in Calgary, working with companies like yours in the Oil and Gas, Telecommunications, Railway Transportation, municipal and manufacturing Industries. She has performed thousands of Office Ergonomic assessments and specializes in providing informative and fun education seminars to people in all types of jobs.

Register online at www.anderson-ergo.ca, by email to shona@anderson-ergo.ca, 403-241-7887.