



**ANDERSON**  
ERGONOMICS CONSULTING INC.

## Applied Office Ergonomic Assessor Course One Day: Calgary, February 11, 2026

- ✓ **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.

*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.*

**When:** February 11, 2026  
**Where:** Calgary, AB  
**Time:** 8:30 am – 4:30 pm

Includes a manual, a certificate, and ergonomic assessment tools.

We can also provide this course for your team at your company offices and customize it with your furniture, products, and processes. Ask us for more details.



### Who Should Attend this Training?

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

### Learn How to ...

- Identify what causes 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.

## About the Instructor

**Shona Anderson** is a Canadian Certified Professional Ergonomist. She is the Owner of Anderson Ergonomics Consulting Inc. Shona has a background in Kinesiology, with over 35 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](http://www.anderson-ergo.ca), by email to [shona@anderson-ergo.ca](mailto:shona@anderson-ergo.ca), 403-519-1890.