

WORKSTATION ERGONOMICS AND HEALTHY WORK STYLE

This program is delivered by a qualified Occupational Therapist.

Overview

Working for prolonged periods at computers is associated with development of some musculoskeletal injuries.

Setting up your workstation correctly can help to significantly reduce the risk of injury and help to reduce the discomfort of stiff necks and backs that many people who sit to work experience.

At this workshop participants will learn how to avoid musculoskeletal injury associated with static postures, and be able to adjust their computer workstations according to sound ergonomic principles.

Learning outcomes

On completion of the programme, participants will be able to:

- Assess their workstation to determine if they are positioned correctly
- Adjust their chair height, monitor position and check keyboard and mouse position to reduce risk of injury
- Understand the basic anatomy and biomechanics and reason for ergonomic principles.

Content includes

- Anatomy
- Biomechanics
- Discs and Posture
- Static and Dynamic muscle loading
- Correct and incorrect posture
- Principles of workstation adjustments
- Stretches

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A moment's insight is sometimes worth a life's experience.
Oliver Wendell Holmes Jr. (1841 - 1935)

Target audience

Staff who work at computer workstations or are seated at a desk to work for prolonged periods.

Course length: 1 hour

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