



Office Ergonomics

Musculoskeletal

Disorder injuries affect

millions of workers

per year and account

for a high percentage

of workers'

compensation costs.

Program Includes:

- Video or DVD
- Administrative Materials
- Software Templates
- PowerPoint Presentation
- 5 Employee Handbooks

Video Length: 14 minutes

- Closed Captioned

Blueprints for Safety
www.utahsafetycouncil.org

PROGRAM OVERVIEW:

This exciting, all-new program addresses ergonomics issues from the perspective of your employees. Focusing on ergonomically correct body positions, this program offers solutions for how to compensate for workstation limitations and create a healthier and stress-free work environment for your employees.

YOUR EMPLOYEES WILL LEARN:

- Healthy Work Habits
- Stretching and Relaxation Activities
- Proper Body Mechanics and Movement
- Simple Ways to Adjust Workstations to Prevent Discomfort and Injury

PROGRAM CONTENTS:

- Step-by-step Instructions for How to Develop Your Office Ergonomics Program
- Written Program Development
- Office Ergonomics Written Program
- Recordkeeping Forms:

Workstation Setup Evaluation Form
Office Ergonomics Training Record