



OFFICE ERGONOMICS TRAIN-the-TRAINER

Target Population — Any CSEA represented worksite with a high number of computer users.

A ten-hour train the trainer course designed towards reducing repetitive strain injuries and musculoskeletal disorders associated with heavy computer use. Participants will learn what the risk factors are and how to properly set up a computer workstation.

The course spans one and one half days. The second half-day participants will practice training and discuss training techniques.

After receiving this training, participants will be able to deliver direct training to their co-workers and perform workstation assessments. The trainers will be able to recognize ergonomic risk factors and recommend solutions and prevent these types of injuries.

Please contact **David Guiliano** at **1-800-342-4146** to set up training dates.

