



# @HOME Ergonomics Services

These services have been designed to provide organizations with customizable options to meet their ergonomics needs in preventing musculoskeletal disorders for employees that are working in a non-optimal set-up at home.

## OBJECTIVES:

- Ensure employees transitioned to remote work are working safely
- Protect workers from potential MSDs from improper home workstation set-up
- Provide due diligence training on basic ergonomic set-up principles
- Improve workers' @HOME ergonomic set-up with minimal cost using household items to create an ergonomic workstation

## DELIVERABLES:

WEBINAR ONLY	WEBINAR + FOLLOW UP	VIRTUAL ASSESSMENTS
 <ul style="list-style-type: none"> <li>● 1-hour LIVE webinar           <ul style="list-style-type: none"> <li>▶ Office ergonomic principles</li> <li>▶ Practical solutions to meet CSA office ergonomic standards</li> <li>▶ Interactive polling to engage staff</li> </ul> </li> <li>● Maximum 100 registrants per webinar</li> <li>● Handout provided to all participants</li> </ul>	 <ul style="list-style-type: none"> <li>● All deliverables in webinar <b>PLUS</b></li> <li>● Target high risk employees to ensure understanding &amp; compliance</li> <li>● One-on-one phone/video review with staff regarding their home workstation set-up (approx. 30 minutes/person)</li> <li>● Summary report of adjustments and recommendations</li> </ul>	 <ul style="list-style-type: none"> <li>● Work and discomfort survey</li> <li>● One-on-one video review with virtual assistance on how to set-up and adjust equipment</li> <li>● Summary report provided with equipment requirements for ergonomic set-up</li> </ul> <p><i>RECOMMENDED for employees with active claims or known MSD concerns</i></p>

# We Can Help!

Let us help customize a program that will ensure safe and healthy workers.