Ergo Solutions to the Potential Pitfalls of Hybrid Offices



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Speaker: Rachel Mitchell

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As we prepare for the eventual return to work, many organizations are considering hybrid working models. With hybrid working models, many employees may find themselves using temporary workstations on the days they attend work in person. While this concept makes sense for financial reasons and for the flexibility it provides employees, there are some concerns from the point of view of ergonomics and human factors.

In this presentation we will discuss:

- Potential pitfalls related to the use of shared office workstations
- How to balance the need for proper ergonomic set-ups in both home and onsite workspaces
- Strategies to optimize the health, wellbeing, and productivity of employees in this new model of work

Upon completion, a Laptop Ergonomics Toolkit card will be provided to assist you with your workstation set-up.

Rachel Mitchell is a Canadian Certified Professional Ergonomist and a Registered Kinesiologist with over 18 years of experience in both Canada and the United States. She holds a Masters of Science in Human Factors Engineering from Nottingham University.

Rachel is currently the President of the Canadian College for the Certification of Professional Ergonomists and is actively involved regulating and promoting ergonomics.

Rachel has spent the majority of her career providing ergonomic consulting services in a range of environments including manufacturing, warehousing, health

care, construction, transportation, public utility, office, childcare, retail, educational, pulp and paper, aerospace and food preparation.

Rachel builds relationships with employers, workers, and unions to ensure successful outcomes; whether it be risk reduction, workstation and work flow design, ergonomic program development, or return to work planning.