Office Ergonomics: Adjusting Your Workstation – (14 min.)



This unique approach to Ergonomics training, begins by asking each viewer to select what area of their body, if any, is experiencing pain or discomfort. They are shown common postures that can cause or contribute to the conditions. The viewer is then lead through a comprehensive and specific method of adjusting a workstation to maximize neutral postures and minimize pain, discomfort and strain. This program also points out the multitude of other factors outside of the workplace that can contribute to musculo-skeletal disorders. This encourages viewers to take steps to adopt neutral postures in all of their activities.