

Ergonomics On-Demand! Office Ergonomics

About this course

Faculty: Anderson

[Faculty Bio](#)

Intended Audience: Licensed healthcare professionals - Physical Therapist, Occupational Therapist, Physical Therapist Assistant, Occupational Therapist Assistant, Athletic Trainer, Certified/Registered Kinesiologist. Consideration of other state registered, or licensed health/safety personnel based on background.

[Additional course information](#)

Program Level (AOTA): Introductory

Delivery: Online On-Demand; administered through the WorkWell Provider Learning Center

General Teaching Method Overview: Lecture, Interactive quizzes, Video and written case study practice

Duration: Course is self-paced and is expected to take approximately 2.5 hours to complete.

Completion Requirements: Complete all eLearning tracks, obtain passing module quiz scores of 80% or higher, and completion of course evaluation.

Cost: \$199 (\$159 WorkWell Easy Train Members)

CEU Credit: Approved by APTA Michigan for 2.5 contact hours – CEULocker #142042.

Ergonomics On-Demand! Office Ergonomics is comprised of 3 modules to equip you with the knowledge, tools and resources to conduct effective office ergonomics assessments and how to set up comfortable and ergonomically sound workstations in the work office, home office and in the mobile and/or “work on the go” environment.

Through this training, you will:

- Understand the key components and principles of an ergonomic office workstation.
- Learn a step-by-step approach, to conducting effective office ergonomics assessments in a work office, home office or mobile work setting.
- Be able to identify and address common ergonomic risk factors related to computing devices.

This self-paced, interactive program which includes case studies and quizzes facilitates knowledge and skill development to systematically approach office ergonomics analysis. Learners come away with detailed yet simple to use screening and documentation tools they can immediately apply in practice.

The program includes a comprehensive manual, plus downloadable tools and screening/documentation forms covered during training.



Learning Objectives:

At the end of the training, participants will be able to:

1. Define the components and principles of an ergonomic office workstation, including work surface, chair, computing devices/peripherals, reach zones and body postures.
2. Choose the appropriate computer work surface height for both seated and standing positions.
3. Recognize 3 office and/or mobile worker/work ergonomics musculoskeletal risk factors relevant to frequently performed work tasks and work set up.
4. Select 2 office ergonomics strategies/interventions to reduce risks identified during ergonomic analysis.
5. Identify 2 strategies/interventions to facilitate improved body positioning and support in a mobile and/or "work on the go" environment.

Course Outline

Ergonomics On-Demand! Office Ergonomics
<p>Module 1: Work Office Ergonomics</p> <ul style="list-style-type: none"> • General Office Ergonomic Guidelines • Office Components that Make up a Successful Office Workplace • Step-by-Step Office Ergonomic Assessment, including Data Collection, Picture-Taking and Report Generation • Virtual Office Ergonomics Tele-Assessments
<p>Module 2: Home Office Ergonomics</p> <ul style="list-style-type: none"> • Common Ergonomics Risk Factors found in Home Office Set ups • Advantages/Disadvantages of Working from Home from Ergonomics Perspective • Step-by-Step Approach to Setting Up an Ergonomically Sound Home Office Workstation
<p>Module 3: Ergonomics Beyond the Traditional Office</p> <ul style="list-style-type: none"> • Considerations for Mobile Office Ergonomics to Avoid Musculoskeletal Issues • Strategies for Mobile and/or "Work on the Go" Environments • Universal Design Principles

Required equipment for training: Computer with internet access and speakers; individual log in credentials for the WorkWell Provider Learning Center

Equipment for implementation: None specific to training. Equipment for specific site measurement equipment (similar to assessing job demands) such as tape measure, clip board