

Ergonomic Assistance: Return to Work

If you are returning to work after a musculoskeletal injury or surgery which may affect your job demands and you have not received ergonomic assistance, complete the following as soon as possible:

| Office Work | Remote Work | Industrial | Laboratory |
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| <ul style="list-style-type: none"> Office Ergonomics Self Adjustment Tool (15-minute interactive video) | <ul style="list-style-type: none"> -Office Ergonomics Self Adjustment Tool (15-minute interactive video) Remote Ergonomics Trouble Shooting resource | <ul style="list-style-type: none"> Contact the Ergonomic Program Advisor. | <ul style="list-style-type: none"> Laboratory desk Office Ergonomics Self Adjustment Tool (15-minute interactive video) and trouble shooting guide Laboratory work - use the Laboratory Trouble Shooting resource |
| Office Ergonomics Self Adjustment Tool | Remote Ergonomics Trouble Shooting | Ergonomic Program Advisor | Laboratory Trouble Shooting |

If you continue to have questions or concerns, contact the [Ergonomic Program Advisor](#).