Work From Home Ergonomic Presentation

Ergonomics: From Campus to Kids & Kitchen Tables

Are you having difficulties with your unique work situation? This session will review available resources related to working from home, provide recommendations how to manage work and life demands and offer solutions for workstation set up to help decrease the risk of discomfort.

Topics
- Available Resources
- Working From Home - Issues and Solutions
- Early Detection - Signs and Symptoms of Discomfort and Distress
- Micro-breaks

Questions

Contact Jennifer.ball1@ucalgary.ca to schedule a 60-minute Zoom Work From Home Ergonomic Presentation for your staff.

Proactive Ergonomic Program  WellBeing and WorkLife – Mental Health