

# OFFICE ERGONOMICS



## TRAINING

Online & Interactive

30  
MINUTES

Quality up-to-date training when & where you need it.

### Key Features & Benefits:

- **Multimedia course** with interactive and engaging content. Includes audio narration.
- Contains key components **required under the Health and Safety Code** provincially and under the Canada Labor Code.
- Significantly **reduces training costs** often associated with in-person training or remote training sites.
- Employee can take the course at their **convenience** and revisit the content freely.

### Who is this training for?

Employees that use a computer in their daily work activities.

### What does it cover?

- What is a musculoskeletal injury?
- Signs, symptoms, and risk factors associated with the onset of a MSI.
- Strategies to minimize both risk of injury and improve overall comfort.

### Free DEMO Available

(for review purposes only)

[www.ewiworks.com/OfficeDemo](http://www.ewiworks.com/OfficeDemo)

**\$19.95/user\***

\*volume discounts available

