

1

Self-Adjustment Tool

15 min | \$15.86

## Online Training



Stretching for the Office

20 min | \$21.64

Office Ergonomics Training

30 min | \$28.86

Safe Use of Sit-Stand Workstations

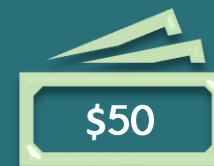
15 min | \$15.86

2

## Remote Ergonomics Coaching



Do you have a quick question about your workstation or working from home, and need expert advice on the phone from a Certified Ergonomist?



3

## Remote Ergonomic Assessment



Are you experiencing discomfort or pain at your remote workstation? Do you need a professional assessment of your workstation?



4

## Remote Ergonomic Assessment Follow-up



Have you already had a remote or in-person assessment and have follow-up questions or need additional support?

