WEBINAR

SET UP YOUR TEMPORARY HOME OFFICE TO AVOID MUSCLE ACHEs AND DISCOMFORTS

This webinar helps your employees get their temporary home workspaces set-up in an ergonomically-friendly manner to prevent muscle aches and discomforts.

Presented by a Certified Ergonomist, this webinar will include:

• Best practices in ergonomic body positioning
• Tips for working with the equipment you already have to create an ergo-friendly space
• Pointers for how to adjust your chair, keyboard, and monitor
• Review of good, better, best temporary workstation set ups
• 30-minutes of content followed by an interactive Q&A

Attendees will receive education training guides on proper temporary office set-up and information on accessing additional support

Set your employees up for success.

FOR MORE INFORMATION:
Julie Landis
Vice President, Briotix Health
(844) 274-6849 ext 4020
julie.landis@briotix.com

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