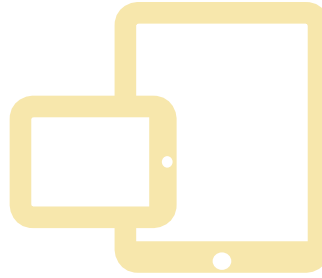


CIRMA E-Learning Center

Workplace Ergonomics Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

Workplace Ergonomics Online Training Course Description

When you think of workplace injuries, factory and other industrial environments typically come to mind. The fact is, however, employees can experience discomfort and injuries even in an office environment. As an employer, this course will show your employees that you care about their health and comfort.

This course will help employees understand the definition of ergonomics and identify common workplace ergonomic problem areas and possible solutions.

Time: 30 Minutes [Preview the Workplace Ergonomics online training program here.](#)

Learning Objectives:

At the end of training, you will gain a better understanding of:

- Understand the definition of ergonomics.
- Identify common workplace ergonomic problem areas and possible solutions.

Key Topics Include:

- What is Ergonomics?
- Why is Ergonomics Important?
- Tools of the Trade
- The Chair
- The Computer - Keyboards and Monitors
- The Office Environment
- Lighting Desk and Natural
- Glare - Multiple Factors
- Temperature - Too Hot or Too Cold?

To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —

www.CIRMATraining.org

To register for this course, please contact your organization's E-Learning Administrator.

