



Office ergonomics

Video coaching bundle

Numerous employees have jobs that require them to work at a computer for long periods of time. Prolonged sitting, particular in postures that increase the demands on the body, can take a toll. This bundle contains dozens of brief videos that address every possible ergonomic issue that an employee could face and offers simple and practical strategies for reducing the demands of computer work.

Topics include setting up an effective workstation, adjusting your chair, desk, monitor and keyboard as well as solutions for the most common risks faced by prolonged “sitters.”

Includes:

- 46 brief videos for employees

Office ergonomics videos

- Sitting too long
- Sitting with Legs crossed
- Spreading Fingers
- Squeezing or picking up mouse
- Striking the keyboard too hard
- Winged out elbows
- Working at an angle
- Workstation Setup 1 — Chair
- Workstation Setup 2 — Keyboard and Mouse
- Workstation Setup 3 — Monitor
- Wrists bent backward

Video coaching overview

Effective risk management relies on a solid understanding of injury prevention principles and ongoing reinforcement to secure these new behaviors. This injury prevention video bundle accomplishes this with an abundance of engaging and informative “coaching” videos.

- Wrists bent outward
- Wrists bent up
- Wrists planted
- The Art of Sitting
- Better Sitting
- Changing Postures
- Ergonomics
- Find more than one way to do the same job
- Make your work accommodate you
- Sitting: Find More than one way to do it
- Sitting: Setting up a work area — Quick Tip
- Backrest Not Locked
- Chained to my Desk
- Cradling the Phone
- Dry Eyes
- Ear, Shoulder, Hip
- Eliminate Glare
- Feet Dangling
- Forearms on Armrests
- Forearms on Sharp Edge
- Hips Lower than Knees
- Holding Handset
- Keyboard Too High or Too Low
- Lean Forward or Slump

- Leaning forward to view monitor
- Lumbar support too high or low
- Monitor Issues
- Monitor too high or low
- Reaching to keyboard or mouse
- Safe lifting: Keep it close
- Same old sit
- Seat Pan Too Deep
- Shrugged Shoulders
- Sit on Foot Cross Legs
- Sit on Front of Chair



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