

Office Ergonomics: New Trends, Tips, and Solutions

Description

At Options Inc., we believe that one of the best ways to learn is by understanding areas of concern, as well as successes. To facilitate this style of learning, we have reviewed data from 200 office assessments that we have completed over 2016/17, in Ontario. This data tells a story of what is currently happening in our office environments and shows trends of both areas of concern and improvements.

This session includes information and tips helpful for computer users of all ages that can be applied to both work and leisure environments.

Duration

45 – 60 minutes

Deliverables

Presentation Handouts

Areas of Focus	Learning Points
1. New trends and Equipment	<ul style="list-style-type: none"> Review of when and where new types of office ergonomics equipment are proving to be effective, based on 200 office assessments completed by Options Inc. Hands on review of various types of accessories (mice, keyboards, laptop stands), as well as common pitfalls of recent trends Discussion around integration of sit/stand dynamics into the office.
2. Tips on how to win the bi-focal battle.	<ul style="list-style-type: none"> Review key areas of concern related to using bi/tri/progressive lens glasses, Discussion around tips that have proven effective; including quick changes and additional equipment.
3. "Setting up so you can sit up".	<ul style="list-style-type: none"> Review the trends observed around use of laptops in the workplace and the need to motivate your mobile workforce to "set up so they can sit up!" Discussion tips that have proven effective; including quick changes and additional equipment.

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