



OFFICE ERGONOMICS

for

Managers and Supervisors

Re-Start Consulting works with a number of organizations, in different industries, to provide a variety of OH&S training packages. This training package is designed to provide Managers and Supervisors with the basic skills to set up and adjust computer workstations and to adequately supervise employees to use their equipment correctly and ultimately maintain their well being and health.

Office Ergonomics for Managers and Supervisors is a comprehensive two day package including group training sessions, latest evidence-based practice, basic anatomy and physiology, role play scenarios, specific practice in adjusting equipment and modifying work postures by making changes to workstation set up.

The 2 day training covers the following:

- Ergonomics – what is it?
- Individual Elements of the Workstation – Chair, Desk, Monitor, Keyboard, Mouse, Lighting, Noise, Temperature
- Products on the Market – what is right for me?
- Occupational Overuse Syndrome (OOS) – what is it?
- Preventative Exercises / Pause Gymnastics
- Static Muscular Effort – how it affects function
- How to Assess the Workstation
- Modification of Work Practices
- Legislative Requirements of employers, managers and supervisors

During the program, participants will be required to participate in role plays and hands on modification of mock workstations, facilitated by a qualified Ergonomist.

The training program will be conducted at Re-Start's Lewisham offices, where there is ready access to equipment. This ensures the transfer of the knowledge into everyday practical situations.

Each participant is provided with:

- 👍 Group workshop and training sessions
- 👍 Training Handouts
- 👍 Workstation diagrams and checklist
- 👍 Certificate of Completion / Competency

To discuss any further needs please contact
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