



## Course Objectives

Upon completion of this course, participants will be able to:

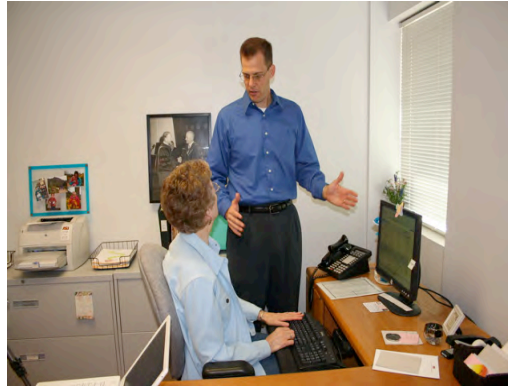
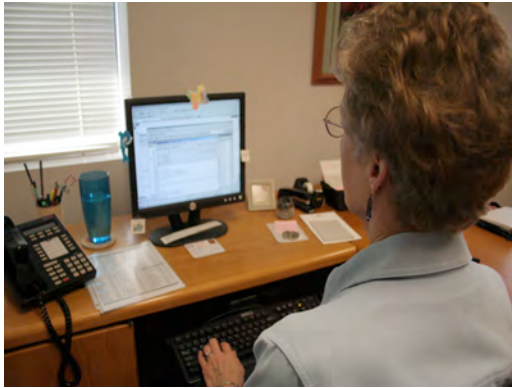
- Recognize the risk factors contributing to computer-related injuries
- Identify the early signs and symptoms of common computer-related injuries
- Describe and demonstrate proper chair adjustments
- Describe and demonstrate proper workstation adjustments
- Understand principles of proper posture
- Define ergonomics, musculoskeletal disorders, cumulative trauma disorder and repetitive strain injury
- Evaluate workstation equipment and make necessary modifications

**PERFORMANCE Ergonomics**  
334 W. 10th Place #103  
Mesa, AZ 85201  
[mmiller@performance-ergonomics.com](mailto:mmiller@performance-ergonomics.com)  
[performance-ergonomics.com](http://performance-ergonomics.com)  
(602) 751-3769 mobile  
(480) 827-0062 office



Training and Workshops





# PERFORMANCE Ergonomics

**Are your employees spending long hours using a computer?**

**Learn:**

- How to set up the computer workstation in an ergonomically correct way
- The early warning signs of computer related injuries
- Contributing factors of musculoskeletal injuries

These courses introduce you to the fundamentals of how the body is affected by its relationship to your computer and how to integrate ergonomic principles with proper posture and physical activities.

**Call to Schedule:**

(480) 827-0062 Office  
(602) 751-3769 Mobile

**Merl Miller**

[mmiller@performance-ergonomics.com](mailto:mmiller@performance-ergonomics.com)  
[performance-ergonomics.com](http://performance-ergonomics.com)

Workshops
Session Type
Lunch and Learn
Ergonomic Awareness
Body Mechanics
Train the Trainer
Customized Courses

**No, you don't need new gadgets...**

Our ergonomic training and workshops are designed to be informative, interactive and relaxed. We communicate the objectives of your ergonomic program and begin to create a culture of personal accountability and self-responsibility.

This proactive training focuses on practical steps to achieve comfort and productivity in the workplace using existing equipment and furniture.

**Customized training**

Workshops can be targeted to specific job titles, departments, work groups, supervisors or employees. We can depict your workers in the slides and teach proper use of your tools and equipment.

Workshop titles include:

- Ergonomics 101
- Computer exercises
- Workplace wellness

