

Get set up for safety

Office Ergonomics



2020 TRAINING DATES!

- February 6
- March 13
- May 6
- June 30
- August 6
- September 16
- November 3
- December 8

All classes are from 9:00am-11:00am. Employees should attend on work time with supervisor approval.

REGISTRATION REQUIRED:

<https://ergotraining2020.eventbrite.com>

LOCATION:

Wellness Center
1145 Market Street, Suite 100
San Francisco, CA 94103
(415) 554-0643
well-being@sfgov.org

PRESENTED BY: Department of Public Health, Occupational Safety and Health

Ergonomics is the science that studies how to best make the work environment fit the worker. The goal of ergonomics is to help prevent injury and increase comfort and productivity. When ergonomic principles are applied in the work environment, visual and musculoskeletal discomfort and fatigue can be significantly reduced. By making adjustments to your work area and personal practices, you can minimize the risk factors that can contribute to injuries.