ERGONOMICS TRAINING BY DEPARTMENTAL REQUEST

Computer Health Matters
Learn how to set up a user-friendly workstation and stretches to relieve computer-related aches and pains. This workshop meets Cal OSHA's ergonomics training requirement for computer users. At least 20 participants required.

Ergonomics Training in Non Computer Environments
Specialized training tailored to the specific ergonomic hazards in your department . . . whether jobs involve lifting, laboratory work, or the use of tools.

Smooth Moves: Safe Ways to Move Your Office
Moving? This 45-minute workshop will help staff learn to pack, sort, and move with less chance of injury.

Call (510) 642-5549 or e-mail ergotf@uhs.berkeley.edu.