

Workstation Ergonomics *Online!*



Ergonomics is the science of designing a workspace around the needs of the worker.

Designing your workstation, and work flow, using ergonomic principles is essential to help prevent injury, improve productivity, and reduce stress.

This **1 hour** course is part of the THRIL certificate program series, developed by Gemini and well-known, highly respected industry professionals. THRIL certificates are designed to easily and inexpensively obtain essential training that leads towards recognized certification and qualifies for compulsory certification maintenance points to preserve ROH and CRSP designations.

On completion of this course, you will be able to:

- Define Office Ergonomics and Repetitive Strain Injury (RSI),
- Identify RSI Symptoms, and all of the risk factors for an injury,
- Design your workstation ergonomically,
- Design your work flow to meet your physical and mental needs,
- Describe why exercise is important, and
- List and perform stretches for your body.

THRIL assessments are also available for all THRIL courses ideal for learners that wish to challenge the course for recertification purposes. Successful completion of assessments do not qualify for maintenance credits.

You can contact us at www.gemini.com, contactgemini@gemini.com, or 403-263-8649

