



# Posture and Ergonomics for the Office

**Length:** 1 hour

**Delivery Mode:** Virtual Presentation

## Details:

Modern offices are getting better at providing a well-designed workspace, but overlooking the employee's postural relationship to their workspace can leave them sitting and working badly with even the best chair and equipment.

This session is tailored to help your employees make the most of their workspace, by adjusting themselves and their equipment to optimal positions.

This session covers:

- The perfect computer equipment setup
- Why screen and desk height matter
- How to set your chair up for working comfortably
- How to avoid arm pain at the desk
- How to avoid back pain at the desk
- How to avoid neck and shoulder pain at the desk

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*