Publications

- Evaluating your computer workstation(Oregon OSHA)
- Office ergonomics interactive assessment form(SAIF)
- Workstation comfort: help to help yourself(SAIF) BW handout
- Workstation ergonomics leverage zones(SAIF)
- Ergonomics worksheet(SAIF)
- Workstation comfort: neutral posture poster(SAIF)

Trainings

- Visit the training calendar

Related websites

- UCLA Ergonomics(UCLA)

Videos

All videos are English DVDs unless otherwise specified.

Have a seat: putting ergonomics to work (VHS)
Order code: ERGO-22
9 minutes | How to properly adjust your ergonomic chair and workstation | This video addresses chair adjustments, chair maintenance, and workstation adjustments to achieve an ideal sitting posture. (2009).

Checkout form

Office ergonomics today (VHS)
Order code: ERGO-24
16 minutes | Prevent lost workday injuries and compensation costs. This program shows a broad range of office situations and computer use that all your workers can relate to. The techniques and best safety practices demonstrated in this program will teach your

workers the causes of musculoskeletal disorders (MSDs) and motivate them to follow safe work procedures. Also covers: definition of ergonomics, ergonomic risk factors, recognizing and respecting early warning signs, proper posture .

Checkout form

Office ergonomics: simple solutions
Order code: ERGO-23
Some of the most common workplace injuries are due to improper ergonomics in the office. Conduct your own office ergonomic assessment and keep your workplace healthy. Video can be viewed entirely or in segments (for example: "Adjusting your chair").
Download instantly or order the DVD (2009).
Materials included with video: Workstation Comfort, Ergonomic Worksheet, and Neutral Posture Poster.

Checkout form Play all

Play individual segments:
Intro(1:37) | Neutral postures(1:24)
Yourchair (3:09) | Yourkeyboard/mouse (1:53)
Your monitor(1:01) | Your phone(:46)
Your workstation(1:01) | Closing(:32)
Improve comfort(1:05) | Alternative solutions (2:38)