

About this Course

Although not normally thought of as a hazardous work environment, the office workstation does cause more than its share of injuries – they just happen over time.

A properly set-up office workstation will reduce the possibility and severity of ergonomic injuries – and you will be far more comfortable doing your work. In addition to offering set-up suggestions, this training program also covers stretches and recognizing the symptoms of injuries in their earliest stages.

This training program required about 20 minutes to complete.



Course Outline

- Workstation Set-Up
- Stretching
- Repetitive Strain Injuries (RSIs)
- Mastery Quiz (80% to pass)

Verification Techniques Employed

- ✓ **Identity:** Unique usernames and passwords.
- ✓ **Security:** Bank-level encryption.
- ✓ **Certificate Verification:** Certificates contain a verification code that can be checked on MyOTF.com.