# Ergonomics Planning for 2022

**Date:** January 12, 2022

**Time**: 9:00 AM – 10:30 AM PST

**Speaker:** Rachel Mitchell

**Click** Here to access the recording.

As we move into 2022, what ergonomics implementations should employers consider to ensure staff are protected from musculoskeletal disorder hazards, especially for hybrid working models and continued work from home?
This webinar will outline the key components to a successful ergonomics & injury presentation program, with special consideration for our changed workplace situation. Points of discussion will include:

- Practical tips to set up home offices.
- Using self evaluation methods to educate employees on computer ergonomics.
- Policies for purchasing equipment – necessary vs. nice to have.
- Pitfalls of hybrid work and how ergonomics can prevent injuries.
- Encouraging movement at work .
- Considerations for mental health

Upon request, ERGO Inc. will provide an Ergonomics Resource Package to participants to help with your Ergonomics process.