



# Courtenell

Work Health & Safety Training and Consulting

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## Office Ergonomics Online Course

This course, endorsed by the Safety Institute of Australia has been designed to provide you with an understanding of how to set up a safe, healthy and productive office work space, and how to work safely in an office environment.

### Learning Outcomes

This course will provide an understanding of:

- some common health risks in the office environment
- how to set up equipment like chairs and computer screens
- how to arrange the items on their desk
- how to manage problems caused by noise, temperature and lighting, and
- how structuring work tasks and breaks can help to reduce the risk of injury and illness.

### Course features:

- professional audio
- animation and interactivity
- mobile compatibility
- formative assessments, and
- a certificate of completion

### Estimated Duration

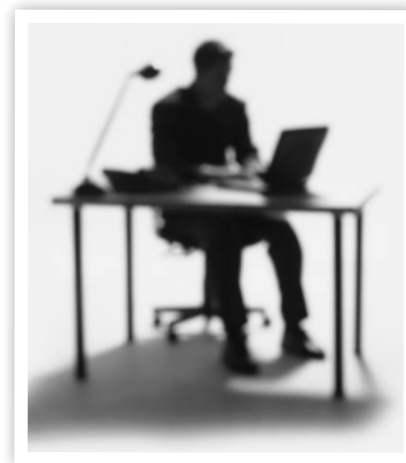
75 minutes

### Target Audience

The course has been designed to provide training for office workers in Australian organisations.

### Cost

The cost is dependent on the number of people to be trained and the length of time they need to have access to the training.



**COURTENELL Pty Ltd**

*as Trustee for the Vowles Family Trust*

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