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
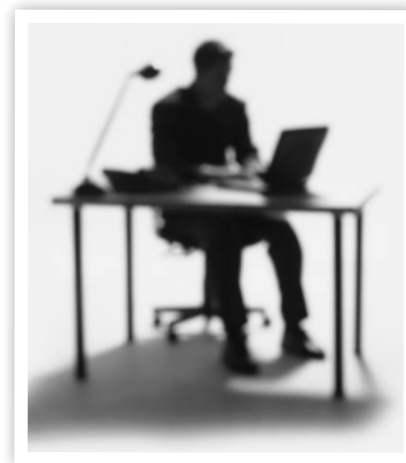- a certificate of completion

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.