

C. A. S. H.

County of Alameda Safety and Health

OFFICE ERGONOMICS: **WORKSTATION SAFETY TRAINING PROGRAM**

AUDIENCE:

This program has been designed for employees who work at computers.

PURPOSE:

This training shall describe and demonstrate the proper ergonomic principles to prevent injuries, and to improve safety and efficiency in the workplace.

OBJECTIVES:

1. Familiarize employees with issues that concern their comfort, safety, and productivity at the workstation.
2. Increase their awareness of how they can use practical solutions to improve their work environment.
3. Suggest simple applications of workplace design or redesign to reduce problems.
4. Discuss and demonstrate workstation exercises.

LENGTH OF PROGRAM: 2.5 hours

PRESENTER:

Ulis G. Redic, Risk Analyst, is the Occupational Safety and Health Manager for the County of Alameda. He came to the County in 1989 and joined the Risk Management Unit in 1993. In 1995, he began instructing VDT (video display terminal) safety training classes throughout the County as part of the Risk Management Program. Employees who have attended his training sessions comment that the information is practical advice, directly related to their specific needs, and presented with humor.