

*Get set up for safety*

# Office Ergonomics



**PRESENTED BY: Department of Health,  
Occupational Safety and Health**

Ergonomics is the science that studies how to best make the work environment fit the worker. The goal of ergonomics is to help prevent injury and increase comfort and productivity. When ergonomic principles are applied in the work environment, visual and musculoskeletal discomfort and fatigue can be significantly reduced. By making adjustments to your work area and personal practices, you can minimize the risk factors that can contribute to injuries.

## **2019 CLASS DATES:**

- January 15
- February 14
- March 20
- April 16
- May 15
- June 20
- July 16
- August 21
- September 17
- November 7
- December 10

All classes are from 9:00am-11:00am. Employees should attend on work time with supervisor approval.

## **REGISTRATION REQUIRED:**

<https://ergotraining.eventbrite.com>

## **NEW! LOCATION:**

Catherine Dodd Wellness Center  
1145 Market Street, Suite 100  
San Francisco, CA 94103  
(415) 554-0643  
wellness@sfgov.org