

LUNCH AND LEARN



Healthy Employees are the Bottom Line

Office Ergonomics: Learn how to set up on the office environment to be ergonomically correct. This training will educate the participant in fundamental ergonomic awareness, common ergonomic office hazards, solutions for correcting hazards and preventative stretching and exercises to reduce fatigue while using a computer.

Thursday, September 26th. 11 am to 1 pm

Location: Columbia Safety & Supply

Cost: \$20

