

Ergo Essentials

TRAIN THE TRAINER COURSE



YOU WILL LEARN:

- ✓ Musculoskeletal Disorder (MSD) Risk Factors
- ✓ Case Studies (before & after photo review)
- ✓ How to perform in-person Ergonomic Evaluations



YOU WILL RECEIVE:

- ✓ Hands-on practice at onsite workstations
- ✓ Workstation Guidelines



By attending this course, you will be able to perform Ergonomic Evaluations on behalf of your agency.



**THURSDAY,
NOVEMBER 19**
9:00 AM – 4:00 PM



**GSRMA
Willows Office**
Free to Members
Limited Space Available



RSVP to
events@gsrma.org
Lunch will be Provided