

ERGO RISK Training Classes

ErgoRisk Management Group has been providing ergonomics consulting services and training since 1994 throughout Western Canada. Our team of Ergonomists provides expertise from a variety of backgrounds including physiotherapy, human factors engineering, and kinesiology. ErgoRisk has used the broad experience of its staff and wide variety of client industries to develop multiple different training classes for both office workers and outside workers.

We provide Lunch and Learn sessions, Tailgate Talks and everything in between! A sample of some of our most popular classes is listed below. We can also tailor any of these classes to your specific company or industry, or can create new classes from scratch. ErgoRisk also offers train-the-trainer sessions for office and industrial environments to help you manage your ergonomics program in-house. Let us know your need and we will make it happen!

Outside Workers:

1. **General musculoskeletal injury awareness:** Risk factors, ergonomic principles, early signs and symptoms, movement safety and biomechanics, warm-ups and stretching
2. **Functional Spinal Stabilization (Back-On-Track):** Anatomy and biomechanics of the spine, core stability principles, functional work techniques, proper lower extremity warm-up and hip flexibility
3. **The Upper Extremity: Shoulder, Forearm, Wrist/Hand:** Anatomy and biomechanics, shoulder stability principles, functional work techniques, common disorders (rotator cuff impingement, carpal tunnel syndrome, tendinopathies) and how to manage them.
4. **The Knee, Foot and Ankle:** Anatomy, biomechanics, alignment and muscle balance, patellofemoral issues (pain under the knee cap), orthotics and quality work boot characteristics, warm-up and exercise principles, common conditions and how to manage them.

Office Workers:

1. **Ergonomics 101:** Includes risk factors, ergonomic principles, early signs and symptoms, how to set up your computer (chair, keyboard, mouse, monitor, phone, documents), safe work postures, and stretching.
2. **Laptop Ergonomics:** Includes risk factors, ergonomic principles, early Signs and symptoms. This class is similar to Ergonomics 101 but focused on laptops and setting up laptops correctly in the office, at client sites, and when traveling.
3. **Office Stretching:** Includes a brief introduction to ergonomics, benefits of stretching and microbreaks, How to incorporate stretching into your day, practice with a variety of office appropriate stretches.

ErgoRisk Management Group provides ergonomics tools, consulting and educational services to improve productivity and reduce the risk of musculoskeletal injury (MSI) development.