



# Safety Talk!

## Office Ergonomics - Did You Know???

Occupational Environmental Safety & Health (OESH) has computer workstation bulletins that can assist staff in setting up their computer workstation correctly. Often, some simple changes to the set-up can help to minimize discomfort that may be felt while at your workstation. We encourage staff to review these bulletins and see if they can make any changes to their existing set-up.

*Note: Ergonomic assessments can also be arranged through manager referral.*

**Topics on the bulletin** include ideal work practices, adjusting the office chair, proper set up of phone, keyboard, mouse, monitor, and decreasing reach.

- Please see the link or scan the QR code for these bulletins and resources.



[WorkstationBulletinPackage.pdf](http://wrha.mb.ca/WorkstationBulletinPackage.pdf)  
[\(wrha.mb.ca\)](http://wrha.mb.ca)



**For more information please contact**  
 Occupational and Environmental Safety & Health (OESH) at  
 oesh@wrha.mb.ca



Safety Talk Meeting Record		
<b>Presented by:</b>	<b>Site/ Facility:</b>	
<b>Topic:</b> Office Ergonomics	<b>Department/ Unit:</b>	
Attendees		
Insert Full Name	Sign off	Date