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 (wrha.mb.ca)



For more information please contact

Occupational and Environmental Safety & Health (OESH) at oesh@wrha.mb.ca

Date: July 4th, 2024

Version: 1

Safety Talk Meeting Record			
Presented by:		Site/ Facility:	
Topic:		Department/ Unit:	
Office Ergonomics		Department/ Onit.	
Attendees			
Insert Full Name		Sign off	Date
Upload the completed sign-off sheets in the TEAMs folder link here <u>Attendance Records of Safety Talks</u> for the review process			

Date: July 4th, 2024

Version: 1