


# Safe and healthy working in the office: The ergonomic screen workstation

## Safe and healthy working in the office: The ergonomic screen workstation

---

 Seminar

 Always available

 Certificate of Attendance

 E-learning

 1 Lessons

 Available online

---

Seminar Number: IDN-M20-GDP

Status: 21.11.2024. All current information can be found at <https://academy-id.tuv.com/s/IDN-M20-GDP>

This training focuses on workstation strategy to prevent incident at work caused by ergonomic factor, such as low back pain. The training cover ergonomic aspects in designing workstation

## Benefits

The benefits of this training include:

- Reduced risk of workplace injuries and musculoskeletal disorders such as low back pain, neck pain, and carpal tunnel syndrome.
- Increased productivity and efficiency by improving workstation design and reducing discomfort and distractions.
- Improved employee well-being and job satisfaction by promoting a safe and healthy work environment.
- Cost savings for both employees and employers by avoiding healthcare costs and lost productivity due to ergonomic-related injuries.
- Compliance with occupational health and safety regulations, which can help avoid legal and financial penalties.

## Target group

The target group for this training would be office workers who spend a significant amount of time working on a computer or at a desk, as well as employers who want to provide a safe and healthy workplace for their employees.

# Requirements

No Prerequisites required. Anyone can complete this course.

## Training outline

The course topic of this training include:

- Introduction to ergonomics and its importance in the workplace
- Understanding the risks associated with poor workstation design
- Principles of good workstation design
- Choosing the right equipment, such as chairs, desks, and monitors
- Adjusting your workstation to fit your body and work habits
- Reducing eye strain and fatigue through proper lighting and screen placement
- Techniques for avoiding common ergonomic-related injuries, such as carpal tunnel syndrome and neck pain
- Regular exercises and stretches to prevent discomfort and promote wellness
- Strategies for promoting a culture of ergonomics in the workplace
- Assessment and evaluation of workstation designs to ensure continued effectiveness.

## Other information

E-Learning TÜV Rheinland terms and condition:

1. Access and Use: Agree to comply with Terms and Conditions, use platform for educational purposes only, do not share login details
2. Content: Materials owned or licensed by us, personal, non-commercial use only, no modification, reproduction, or distribution without permission
3. Payment and Refunds: Pay fees in advance, fees subject to change certificate, refunds based on refund policy
4. User Conduct: Offensive, or harmful activity, no discriminatory, defamatory
5. Intellectual Property: Ownership of intellectual property rights, no unauthorized use, need prior written permission
6. Limitation of Liability: Not liable for direct or indirect damages, examples: lost profits, business interruption, no guarantee of error-free or uninterrupted platform

7. Privacy: Commitment to protecting privacy, handle personal information according to privacy policy
8. Termination: Right to terminate access for breaches, harmful activity leads to termination
9. Governing Law: Terms and Conditions governed by applicable laws
10. Changes to Terms and Conditions: Right to change Terms and Conditions without notice, changes effective immediately upon posting, acknowledge and agree upon accessing the platform

## Event overview and booking

Book your desired date now directly online at <https://academy-id.tuv.com/s/IDN-M20-GDP> and benefit from these advantages:

- Fast booking process
- Personal customer account
- Simultaneous booking for several participants.

Alternatively, you can use the order form to order via fax or e-mail.

# Order form Page 1/3

I HEREBY BINDING REGISTRATION FOR THE FOLLOWING SEMINAR:

## Safe and healthy working in the office: The ergonomic screen workstation

Seminar Number: IDN-M20-GDP

Please choose an appointment you would like to book:

**01/01/2024 - 31/12/2099**, | Event number: IDN-M20-GDP  
Rp 175.000,00 (Net price, plus VAT) Rp 194.250,00 (Gross price, including VAT)

All further information about the dates can be found at <https://academy-id.tuv.com/s/IDN-M20-GDP>.

Please send us **all pages** of the form by fax or email to order the above seminar.

**E-mail:**  
[academy@idn.tuv.com](mailto:academy@idn.tuv.com)

**Phone:** +62 21 397 04 579

Please enter your order data on the next page.

# Order form Page 2/3

- I am ordering as a consumer (private customer)
- I am ordering as a company / public authority (business customer)

## Invoice address

We use this data for order confirmation and invoicing.

Company or authority name:

Position Title / Department (optional):

---

---

Street and house number:

ZIP CODE:

City:

---

---

Your internal purchase order number:

Your Tax VAT (optional):

---

---

You can enter an internal purchase order number  
(SAP number)

## Your contact data

We use this data for order confirmation and invoicing.

Salutation:

First Name:

Last Name:

---

---

---

Email Address:

Phone number (optional):

---

---

## Participant information

I will participate in the seminar myself (contact details as indicated above)

The following person is to participate in the seminar:

Complete only if you are not attending yourself, but another person is.

Salutation:

First Name:

Last Name:

\_\_\_\_\_

Email Address:

Phone number (optional):

\_\_\_\_\_

Date of birth (optional):

Place of birth (optional):

\_\_\_\_\_

## Payment method: Invoice

For consumers, the cancellation policy applies, which you can find under the attached terms and conditions.

I hereby accept the following general terms and conditions of the organizer (<https://academy-id.tuv.com/terms>).

Location, date

Signature

\_\_\_\_\_

Please send us **all pages** of the form by fax or email to order the above seminar.

**E-mail:**

[academy@idn.tuv.com](mailto:academy@idn.tuv.com)

**Phone:** +62 21 397 04 579