

# Health and safety basics: Healthy work - The ergonomic computer workstation

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 Seminar

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 1 Lessons

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Seminar Number: PH-C01-GDS\_ergo\_v01\_u01\_en

Status: 13.11.2024. All current information can be found at [https://academy-ph.tuv.com/s/PH-C01-GDS\\_ergo\\_v01\\_u01\\_en](https://academy-ph.tuv.com/s/PH-C01-GDS_ergo_v01_u01_en)

An ergonomically designed computer workstation that is adapted to human needs prevents you from being subjected to one-sided or excessive strain at work. In this training unit you will learn what aspects identify a computer workstation as ergonomic.

## Benefits

The office chair  
Dynamic sitting and standing  
The work table  
The screen  
Keyboard and mouse

## Target group

Employees in all occupational groups who receive regular instruction on health and safety in the workplace

## Requirements

None

# Training outline

The office chair  
Dynamic sitting and standing  
The work table  
The screen  
Keyboard and mouse

## Other information

For more information and inquiries, please contact [info@phl.tuv.com](mailto:info@phl.tuv.com) This course will be valid for 3 days after first access.

## Event overview and booking

Book your desired date now directly online at [https://academy-ph.tuv.com/s/PH-C01-GDS\\_ergo\\_v01\\_u01\\_en](https://academy-ph.tuv.com/s/PH-C01-GDS_ergo_v01_u01_en) and benefit from these advantages:

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## Health and safety basics: Healthy work - The ergonomic computer workstation

Seminar Number: PH-C01-GDS\_ergo\_v01\_u01\_en

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