


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

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 Seminar

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 1 Lessons

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Seminar Number: IDN-M20-GDP

Status: 16.03.2026. 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

For payment and other inquiries, please contact our Sales Executive:

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