



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

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

 Seminar

 Always available

 Certificate of Attendance

 E-learning

 1 Lessons

 Available online

Seminar Number: PH-C01-GDS_ergo_v01_u01_en

Status: 16.03.2026. All current information can be found at 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

At the end of the e-learning, the participants should be able to learn the following areas:

- 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

1. The office chair
2. Dynamic sitting and standing
3. The work table
4. The screen
5. Keyboard and mouse

Other information

For more information and inquiries, please contact academy@ph.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 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:

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

Seminar Number: PH-C01-GDS_ergo_v01_u01_en

Please choose an appointment you would like to book:

01/01/2024 - 12/31/2099, | Event number: PH-C01-GDS_ergo_v01_u01_en
€1,000.00 (Net price, plus VAT) ₺1,120.00 (Gross price, including VAT)

All further information about the dates can be found at https://academy-ph.tuv.com/s/PH-C01-GDS_ergo_v01_u01_en.

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

E-mail:
academy@phl.tuv.com

Phone: +63 28128887

Please enter your order data on the next page.

© TÜV, TUEV and TUV are registered trademarks. Utilisation and application requires prior approval.

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 name:

Position Title / Department (optional):

House No. / Street:

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:

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:

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-ph.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@phl.tuv.com

Phone: +63 28128887