Docket #: S97-217

Workstation Ergonomics Training Program

Incorrect placement and use of equipment on employee desks can lead to injury. Ergonomics, the study of the relationship between people and their physical work environment, can be used to significantly mitigate workplace dangers. The Environmental Health and Safety Department at Stanford University have developed the Computer Workstation Ergonomics Training Course, an interactive multimedia training program that instructs computer users so that risk of ergonomic-related injuries is minimized. This innovative course provides personal instruction on how to improve workspace arrangements, and how to perform various ergonomic-related stretches and exercises. The program is available via a web deliverable version or on CD-ROM, both formats allow users to interactively identify and correct workstation ergonomic problems while at their own desk. Included in the course are: audio narration, testimonials from workers who have suffered ergonomics-related injuries, an interactive Q&A module to help learners assess their own workstation and print a record detailing its ergonomic concerns. Furthermore, the structure of the course facilitates a full range of customization to company or site-specific information.

Testimonial from an alpha product reviewer:

Wanted to share my enthusiasm for the truly innovative ergonomics CD program! Even in the early stages, it is much better than anything out there.

Applications

- Compliance to the new Cal/OSHA standardized workstation ergonomic training requirement
- Reduce ergonomic-related injuries
- Improve workspace arrangements
- Instruct computer users on ergonomic-related stretches and exercises

Advantages

- Training can be done at users own desk and at their own pace
- Available for both PC and Mac platforms
- Flexible format: available as either a CD or as a web-based course
- Easy course customization to suite licensee
- Automated record tracking saves user's completion data to a central database

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