Ergonomic Guidelines and Videos

Ergonomic Guidelines

- Ergonomics: Steps to Adjusting Your Office Chair [1]
- Ergonomics: While Working Remotely [2]
- Ergonomics: What to Look for in a Chair [3]
- Hospitality Ergonomics – Tips to Prevent Injuries [4]
- Laboratory Ergonomic Tips [5]
- Manual Material Handling- Tips to Prevent a Lifting Injury [6]
- Office Ergonomics – Remember the Basics - Sitting [7]
- Office Ergonomics - Remember the Basics - Sitting and Standing [8]
- Stretching @ Work [9]

Video - Ergonomic Work Station Setup:

https://www.youtube.com/watch?v=DN7vOlQWRgQ [10]

Video - Adjusting Your Office Chair:

https://www.youtube.com/watch?v=DEGrgHXQn0s [11]

For further information please contact Occupational Health and Wellness (OHW) by phone at 519-824-4120 ext. 52647 or by email [12] .

Source URL:https://www.uoguelph.ca/hr/about-hr/occupational-health-and-wellness-ohw/ohw-programs/ergonomic-services/ergonomic-guidelines

Links
[1] https://www.uoguelph.ca/hr/ergonomics-steps-adjusting-your-office-chair [2] https://www.uoguelph.ca/hr/ergonomics-while-working-remotely-0 [3] https://www.uoguelph.ca/hr/ergonomics-what-look-chair [4] https://www.uoguelph.ca/hr/sites/default/files/Hospitality-ergonomic-tips.pdf [5] https://www.uoguelph.ca/hr/sites/default/files/Ergonomic-Laboratory-Tips.pdf [6] https://www.uoguelph.ca/hr/system/files/Manual%20Material%20Handling_2.pdf [7] https://www.uoguelph.ca/hr/sites/default/files/Office-Ergonomics-Sitting.pdf [8] https://www.uoguelph.ca/hr/sites/default/files/Office-Ergonomics-Sitting-and-Standing.pdf [9] https://www.uoguelph.ca/hr/sites/default/files/Stretching-at-Work.pdf [10] https://www.youtube.com/watch?v=DN7vOlQWRgQ [11] https://www.youtube.com/watch?v=DEGrgHXQn0s [12] mailto:ohw@uoguelph.ca