

EV ERGONOMICS



An injury will occur in every company each year. Stats from CCOHS & OSHA recorded that about 30% of claims each year are from musculoskeletal injuries. Companies are paying higher amounts each year with workers compensation claims. The rise in injuries and benefit services, such as chiropractic, by employees in the past year from the major shift to working at home around the world is a big concern for health and wellness professionals and why ergonomic training, virtual one on one assessments and coaching have become more in demand.

Companies are looking to minimize the risk of injury and paying less in employee downtime and compensation claims now by setting up online training and one on one assessments.

Companies are really seeing the importance in investing now in proactive approaches that coach their employees on:

- Common risks and injuries
- Training on hazards at work everyday
- Learning tools and information to set themselves up and self assess to see if they need further help
- How to work on positive habit building and becoming more productive

This is all offered through trained ergonomic professionals such as EV Ergonomics that bring experience and work with the needs of companies and their staff to build quality relationships. .

We are here
to help,
thats always
our
first priority



IN PERSON OR VIRTUAL

UP TO 100 EMPLOYEES

\$250
1 HOUR

\$500
3 HOUR

\$1000
FULL DAY

OFFICE TRAINING SEMINARS

Ev Ergonomics understands that you value your employees health and wellness, this is why we build relationships with our customers to provide in person and virtual training seminars suited to your needs as an employer and incorporate the needs of your employees.

Through our office training seminars, we help a large number of your employees on how to set up their workstations for optimal work performance and learn about hazards and injuries that occur everyday in the workplace. We teach how to build healthy habits for a happier, healthier and more productive day at work. It's why our training sessions are valued and highly requested.

Our Office training seminar includes the option for employees to sign up and receive bi-weekly ergonomic email's giving pointers for breaking bad habits each of us do on a daily basis and put an end to being sore, fatigued and possibly burnt out at the end of the day. We teach you why ergonomics plays a huge role in our everyday health and wellbeing and the simple to understand methods that work for you at work and at home.



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OFFICE TRAINING SEMINARS

**Ergonomics
Helps To
Adapt Jobs
To The
People Who
Perform
Them.**

**Access To
Aftercare Support!**

WHAT IS ERGONOMICS?

How to create habits that last.

IMPROVE PERFORMANCE

How to set up your workstation to work for you.

AVOID INJURY

Prevent short & long term injury and employee downtime.



EV Ergonomic training seminars are customized for each client or company by evaluating your needs, employee numbers and the common workstations used. Talk with our ergonomic consultant today to set up your Ergonomic Office Training Seminar!

- PERSONAL SELF-ASSESSMENTS
- WORKSTATION SET UP FAQ SHEET
- BI-WEEKLY EMAIL INFORMATION