



Save the Date Ergonomics Training

**What is ergonomics?
What are the risks associated with working
on a computer?
What can reduce those risks?**

The NYS Public Employees Federation is conducting an
Ergonomic Training Program on:

August 20, 2024 from 9am to 12pm or 1pm to 4pm

Training Description:

This course introduces important aspects of the early prevention of work-related musculoskeletal disorders, as well as the importance of ergonomic committees, medical management and rehabilitation of injured workers. Participants will gain an understanding of the basic concepts, principles and techniques of ergonomics including the impact of posture, occupational exposure, and work stress. Participants will also learn how to conduct an ergonomic evaluation of their own workstations, field/remote workstations, and vehicles for field work.

LOCATION

500 Balltown Road, Schenectady, NY 12304
Building 3, Room 1

REGISTRATION

<https://www.surveymonkey.com/r/WT8ZM8X>



**For more information or if you have any questions please contact:
Jennifer Antal PEF Division 251 Steward
or**

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