



THE KEY TO A HEALTHIER WORKFORCE

Working From Home: The Ergonomic Way

A Comprehensive Self-Guided Ergonomic Training and Self-Assessment for Remote Employees

This webinar, created by Unify's expert ergonomic clinical team, is specifically designed for the newly home deployed employee. This is a great tool that includes expert information and tips for creating the best work-at-home workspace including proper positioning, lighting, security, and equipment protection.

Course includes

- Importance of ergonomics
- Steps to implementing in-home ergonomics
- Selecting best workstation configuration
- Importance of workstation security
 - HIPPA compliance while working remotely
- Foundational ergonomic standards for workspace anywhere
- Home workspace options, tips, do's and don'ts
- How to modify the workstation and equipment you have to best work for you
- Hows and whys of self-guided assessment
- Self-evaluation
- Workstation wellness
 - Ergonomic stretch breaks

Upon successful completion of on-demand webinar, the employee receives:

- Competency testing/scoring
- Certificate of completion
- Access to ergonomist for feedback via email

TELEREHAB

Physical therapy to help restore functional ability delivered through interactive devices to improve patient access and outcomes.

ERGONOMICS

Virtual Ergonomic Assessments for proper in-home workstation set up and education.

WEBINARS

Informational and interactive module for workstation setup, modifications, proper security, work wellness and injury prevention education.

How to register for webinar? Go to www.unifyhs.com, Click the UHS University tab

Pay one-time fee or group fee for on-line course.

Questions: contact Inquiries@unifyhs.com or call 888-314-5571

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