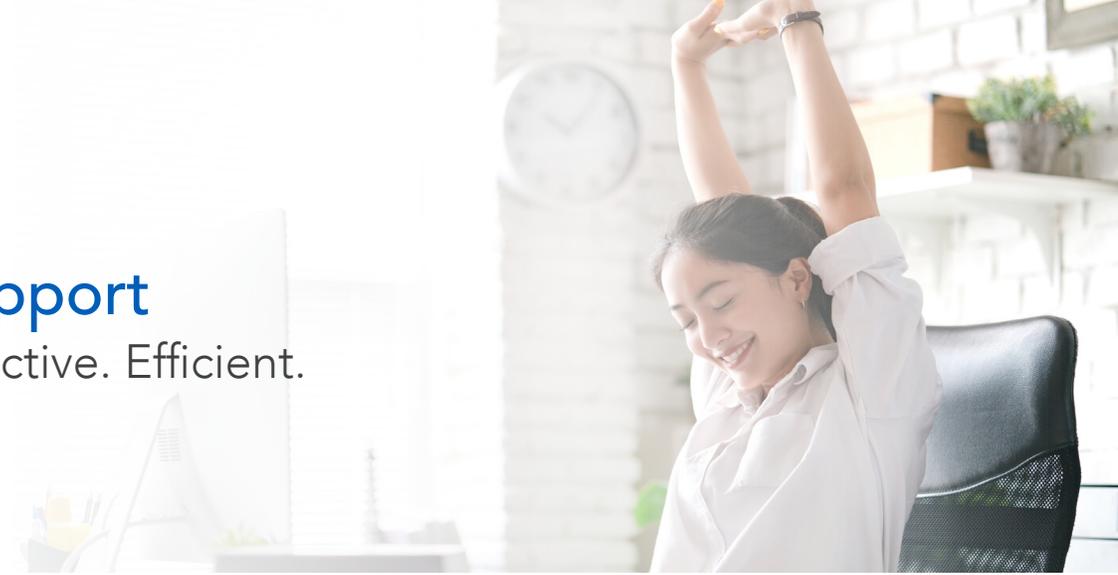


Ergonomic Support

Preventative. Productive. Efficient.



Proper ergonomics is essential to preventing workplace injuries, particularly in preventing repetitive motion injuries that may lead to long-term disability.

Our ergonomics program is built on our commitment to health and injury prevention. A panel of ergonomic specialists is available to provide both on-site and virtual preventative or post-injury ergonomic assessments and job analyses.

We also offer on-site and virtual ergonomics classes tailored to the training needs of each employer's workplace.

To make an ergonomic referral please visit our website at ekhealth.com, or submit via email to referrals@ekhealth.com.

Ergonomic Assessments

- Preventative and post-injury evaluations (*virtual and on-site*)
- Integration with safety plans and programs
- Hands-on assessments
- Workstation adjustments
- Detailed report with specific recommendations

Ergonomic Training

- Virtual and on-site classes available
- Reduced risk of injury
- Employee empowerment
- Customized programs
- Key topics include: Office Ergonomics, Remote Workers – Home office Setup, Ergonomics for Warehouse Employees, Back Safety Lifting, and Stretching for Prevention

Ergo Sweeps

- Done in groups of 5 or more
- Quick ergonomic check for those who have attended an ergonomic training class
- Handwritten form