



Institute
for Work &
Health

Research Excellence
Advancing Employee
Health

eOfficeErgo: Ergonomics e-Learning for Office Workers

eOfficeErgo: Ergonomics e-Learning for Office Workers is an evidence-based and standard-compliant online training program designed for employees who regularly use computers on the job.

The training program was developed by the Institute for Work & Health in partnership with the Public Services Health & Safety Association (PSHSA), the Centre for Addiction and Mental Health (CAMH) and the U.S.-based Liberty Mutual Research Institute for Safety.

By the end of the program, learners will be able to:

- Discuss the risks associated with computer work
- Explain the importance of varying their work posture
- Determine the key factors in maximizing their "comfort zone"
- Evaluate their office work environment
- Apply ergonomics strategies to the arrangement of their work environment
- Explain the importance of healthy computing habits, including rest breaks

The program includes nine interactive modules. It is designed so that participants can learn at their own pace, in their own environment. The course takes approximately 90 minutes in total to complete, and allows employees to start and stop the program as their time allows.

The course is available in three formats: a free web-based version, a SCORM-compliant version that offers tracking functionality, and a SCORM-compliant version that you can download for use in your own Learning Management System (LMS).

The web-based version is available from IWH here:

<http://www.iwh.on.ca/archive/eofficeergo/index.html> (<http://www.iwh.on.ca/archive/eofficeergo/index.html>)

The SCORM-compliant version that offers tracking functionality is available from PSHSA here:

<http://www.pshsa.ca/product/eofficeergo/> (<http://www.pshsa.ca/product/eofficeergo/>)

The Access Form for receiving the SCORM-compliant version that you can download for use in your own LMS is available here:

<http://www.iwh.on.ca/eofficeergo/access-form> (<http://www.iwh.on.ca/eofficeergo/access-form>)

An international scientific panel of academics and practising ergonomists reviewed the content to ensure it complied with current scientific findings and international standards, including the Canadian Standards Association's CSA-Z412-00 (R2011): Guideline on Office Ergonomics, as well as office ergonomics standards from the American National Standards Institute (ANSI) and the International Organization for Standardization (ISO).

[IWH research \(/how-to-make-office-ergonomics-training-more-effective-findings-from-a-field-trial\)](#) shows that completing the online office ergonomics training results in improved practices and postures. The [online training is even more effective \(/at-work/75/study-finds-supporting-learner-confidence-to-apply-new-skills-key-to-effective-training\)](#) when enhanced by follow-up in-person sessions designed to increase the confidence of workers and supervisors in their ability to successfully identify problems and implement solutions. [At CAMH \(/impact/camh-improves-office-ergonomics-through-iwh-online-training-program\)](#), where the program was piloted and then incorporated into its learning management system, the training has resulted in the need for fewer full ergonomics assessments because people are able to solve their own issues using the resource modules.



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