TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Risk Management: Ergonomics Is Part Of The Safety Equation

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Computers are a part of our daily life. We prepare and process reports and conduct research as part of our daily duties . In addition, we also use computers as part of our recreation when we engage in computer games. It is estimated we spend four to six hours per day at the computer. Our computer activities are performed on laptops as well as "community" workstations, which present different challenges. How can we reduce potential injuries?

DISCUSSION

- Have you experienced pains when working at the computer?
- How would you evaluate our computer workstations?
- Are the chairs adjustable?
- Do you ever make adjustments to the chair or monitor when working for more than one hour?
- Is the lighting in the area adequate?

The greatest asset of the school district is our people; protect them.

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Or email info@whainsurance.com
Ask for public entity safety coordinator

RM 9139