

Health First Business

Ergonomics Training & Evaluation

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Repetitive Stress Injury (RSI) is one of the most common worker related injuries in the office setting as well as the factory and various worksites. From carpal tunnel to tendonitis and other joint/muscle problems, these injuries can be very painful for the employee and difficult for the employer, due to time-loss and other related expenses. RSI is closely related to ergonomic conditions in the work place, and therefore largely preventable.

At Health First Business services we have designed a class suited to fit the most common of ergonomic/RSI injuries related to employees at computer work stations. Out teachers can come to your workplace and provide easy to understand training for your managers and employees that will help to prevent RSI problems before they cause pain, loss of productivity, and possibly time loss.

For employees in factory that are at risk for RSI, or other workplace settings, our team can create a custom designed training and injury prevention program for your company as well. Let us help you to keep Repetitive Stress injury under control in your business.