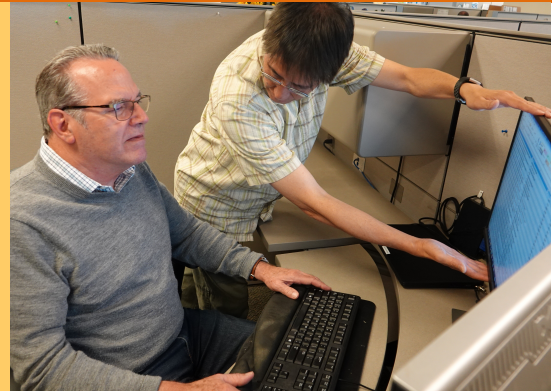


Office Ergonomics Evaluator Training

Learn how to become your office ergonomics evaluator



State Fund is offering a **free seminar** on how to become an office ergonomics evaluator. Most office equipment can be adjusted to help combat wrist pain, back aches, and neck strain, but many people do not know how to properly adjust this equipment. In the seminar, you will learn from a trained ergonomist and get hands-on experience evaluating and adjusting office equipment to fit a worker's unique needs. Employing office ergonomics can help reduce musculoskeletal stress and make your office a more comfortable place to work.

Wednesday, October 9, 2019
9:00 AM – 12:30 PM in English

State Compensation Insurance Fund
2860 Gateway Oaks Drive
Sacramento, CA 95833
Manzanita Room

Participants will learn:

- **How to adjust office chairs and other equipment through hands-on experience**
- **How to conduct an ergonomic evaluation for a coworker**
- **Common causes of office worker aches and pains and how they can be remedied**

How to Register:

Online: www.statefundca.com/seminars

By email: safetyseminar@scif.com – Please specify date, location, time, and attendee's name.

Please register by 09/20/2019

FREE SEMINAR

A complete list of upcoming seminars can be found at
www.statefundca.com/seminars.

For more safety content go to SafeAtWorkCA.com.

