

# The Future of Ergonomics



**Date:** April 8, 2020

**Presenter:** Rachell Mitchell, MSc Human Factors, RKin, CCPE

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**Extra Resources:** [Working from Home in the Face of a Pandemic: Applying Ergonomics Principles](#)

*This is a webinar from 2020, reflective upon the COVID-19 pandemic, but the ergonomic principles mentioned are still applicable for telecommuters and office workers looking to remain compliant and keep their work habits healthy.*

## **About the Webinar**

The Future of Ergonomics – How to remain in compliance with Ergonomics Standards in the face of changing technology and non-traditional work environments.

As our workplaces continue to evolve in the face of changes in technology and work culture, our employees also face new physical, cognitive, and psychosocial challenges.

Increasingly, employees are using mobile technology (tablets and phones) for data input which introduces both physical and psychosocial risks. Employees work at home, in their vehicles, or at hotelling (non-permanent) workstations. These non-traditional work environments present ergonomic challenges, but the Ministry of Labour still expects that these work environments remain in compliance with the CSA Standards for Office Ergonomics. This presentation will outline the challenges being faced by both employees and employers and will present strategies to ensure that work organization and workstation design meet the prescribed Ergonomic Standards and optimize employee health and wellbeing.

A case study for a home office, a vehicle workstation and a hotelling station will be discussed. Computer set ups for each situation will be evaluated using an ergonomic audit and solutions will be reviewed.

Participants will be provided with an “ERGO Vehicle Audit” to evaluate and assess work that is completed by employees required to work in their vehicles. Participants will be also provided with ERGO posters and informational Toolkit cards to help

promote proper ergonomics in their office ergonomic programs.

### **About the Speaker**

**Rachel Mitchell** is the Manager of Ergonomic Services with ERGO Inc. – a national ergonomics consulting and training organization. Rachel is a Canadian Certified Professional Ergonomist and a Registered Kinesiologist with over 16 years of experience. She holds a Masters of Science in Human Factors Engineering from Nottingham University and has over 15 years of ergonomics consulting experience in a range of industries ranging from manufacturing, corporate services to health care. She is also the President of the Canadian College for the Certification of Professional Ergonomists.

Rachel builds relationships with employers, workers, and unions to ensure successful ergonomic and injury management outcomes; whether it be injury risk reduction, workstation, and workflow design, ergonomics program development, or return to work planning.