The Virtual Office Requirements and Tips For an Ergonomic Workspace

Speaker: **Kristan Rossetto**, R. Kin, A.E., B.Sc., H.K., GradCert ESLM, Ergonomic, Health & Wellness Consultant, ERGO Inc

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About the Webinar

Many of us are now conducting work virtually from the "comfort" of our homes. But for some their home workspace may not be "comfortable" at all. Some of us will be working in spaces not intended for computer work and may not have the equipment necessary for proper computer set up.

This session will assist employees and employers with what they should know about employee home offices.

This session will discuss the following:

- Requirements for home offices – ergonomic standards, legal issues
- Responsibility for home office workspace
- Practical tips for using equipment and material you already have to optimize your workstation set up
- Finding a good workspace, chair to sit on and tools to support adjusting your equipment
- Tips for finding cost effective ergonomic products
- Question period following session

A handout on proper computer set up, along with a proper chair adjustment video will be provided to attendees after the webinar.

About the Speaker

Kristan Rossetto is an Associate Ergonomist (AE) and a Registered

Kinesiologist with an Honours Bachelor of Science in Human Kinetics from the University of Guelph and a Post-Graduate Certificate in Exercise Science and Lifestyle Management from Humber College Institute of Technology and Advanced Learning. Kristan has workplace ergonomic experience in various settings, including manufacturing, warehouses, retail, correctional facilities and healthcare.