



# The Office Ergonomics Tool Kit With Training Disc

*Dan MacLeod*

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Computers revolutionized the office, and employees in many workplaces are still making adjustments... hunching their shoulders, tilting their necks, and sitting in awkward positions. When bright screens and bulky equipment can't be moved or shifted, it's the user who makes the compensations.

Relief from "desk discomfort" is possible, through a science that not only solves that immediate problem, but also holds substantial benefits for employer and employee alike.

Ergonomics is the science (and art) of workplace design for maximum physical comfort, maximum efficiency-and prevention of injury at the workplace. Its potential results: greater productivity, heightened morale, and reduced compensation for work-induced injuries. Keep in mind: most worker's compensation costs are for Cumulative Trauma Disorders (CTD).

The Office Ergonomics Tool Kit: With Training Disc provides a sensible step-by-step method to bring Ergonomics and its wonders to your workplace. Written for facilities managers, office managers, small business owners, office managers, and other non-professional ergonomists alike, its comprehensive and clear instructions enable managers to "fit" ergonomics principles to the exact needs of any office/workplace.

Every bit of advice in Office Ergonomics Tool Kit: With Training Disc is already in practice at offices that have consulted author Dan MacLeod. Many Fortune 100 companies in both offices and general industry have saved millions of dollars through guidance. Industrial Hygiene and Safety News names MacLeod "one of the key players influencing both government and ergonomic standards and industrial control strategies."

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