



Training Topics

We conduct customized on site workshops to meet organizational educational and training goals. Our programs can be tailored in terms of structure, organization, facilitated dialogue, interactive activities, simulations, goals and objectives. Here are some examples of educational programs we conduct:

- Accommodating Individuals with Physical Challenges
- ADA review
- Age Related Changes
- An Introduction to Basic Ergonomics
- Assistive Technology: Simple Equipment to Improve Work Performance
- Avoid Extremes
- Avoid Overexertion: Take a Proactive Approach
- Back Disorders and Ways to Prevent Them
- Behavior Is the Key to Preventing Work Place Injuries
- Carpal Tunnel: What You Can Do to Prevent it from Happening to You
- Common ADA Errors and Omissions in New Construction and Alterations
- Common Conditions that Dis-able the Abled
- Common Health Conditions that Can Affect Abilities
- Communication Techniques
- Controls and Solutions for Your Work Setting
- Design Considerations for the Aging Worker
- Developing Inclusion Strategies
- Differences Between Handicap and Disability
- Dis-abling Actions or Attitudes
- Environmental Hazards or Risk Factors
- Ergonomic Tips for Office Workers
- Ergonomics: Prevent Injuries and Increase Profits
- Good Body Mechanics Prevents Injuries
- Health Conditions in the Workforce
- How Behavior and Lifestyles Influence Safety

- How Do We Get, Move, or Put Things?
- How to Accommodate Individuals with Arthritis
- How to Accommodate Individuals with Cognitive Impairments
- How to Accommodate Individuals with Communication Impairments
- How to Accommodate Individuals with Coordination Impairments
- How to Accommodate Individuals with Hearing Impairments
- How to Accommodate Individuals with Mobility Impairments
- How to Accommodate Individuals with Multiple Sclerosis
- How to Accommodate Individuals with Strength Impairments
- How to Accommodate Individuals with Visual Impairments
- How to Assist Others to Be Most Helpful
- How to Use Assistive Equipment
- Ideas for Removing Barriers to Increase Accessibility
- If Your Body Wears Out, You Can't Get a New One
- Mini Breaks: Balancing Health and Work
- Myth Busters
- Myths about Disability
- Normal Aging
- Practical Introduction to Ergonomics for the Small Business Owner
- Preventing Arm and Leg Injuries
- Preventing Work Place Injuries
- Quick Tips for Lifting
- Risk Factors Associated with Computer Use
- Safe Lifting Techniques
- Safe Manual Handling
- Safe Stretching Techniques for the Workplace
- Stretching and Exercising at Work
- There Are No Hard Rules in Ergonomics
- What Are Musculoskeletal Disorders and How Are They Prevented?
- What Are Risk Factors?
- Why Do We Need Injury Prevention in the Workplace?
- Working in the "Comfort Zone"
- Workplace Accommodations for Persons with Musculoskeletal Disorders