

Wellness Presentations

Do you have an active wellness committee or are you looking to launch a wellness initiative? Desktop Ergonomics provides wellness-based presentations on office ergonomics and increasing physical activity throughout your day. Presentations include a series of stretches you can perform while at work.

Topics include:

Staying Fit While You Sit: Incorporating Stretching/Exercise during the Workday

Are you stuck in 'sedentary confinement?' Sitting in front of a computer for eight hours a day (or more!) is quite draining, both physically and mentally. Learn how to incorporate desk stretches and increase your daily minutes of activity.

Basics Steps to an Ergonomic Workstation Setup

Understand the causes of work related injuries and how to quickly assess and adjust your workstation. Specific information covered includes neutral posture, wrist and hand placement, body and chair positioning, and overall workstation layout.

Other services offered:

- ✓ Employee workstation assessments
- ✓ Wellness/Safety Committee Training
- ✓ Office Ergonomics: Train the Trainer
- ✓ Product recommendations



About the Instructor



Shannon M. Poppe is an experienced Ergonomics Trainer/Consultant and owner of Desktop Ergonomics. She has helped employers ensure a healthy office environment by providing ergonomic workstation assessments, training, and product recommendations. She has provided over 800 workstation assessments, specializing in retrofitting existing employee workstations.

Shannon has a master's degree in Leadership Education and is a Certified Ergonomic Assessment Specialist (CEAS).