



ERGOhealthy

Work at-home Ergonomic Solutions

EMERGENCY RELIEF FOR COMPANIES WITH EMPLOYEES WORKING FROM HOME

SERVICES AVAILABLE

- **Remote Assessments**
ERGOhealthy Coaches work with people via online and phone to conduct ergonomic assessments and solve ergonomic problems for at-home workers
- **ERGOhealthy Resource Center**
Online ergonomic resource center with accurate and fact-based ergonomic information. All visitors have access to an ergonomics coach for ergo Q&A
- **Free Ergonomic Live Webinars**
Ergonomic webinars address common sense approaches for working at home. Live Q&A with an ERGOhealthy Coach

SOLUTIONS THAT WORK

Working from home, especially for those in sudden transition to a "home office" (couch, kitchen table, garage, old office desk) may need some ergonomic and safety guidance. We use a common sense approach in these circumstances.

Combined with this real-world understanding, our ERGOhealthy Coaches use logic combined with best practices for each person's situation.

For those attending our Webinars, or as part of the ERGOhealthy Resource Center, we provide calm and professional guidance.

To learn more, or to download our 5 Quick Steps to Set up Your Workstation, visit us at:

<https://aspenrmg.com/remote-assessments/>

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