

FIND YOUR JUST RIGHT FIT...

THROUGH *ERGONOMICS*

Ergonomics is the design of work so that the environment fits the individual. Following principles of ergonomics is proven to increase personal comfort, task performance, and overall well-being in and outside of work.

Virginia Bankers Association Benefits Corporation is pleased to announce partnership with The Rising Workplace to offer virtual ergonomics education and support for all employees.

Live Ergonomics Webinar:

Friday, October 3rd at 10:00 am EST

Learn how to apply basic ergonomics to work environments with the understanding that all of our work environments are different and our challenges are unique. In this 60-minute session, the specialist will help you tease out the "ergo-fads" from the "ergo-facts" while providing practical tips and advice for working in healthier postures, incorporating more movement into the day, and combatting screen fatigue.

There will be time at the end for Q & A, and the session will be recorded.

[Click here to register for the live webinar!](#)



Ergonomic Self Assessment Tool:

The online self assessment tool takes about 10 minutes to complete.

- Real-time guidance on how to set up an ergonomic workspace
- Provides customized feedback based on your responses
- Recommendations for workstation modifications and behavior changes
- Compatibility with desktop, laptop, or mobile devices
- A copy of your responses, recommendations, and additional resources is sent to your email

[Click here to start the self assessment tool!](#)