

Virtual Ergonomics Assessments

Little changes can make a big difference

Do you have lower back pain? Headaches? Achy wrists? Your workstation may be to blame.

Many of us have been working from home for the past few months and have had to create 'makeshift' desks to set up home offices, not knowing how long this might continue. With the uncertainty of the current environment, a few months may turn into the foreseeable future. Make sure you are set up properly to avoid discomfort and possible injury.

We can help! Our team of experts can provide you with an assessment of your current workstation and recommend changes to ensure you are set up properly to create a safe and productive work environment. Our occupational & physical therapists and athletic trainers have more than 100 years of experience combined, and have advanced training and certifications in ergonomics. Meet with them virtually to assess your overall work environment, including your desk, chair, computer and keyboard set up.

Investing a little in proper set up today will provide you with a much more efficient and comfortable work space that will help improve your productivity and avoid long-term injuries. Little changes can truly make a big difference!

Questions? Want to know more or how to take the next step?

Let's connect!

For more information, email atwork@ascension.org.

Ascension Wisconsin
Employer Solutions

© Ascension 2020. All rights reserved.



Working at your computer for long periods of time with a poor set up can cause sore muscles, headaches, eyestrain, tension and fatigue. Over time, poor ergonomic setup can lead to a musculoskeletal disorder (MSD).

"Thank you again for your thoughts and expertise. I got myself in analysis paralysis which only made myself more uncomfortable by the day! Glad we have your team as a resource."

- A satisfied client

