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SIEMENS

PREVENTION AT THE WORKPLACE

Ergo Plus

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You would like to book an **Ergo Plus Workshop** or have further questions, we are happy to help you:

Email

hp.mch.ehs@siemens.com

Further information

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Ergo Plus – What's that?

This Workshop is an advanced seminar to the workshop „Ergo Online“and will take place on-site. The already learned theoretical basics are now implemented and deepened in practice together with the participants. You will learn how to adjust your office desk ergonomically and to integrate dynamic sitting and standing into your daily office routine.



Prevention at workplace

Key facts

- Target group: All Siemens AG employees and associated companies with sedentary work
- Location: at the workplace in the office & meeting-room
- Duration: 90 minutes
- Participants: maximum 16 people
- Costs: on request
- Paid by: departmental cost center
- Booking by the manager

Course and contents

- Short active group session: Strengthening and mobilization exercises to balance the daily work routine
- Keynote speech (short repetition of the theoretical knowledge from Ergo Online)
- Issue of the Siemens Office pocket guide with tips and exercises for the office workplace
- Demonstration of ergonomic adjustments of chair, table, monitor, etc. at a sample office desk
- Independent setting of own workplace in teams of two with the support of the trainer
- Short online quiz as a follow-up to the workshop in order to consolidate what has been learned

