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** intranet.siemens.com/health-promotion Siemens AG Health Promotion Munich P&O EHS DE HM STH HP-MCH Otto-Hahn-Ring 6 81739 Munich, Germany

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**SIEMENS** 

PREVENTION AT THE WORKPLACE

**Ergo Plus** 

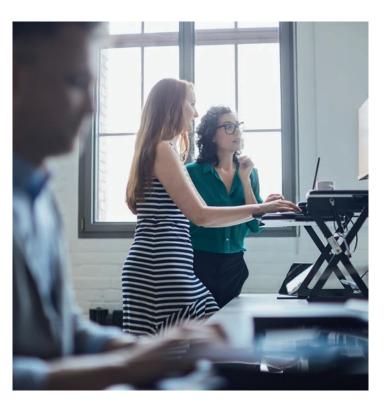
### intranet.siemens.com/health-promotion



## **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.





#### **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

# Prevention at workplace

#### Key facts

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

