

# Work From Home Ergonomics



## **Walkthrough Work From Home Ergonomics with our Loss Control Specialist, Claudia Marcogliese**

After working from home for the last 14 months we have compiled a list of highlights, common questions, and concerns relating to Work From Home Ergonomics. We have illustrated simple ways your employees can adjust their workstations at home with items that they have at hand.

Our Loss Control Consultants can provide ergonomic training virtually and also offer ergonomic self-evaluations through our app. We can offer training to your employees on the basics of ergonomics or provide more comprehensive train-the-trainer programs.

To discuss your company's training needs, contact your Loss Control Specialist or email: [losscontrol@bhhc.com](mailto:losscontrol@bhhc.com)