

**Optimise Ltd is providing seminars based on the new best practice document
“Guidelines for Using Computers - Preventing and managing discomfort, pain and injury”.**

Optimise Ergonomist, Marion Edwin CNZErg, has been part of the writing team for this important document. First as an occupational therapist and now as an ergonomist, Marion has over twenty years of experience assisting organisations to provide healthy work environments and work experiences for people using computers. She is a skilled group facilitator and respected trainer, always remembered for her lively and informative sessions. Attendees ‘get’ the important information, and learn the skills they require.

Training sessions are available in main centres around New Zealand and in other centres as demand indicates. If required, sessions can be tailored to your organisation’s specific needs.

Knowledge and skills gained includes:

- How the guidelines link to the legislation, previous documents, and other resources
- Understanding computer-related health problems and causes
- Assessing the hazards related to computer-use
- Identifying the hazard controls that fit the intent of the best practice document
- Selecting suitable interventions
- Managing the health problems of computer users
- Monitoring the health of computer users
- Reviewing your hazard management systems.

Training is suited to:

- *Occupational health and safety practitioners* - learn what the new guidelines mean for practice.
- *Business owners or managers* - understand how the guidelines impact for your business, including guiding decision-making for office and equipment upgrades.
- *Supervisors, health and safety representatives* - learn suitable induction and ‘first aid’ computer comfort interventions.
- *Retail staff* - to ensure that advice given fits with current best practice when selling computer-related equipment.
- *Designers and manufacturers of computer-related equipment and furniture* - to understand best practice for computer use.
- *Computer users* - to know how best to manage self, tasks and the environment for healthy computer use.

If you wish to attend a seminar on the new Computer Guidelines, please register by downloading and completing the registration form from the website (www.optimise ltd.co.nz) then emailing it to info@optimiseltd.co.nz



design for optimum human performance

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