Making Your Workstation Fit You

Want to make sure that your workstation is a good fit for you? Join us for this presentation and learn how to perform your own ergonomic evaluation. You’ll discover how to make simple changes that can assist in alleviating physical stress and discomfort while performing your job. An open discussion will follow the presentation to answer questions about how to adapt your computer workstation to fit your physical needs.

**Presenters:** Lisa Donohue and Michelle McConville, UAlbany Office of Environmental Health and Safety

**Attend this educational session and then visit the “EAP Meet and Greet” on Tuesday, February 26 to check out exhibitors providing office ergonomic information and equipment!**

**Two Sessions Available!**

Monday, February 25

11:30 am—12:15 pm

Or

12:30 pm—1:15 pm

Room 375

Campus Center

**To Register:**

Brenda Seckerson, EAP Coordinator

bseckerson@albany.edu

518.442.5483

Or register online:

HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM