

# COVID-19 REMOTE WORK SERVICES



## GENERAL INFO + TIPS

Billy Bronco's Ergonomic Guide to Working Remotely contains info and important factors to consider in your remote work environment.



## CHECKLIST

The do's and don't's of setting up an ergonomic workspace and the steps to take in order to accomplish this.



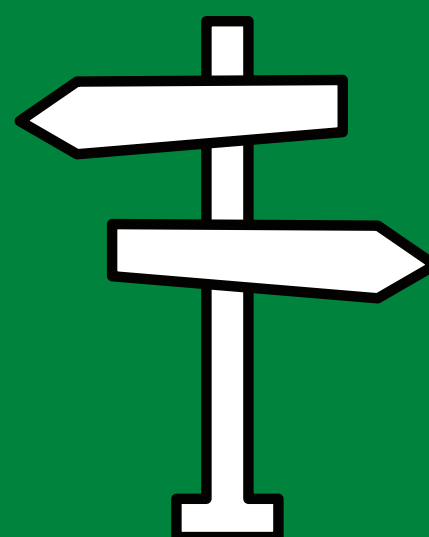
## EQUIPMENT

Check out our Remote Work Ergonomic Video which demonstrates how to setup and make use of your devices ergonomically and efficiently!



## ERGONOMICS TRAINING

Online training are made available through CPP SumTotal. This course is designed to provide the basic information needed to recognize and report musculoskeletal disorder (MSD) signs, symptoms, and risk factors.



## BILLY BRONCO'S GUIDES

A collection of our easy to follow guides such as:

- Billy Bronco's Guide to Basic Ergonomics
- Billy Bronco's Guide to Ergonomic Stretches
- Billy Bronco's Guide to Preventing Carpal Tunnel Syndrome

and much more!



## ADDITIONAL QUESTIONS

If you have questions about your specific needs at home check out our Ergonomics Q&A Sheet for frequently asked questions, contact [ergo@cpp.edu](mailto:ergo@cpp.edu), or visit [cpp.edu/ehs/index.shtml](http://cpp.edu/ehs/index.shtml)