

## Ergonomic Guidelines and Videos

### Ergonomic Guidelines

- [Ergonomics: Steps to Adjusting Your Office Chair](#) [1]
- [Ergonomics: While Working Remotely](#) [2]
- [Ergonomics: What to Look for in a Chair](#) [3]
- [Hospitality Ergonomics – Tips to Prevent Injuries](#) [4]
- [Laboratory Ergonomic Tips](#) [5]
- [Manual Material Handling- Tips to Prevent a Lifting Injury](#) [6]
- [Office Ergonomics – Remember the Basics - Sitting](#) [7]
- [Office Ergonomics - Remember the Basics - Sitting and Standing](#) [8]
- [Stretching @ Work](#) [9]

### Video - Ergonomic Work Station Setup:

<https://www.youtube.com/watch?v=DN7vOIQWRgQ> [10]

### Video - Adjusting Your Office Chair:

<https://www.youtube.com/watch?v=DEGrgHXQn0s> [11]

For further information please contact Occupational Health and Wellness (OHW) by phone at 519-824-4120 ext. 52647 or by [email](#) [12] .

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### Source

URL:<https://www.uoguelph.ca/hr/about-hr/occupational-health-and-wellness-ohw/ohw-programs/ergonomic-services/ergonomic-guidelines>

### Links

[1] <https://www.uoguelph.ca/hr/ergonomics-steps-adjusting-your-office-chair> [2] <https://www.uoguelph.ca/hr/ergonomics-while-working-remotely-0> [3] <https://www.uoguelph.ca/hr/ergonomics-what-look-chair> [4] <https://www.uoguelph.ca/hr/sites/default/files/Hospitality-ergonomic-tips.pdf> [5] <https://www.uoguelph.ca/hr/sites/default/files/Ergonomic-Laboratory-Tips.pdf> [6] [https://www.uoguelph.ca/hr/system/files/Manual%20Material%20Handling\\_2.pdf](https://www.uoguelph.ca/hr/system/files/Manual%20Material%20Handling_2.pdf) [7] <https://www.uoguelph.ca/hr/sites/default/files/Office-Ergonomics-Sitting.pdf> [8] <https://www.uoguelph.ca/hr/sites/default/files/Office-Ergonomics-Sitting-and-Standing.pdf> [9] <https://www.uoguelph.ca/hr/sites/default/files/Stretching-at-Work.pdf> [10] <https://www.youtube.com/watch?v=DN7vOIQWRgQ> [11] <https://www.youtube.com/watch?v=DEGrgHXQn0s> [12] <mailto:ohw@uoguelph.ca>