

Online Training and Self-Assessment

Healthy Working Ergonomics is UCOP's interactive self-evaluation and training program focused on office ergonomics. The online program allows us to identify your risks, automate injury prevention activities, and track and analyze your results. Completion of **Healthy Working Ergonomics** is a prerequisite to scheduling an ergonomics workstation evaluation with an ergonomist and is a requirement for matching funds eligibility.

Below are instructions for accessing the course:

1. Log in to the [UC Learning Center](#) with your UCOP login
2. In the top left hand corner, enter the word "ergonomics" into the search field
3. Select **Healthy Working Ergonomics**
4. Following the training, you will be directed immediately to an online Ergonomics Self-Assessment

Ergonomics Tips for Remote Work

Remote Work Pre-Assessment Questionnaire