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