



**A S S T S A S**

Association paritaire pour  
la santé et la sécurité du travail  
du secteur affaires sociales

## **COVID-19 – Ergonomic Tools for Teleworking**

In the current pandemic, Premier Legault has announced strict measures to protect the public. In keeping with these directives, a number of organizations have shifted to remote working. Many workers must now figure out this new way of doing things, which may present challenges in terms of setting up their computer work area. A poor setup may create strain on the shoulders, back, wrists and eyes, etc. (musculoskeletal disorders – MSD). There are three online tools that can help you reduce that risk.

### **Using a laptop safely at home**

There are a few easy things you can do at home to quickly improve your body posture when you're using your laptop. In every environment, sticking to ergonomic principles will prevent discomfort. This short animated video is produced by Vodafone.

Online: <https://www.youtube.com/watch?v=jbV5dGvJWyo>

### **Short videos on ergonomics and teleworking (APSSAP)**

During the pandemic, the occupational health and safety organization APSSAP (Association paritaire pour la santé et sécurité du travail, secteur Administration provinciale) is providing free access to three 2-4 minute videos. These videos demonstrate a few simple ergonomic rules to show you how to work effectively in three different environments (kitchen, living room and with an adjustable chair).

To see the narration in English, click the gear icon (Settings) at the bottom of the video, enable subtitles and select English.

Online: <https://apssap.qc.ca/article/le-coronavirus-et-notre-quotidien-teletravail/>

### **Fact sheet on office ergonomics (ASSTSAS)**

ASSTSAS (the Association paritaire pour la santé et la sécurité du travail de secteur affaires sociales) has a fact sheet on office ergonomics that sums up the main criteria for setting up your workstation to reduce the risk of backaches, neck pain, elbow discomfort, etc.

Online: <https://asstsas.qc.ca/sites/default/files/publications/documents/Fiches/FT16-bureau-proof-AN.pdf>

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*Ensemble en prévention*