

# ERGONOMICS 101



**CEU . WEDNESDAY . MARCH 24th**

**Time: 11:45 -1:00 pm . Place: The Lubbock Club**

**Presentation includes an overview of six major ergonomic principles, musculoskeletal risks and disorders, awkward and neutral postures, and proper workstation configurations.**

**HSW IDCEC COURSE # 4469 . CEU 0.1**

**HSW AIA PROGRAM COURSE: ERG101 . LU 1.0**

**RSVP to [keesha@adling.com](mailto:keesha@adling.com)**

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