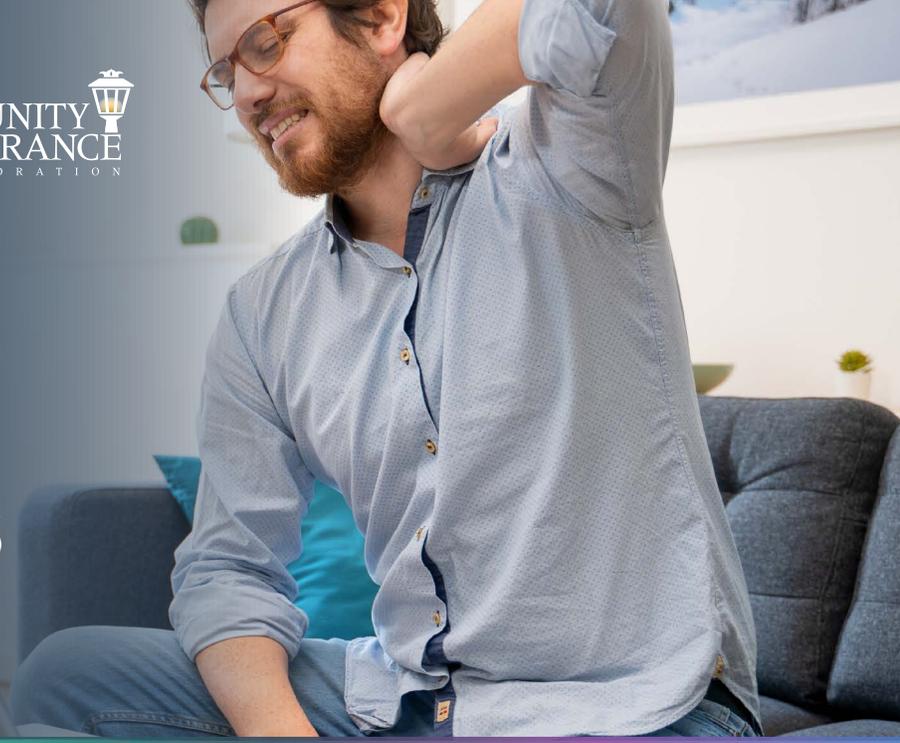




# Virtual Ergonomic Assessments



**The County Mutual and Community Insurance Corporation are pleased to make Virtual Ergonomic Assessments available to ALL insurance program members at no additional cost.**

With the COVID-19 Pandemic and Safer at Home orders in effect, our members and their employees are doing their part to halt the spread of the coronavirus by instructing employees to work-from-home. As a result, many employees are working from kitchen tables, beds, sofas or any other impromptu desk that presents itself. Prolonged work in these conditions and without a proper ergonomic setup can cause general discomfort, musculoskeletal issues, and exacerbate underlying conditions or pre-existing ailments.

The Virtual Ergonomic Assessments will connect your employees with County Mutual and Community Insurance Corporation Risk Management Consultants who will lend their expertise in ergonomics to provide quality recommendations to achieve a ergonomically-conscious workstation and promote work-from-home wellness.

## Virtual Ergonomic Assessments

- » Each assessment will last approximately **one (1) hour**
- » The Assessment will involve **discussing your current workstation setup** and understanding any concerns, current discomfort, and pre-existing conditions. Next, the Assessment will take a look at **how you work**. This background will allow our Consultants to **provide recommendations virtually**.
- » Following your Assessment, you will receive a report summarizing the recommendations.
- » **Tips for making the most of your Assessment:**
  - Provide a detailed description of your current workstation setup when you register - and be sure to note any concerns, current discomfort, and any pre-existing conditions.
  - Provide pictures and/or video of your workstation setup - a side view, front view, and even a video of you pulling up to your workstation are incredibly helpful.
  - You may elect to use FaceTime/Zoom during your Assessment, however, it is not required.

**Next > : How to Register**

