

Telework Training

Virtual Health and Safety Education Sessions

Serious, non-fatal workplace injuries account for nearly \$60B in US workers' comp costs. About \$16B of those claims (e.g. slips, trips, and falls; and repetitive motion) can still occur while your employees are working from home.

Training at-home employees will reduce your liability while ensuring they're ready when normal business resumes.



Whether you're grappling with ways to safely protect your at-home workforce or seeking to hone their health and safety skills, we can help. Either select a topic below or let us help you craft a personalized, virtual (online) health and safety training session.



Why Apex?

Established in 1988, Apex is a national multidisciplinary consulting and engineering services firm with a robust portfolio of capabilities in water, environmental, health and safety, construction management, transportation, compliance and assurance, and infrastructure. We operate in all 50 states and maintain a highly capable and diverse team of scientists, geologists, engineers, technicians, and information management specialists. For more information, [contact us](#).

Below are just a few topics we offer to meet your OSHA training or continuing education credit needs.

Track 1: Home Office-Specific Training

- Introduction to Office Ergonomics
- Setting Up an Ergonomically Effective Home Office
- Safety Precautions for Home Offices
- Office Stretches to Improve Productivity
- Workflow Improvement and Stress Reduction

Track 2: Essential Health and Safety Courses

- Control of Hazardous Energy/Lockout/Tagout (Affected Level)
- Hazard Recognition
- Hazard Communication
- Personal Protective Equipment (PPE) Selection, Maintenance, and Use
- Introduction to Industrial Hygiene
- Safe Lifting/Manual Material Handling
- Slips, Trips, and Falls
- Overview of OSHA's 7 Core H&S Elements
- Conducting Risk Assessments
- Machine Guarding Techniques
- Your Custom Topic

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