

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, engineering, and field services firm with a robust portfolio of capabilities in water, environmental, health and safety, construction management, transportation, compliance and assurance, and infrastructure. Consistently ranked as a top *ENR* All-Environmental firm and in the top 200 overall, we are known for our technical expertise, rapid response, operational integrity, and exceptional client satisfaction. We operate in all 50 states and maintain a highly capable and diverse team of scientists, engineers, technicians, and information management specialists. For more information, [contact us](#).

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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