



# Ergo Open Hours

er·go·nom·ics: fitting equipment to the person rather than the person to the equipment  
*...so think about your own personal work set-up and how it can be improved!*

## Meet with an Ergonomist!

Join an individual one-on-one Zoom meeting with an Ergonomist from Safety & Quality Plus.

Discuss your questions or concerns about ergonomics within your workspace.

## Thursdays!

**Available between 12p-1p!**

Three ways to join:

- ✓ Click the link below
- ✓ Scan the QR Code
- ✓ Type in the meeting number on Zoom

Join via Zoom at <https://us02web.zoom.us/j/84211615682>

or enter meeting number 842 1161 5682

*Open Hour will not operate on state or federal holidays.*



The State University  
of New York

