

Other Services Offered

Lifestyle Redesign® for:

Health Coaching

Mental Health

Pain Management

Chronic Headaches

Weight Management

Diabetes Management

Pelvic Floor Health

Oncology

Smoking Cessation

College Students

Multiple Sclerosis

Parkinson's Disease

Autism Spectrum Disorder



Lifestyle Redesign®

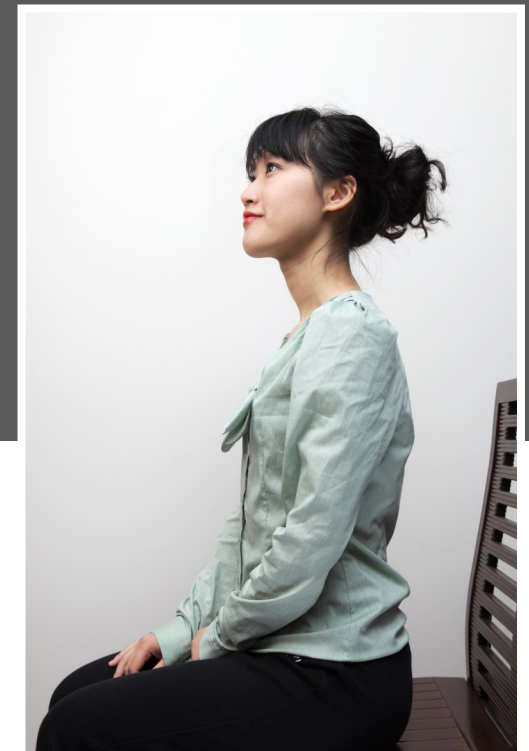
for

Ergonomics

Building better lives through
LIFESTYLE REDESIGN®

USC Occupational Therapy Faculty Practice

Tel: 323-442-3340 | Fax: 323-442-3351
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USC Chan Division of Occupational
Science and Occupational Therapy
Faculty Practice

USC Occupational Therapy Faculty Practice

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What do occupational therapists do?

Occupational therapists (OTs) help people participate in the activities they need and want to do in healthy ways. OTs address the physical, cognitive, and psychological aspects of well-being, in the home, workplace, and community.

How much time will this take?

An ergonomic evaluation typically takes 45-60 minutes and is conducted at your office workstation or in your home.

How much will this cost?

Ergonomic evaluations of the home and workplace may be covered through insurance. Self-pay options are available.

USC Employees: Evaluations are a free benefit for all USC employees through Environmental Health & Safety. Departments are responsible for the purchasing of any equipment.

We can help you:

- Assess your working posture
- Modify your office layout to better fit your needs
- Recommend strategies to better manage chronic pain
- Provide education and training on injury prevention
- Adjust your current equipment to better fit your body
- Identify behaviors outside of work that contribute to ergonomics
- Provide you with a written report
- Recommend specific ergonomic equipment
- Enhance your sense of well-being at work



So how do I sign up?



Phone
323-442-3340



Email
otfp@med.usc.edu



Locations
Health Sciences Campus
1640 Marengo Street, Suite 500
Los Angeles, CA 90033

University Park Campus
Engemann Student Health Center
1031 W. 34th Street, Suite 452
Los Angeles, CA 90089

Telehealth
Sessions also available online.
Please inquire if interested.

USC Employees

Go to Self-Evaluation website:
<https://ehs.usc.edu/occhealth/ergonomics/>

Click on “Ergonomic Self Evaluation Link” and log in with your USC NetID account login