

Workplace Ergonomics

The human body is a fragile system, and we put many demands on it every day. Activities like reaching to get supplies off of a shelf, sitting in front of a computer for hours every day, and moving heavy products around the shop can all take a toll on our bodies. In this two-day workshop, you will learn how to make your environment as ergonomic as possible.

What Will Students Learn?

- ✓ Define ergonomics and its related terms
- ✓ Identify where to get ergonomics information for your region
- ✓ Identify how ergonomics can be incorporated into your workplace
- ✓ Assess your environment for ergonomic hazards, create ways to resolve those issues, and plan for implementation
- ✓ Review and evaluate your ergonomic efforts
- ✓ Use change management techniques effectively
- ✓ Describe the basic principles of ergonomics
- ✓ Outline ergonomic practices for sitting, standing, lifting, carrying, pushing, and pulling
- ✓ Design an ergonomic workstation
- ✓ Identify important ergonomic features of tools and machines
- ✓ Understand the role that environmental factors (such as sound, air quality, and light) play in ergonomics

What's Included?

- ✓ Instruction by an expert facilitator
- ✓ Small, interactive classes

What Topics are Covered?

- ✓ The role of ergonomics in your workplace
- ✓ The ergonomic assessment cycle
- ✓ Identifying and assessing ergonomic hazards
- ✓ Developing a plan to address ergonomic issues
- ✓ Identifying and implementing solutions
- ✓ Obtaining employee buy-in
- ✓ Tips for successful implementation
- ✓ Reviewing your ergonomics program
- ✓ Basic ergonomic principles
- ✓ Optimal sitting and standing
- ✓ Safe lifting and transporting
- ✓ Ergonomic workstations and safe tool selection and use
- ✓ Creating an ergonomic environment
- ✓ Bringing it all together

- ✓ Specialized manual and course materials
- ✓ Personalized certificate of completion