

Ergonomics Training

Ergonomics training is needed now more than ever to help control the growing number of injuries due to stress and repetitive motion. In this comprehensive ergonomics training course students will learn the definition of ergonomics and the different types of musculoskeletal disorders. Your students will learn about ergonomic risk factors and their cumulative effect. Students will learn about force, repetition and posture and their effect on the body. In this ergonomics training they will learn about the neutral position and how to incorporate changes in the workplace to improve ergonomics.

- Rich multimedia presentation with interactions and quiz
- Print certificate and wallet card
- You have 60 days to complete the course
- CEUs awarded

Audience

Ergonomics training is intended for all workers.

Topics

The course presents the following topical areas:

- What is Ergonomics
 - Defining ergonomics
 - Musculoskeletal disorders
- Risk Factors
 - Types of risk factors
 - The cumulative effect
- Ergonomic Improvements
 - Basic principles
 - Neutral body movements
 - Incorporating changes
- The Ergonomic Program
 - Elements of the ergonomic program

Intended Learning Outcome

Upon successful completion of this course you will be better prepared to:

- Explain the concept of ergonomics.
 - Define ergonomics.
 - Identify the basic principle of ergonomics.
 - Describe how ergonomics reduces risk factors.

- Recognize musculoskeletal disorders.
 - List symptoms of musculoskeletal disorders.
 - Recall that MSDs develop over time.
- Recognize ergonomic risk factors.
 - List three types of ergonomic risk factors.
 - Identify repetition as the risk factor associated with doing the same movement over and over.
 - Identify force as the risk factor associated with extra physical effort to perform a task.
 - Identify posture as the risk factor associated with working in non-neutral body positions.
 - Analyze posture for possible risk factors.
 - Agree that an occasional awkward position does not necessarily cause harm.
 - List items that are considered risk factors.
- Maintain neutral body movements to reduce risks.
 - Define neutral body movements.
 - Select examples of neutral body movements from a list.
- Use quick fixes to reduce risk factors.
 - Agree that work should close to the body and at elbow height.
 - Select quick ergonomic solutions from a list.
- Participate in your company ergonomic program.
 - Describe an Ergonomic Program.
 - Identify the possible processes in which an employee may be involved.



FRG Corp.