



Workplace Ergonomics – Injury Prevention through Ergonomics

Description: *Ergonomics is a hot topic! People are realizing that the demands that we place on our bodies can take a toll. This two-day **Workplace Ergonomics Training** offers an introduction to essential topics such the components of an ergonomic assessment cycle, solutions for various ergonomic hazards, rules and regulations, and more. The training materials are rich with current content and focus on applying ergonomic principles to make any workplace a healthier and safer one.*

Session One: Course Overview

Session Two: Getting Started

- What is Ergonomics?
- Legislation and Regulatory Bodies

Session Three: The Role of Ergonomics in Your Workplace

- A Plan for Everyone
- Case Studies

Session Four: The Ergonomic Assessment Cycle

Session Five: Identifying and Assessing Ergonomic Hazards

- How to Identify Ergonomic Hazards
- An Assessment Toolkit
- Case Study: The Acme Widget Company

Session Six: Developing a Plan to Address Ergonomic Issues

- Three Key Methods
- Categorizing

Session Seven: Identifying and Implementing Solutions

- Where to Find Ideas?
- Making Connections

Session Eight: Obtaining Employee Buy-In

- Change Management 101
- Insights

Session Nine: Tips for Successful Implementation

Session Ten: Reviewing Your Ergonomics Program

Session Eleven: Basic Ergonomic Principles



Session Twelve: Optimal Sitting and Standing

- Best Practices for Sitting
- Best Practices for Standing
- Identifying Areas for Improvement

Session Thirteen: Safe Lifting and Transporting

- Lifting Safely
- Transporting Materials Safely

Session Fourteen: Ergonomic Workstations

- Overview
- Making Connections

Session Fifteen: Safe Tool Selection and Use

- Safe Tool Design
- Making Connections
- Vibration Considerations

Session Sixteen: Creating an Ergonomic Environment

- See the Light!
- Breathe the Air!
- Hear the Sounds!
- Case Study: The Acme Widget Company

Session Seventeen: Bringing It All Together

- Case Study
- Workshop Wrap-Up