



BASICS OF ERGONOMICS WORKING IN COMFORT

OSHA General



Course Syllabus

TMC4027 - Ergonomics: Basics of Ergonomics

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 workers will learn the definition of ergonomics and the different types of musculoskeletal disorders. Your workers will learn about ergonomic risk factors and their cumulative effect. Workers 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.

- Explain the concept of ergonomics.
- Recognize musculoskeletal disorders.
- Recognize ergonomic risk factors.
- Maintain neutral body movements to reduce risks.
- Use quick fixes to reduce risk factors.
- Participate in your company ergonomic program.

TMC4028 - Ergonomics: Basics of Ergonomics

In the past we often performed a variety of tasks that helped us stay fit. Now, work moves faster, is more specialized, and our bodies have less variety in the movements made on the job. You probably don't even realize how your job can effect your body. Until you begin to feel the strain.

We need to learn how to work by considering what is best for our bodies. That's what ergonomics is all about. Ergonomics; designing the job to fit the person, rather than making the person fit the job. It's the science of designing tools and equipment, the layout of workplaces, and the overall organization of work to improve employee well being and workplace efficiency.

This program will show your workers how to use ergonomic guidelines to make their work more comfortable. They will also learn proper body mechanics and how stretching can help them do their jobs better, safer, and more efficiently.

- Explain the factors that put your body at risk.
- Use body mechanics to control ergonomic risks.
- Alter workspace design to implement improvements.
- Alter the work area to improve visual comfort.
- Utilize ergonomic suggestions to avoid eye strain.
- Use good work habits to keep your body fit.
- Recognize the importance of stretching.
- Use the correct stretch to benefit each body part.

Formatting and Pricing

Format: E-Learning

Catalog#

TMC4027(E)

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Who should take this course?

Ergonomics training is intended for all workers

Course Length:

30 ~ 60 minutes

To Purchase this Training

Go To: EnviroGuardTraining.com

Call: 800-206-9884

Fax: 909-624-1772

Email: SalesInfo@EnviroGuard.com