

Ergonomics

Ergonomics is the science of designing the job to fit the worker. Ergonomics covers all aspects of a job, from the physical stresses it places on joints, muscles, nerves, tendons, bones and the like, to environmental factors which can affect hearing, vision, and general comfort and health.

Ergonomics also includes evaluating and designing workplaces, environments, job tasks, equipment and processes in relationship to human capabilities and interactions in the workplace. The goal of ergonomics is to enhance human performance while improving safety, health, comfort and job satisfaction.

Our Ergonomics certification covers:

- Introduction and Definition of Ergonomics
- Benefits of Ergonomics
- Physical Stressors That Cause Ergonomic Disorders
- Understanding Cumulative Trauma Disorders (CTDs)
- Types of CTDs
- Preventing CTDs
- Eyestrain and Video Display Terminals
- Symptoms of Eyestrain
- Preventing Eyestrain
- Workstation Design
- Injuries from Work Process
- Employee Involvement in Ergonomics
- Data Collection
- Some Suggestions for Avoiding Ergonomic Disorders

Duration: 2 Days

Exam: Must score 80% to pass