



LINK2eLEARNING

WORKPLACE ERGONOMICS

Most workplace injuries involve the back, shoulders and neck and make up for over 40% of lost time injuries. Poor lifting techniques, improper workstation setup and inadequate work process design can contribute to repetitive strain or musculoskeletal disorders, causing serious pain and suffering for workers and economic loss for employers.

Addressing workplace ergonomics isn't just the right thing to do ... it is the **law!** Employers are required to ensure workers are aware of the hazards associated with the worker's job and workplace and to implement controls to reduce the risk of those hazards. Ergonomics risk factors must be treated the same as any other workplace hazard.

Understanding effective ergonomic principles will help to reduce, minimize or eliminate such injuries, prevent injuries from reoccurring, and can facilitate in a safe return to work.

Training Solution – Online *Workplace Ergonomics* Course

This program addresses risk factors for **workplace** ergonomics. It will provide participants with an understanding of the fundamentals of ergonomics in various work-related situations, and will review methods to reduce the risk of injuries associated with poor ergonomics.

Course Overview

By taking this **Workplace Ergonomics** course, participants will:

- Become familiar with Musculoskeletal Disorders (MSDs)
- Recognize the signs and symptoms of MSDs
- Consider ergonomics with respect to workplace design
- Learn how to recognize, assess and control common workplace ergonomic hazards
- Review safe lifting techniques for back safety
- Understand the importance of ergonomics and the "Return to Work" process.

Online Course Offers Convenience and Efficiency

These courses are powered by the **Link2eLearning** LMS (Learning Management System), so you can track course progress and completion. Each training solution provides quizzes, a final exam and a course completion certificate.



CONTENT OUTLINE

1. **Introduction to Ergonomics**
 - Introduction
 - Benefits of ergonomics
 - Legal compliance
2. **Workplace Musculoskeletal Disorders**
 - Musculoskeletal system
 - Risk factors for MSDs
 - Secondary risk factors
 - Common musculoskeletal injuries
3. **Contributing Factors**
 - Contributing factors
 - People
 - Materials
 - Process
 - Controls for 'people'
 - Controls for 'equipment'
 - Controls for 'equipment' (hand tools)
 - Controls for 'materials'
 - Controls for 'environment'
 - Ergonomic controls
4. **Back Care**
 - Overview of back care
 - Back injuries
 - Lifting
 - Healthy living
5. **Ergonomics and Return To Work**
 - Return to work plan
 - Exam

FOR MORE INFORMATION call 1-800-797-2129
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