

Introduction to Ergonomics (Live, Interactive)

About this course

Faculty: Anderson

[Faculty Bios](#)

Intended Audience: Licensed professionals including Physical and Occupational Therapists, Physical and Occupational Therapist Assistants, Athletic Trainer, Certified/Registered Kinesiologist. Consideration of other state registered, or licensed health/safety personnel based on space and background.

[Additional course information](#)

Program Level (AOTA): Introductory

AOTA Classification Category: OT Service Delivery

Delivery: Distance Learning Live - Interactive

Student Ratio: 20:1

General Teaching Method Overview:

Webinar Lecture, Case Studies, Post-Course Quiz

Duration: 1.5 hours (1.5 contact hours)

Completion Requirements: Attend entire course session, class participation / engagement in learning activities, obtain passing quiz score of 80% or higher, and completion of course evaluation.

CEU Credit:

Approved by APTA Michigan for 1.5 contact hours – CEULocker# 085659



The ergonomics analysis process, applied in either the manufacturing or office setting, is based on a fundamental knowledge of ergonomics principles and applications which are pragmatic for helping individuals or groups in areas such as injury prevention, risk analysis, problem solving common work task challenges, facilitating return to work planning for individuals following injury, and improving communication with other stakeholder groups.

In this foundational training, we will examine the definition of ergonomics within a system design approach, starting with introducing ten ergonomics principles: process, position/support, movement, material handling, reach, workstation/tools/equipment, training, environment, health/wellness and feedback.

We will also integrate the foundations of ergonomics to provide the rationale for the ergonomics principles. Ergonomics foundations covered include epidemiology, work physiology, engineering psychology, anthropometry and occupational biomechanics.

The Ergonomics Foundations and Principles content provides a solid background to perform ergonomics assessments in a wide variety of work environments.

Introduction to Ergonomics (whether completed on-demand or online/live) is the first track of WorkWell's **Ergonomics On-Demand! Manufacturing and Office Ergonomics Program.**

Learning Objectives:

At the end of the training, participants will be able to:

1. Describe 3 work physiology principles that impact the effectiveness of work performance.
2. Identify 3 work process design principles that optimize worker health and safety.
3. Recognize 2 ergonomics principles that are present in a correctly designed workstation.
4. Independently recommend a practical ergonomic intervention that reduces a musculoskeletal risk in 2 different manufacturing scenarios.

Course Outline & Agenda

Time	Agenda Item
5 min	Welcome, Introductions, Orientation, Objectives
85 min	Introduction to Ergonomics <ol style="list-style-type: none"> 1. Definitions within a System Design Approach 2. Ten Ergonomics Principles 3. Foundations of Ergonomics

Required equipment for training: Computer with internet access and speakers/microphone (or access to telephone to dial in); individual log in credentials for the WorkWell Provider Learning Center

Equipment for implementation: None specific to training. Equipment for specific site measurement equipment (similar to assessing job demands) such as tape measure, clip board.

This course is “free” with your facility’s WorkWell Easy Train Membership. If your facility does not have an Easy Train Membership, [learn about Easy Train](#) and sign up right from our [WorkWell Estore](#).

Alternately, you may purchase enrollment in this course through the WorkWell Provider Learning Center at www.workwellprovidertraining.com . Email provider@workwellpc.com with any questions about the WorkWell Provider Learning Center.