

Ergonomic Evaluator Course

Description

Implementing an Ergonomic Injury Prevention Program is a critical step to addressing and preventing workers from developing work related cumulative sprain and strain injuries. Each program requires reactive and proactive initiatives that include methods of: evaluating risks, implementing effective controls and solutions, educating the workforce, and measuring success of the program or program components.

The Ergonomic Evaluator modules provide participants with the knowledge to effectively identify ergonomic risks, complete high-level evaluations, and identify solutions to mitigate or eliminate ergonomic risks.

Duration

8 hours (1 day)

Deliverables

Ergonomic Evaluator Manual
Workplace Athletics Card
Templates and Forms
Quick Reference Sheets

Training Modules

Learning Points

1. Ergo Basics

- High-level introduction to ergonomic principles: Forces, Posture, and Repetition.
- Review of Musculoskeletal basics and disorders.
- Importance of early intervention, reporting, and prevention.
- Review of non-neutral (Yellow Card) postures for the: shoulders, back, neck, hand/wrist, and legs.
- Use of “Workplace Athletics Rules” reference card.
- Interactive case study review to identify non-neutral (Yellow Card) postures.

2. Train your “Ergo Eye”

- Detailed review of non-neutral/at risk postures.
- Interactive case study review to develop the “Ergo Eye” of all participants.
- Review of the “Ergo Eye” audit template.
- Interactive case study using the “Ergo Eye” audit template and Quick Reference card.
- Review and discussion of the sample case studies identified through the group “Ergo Eye” audits.
- Methods of prioritizing areas of concern.
- Review of standard “go to” solutions and ideas.

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3. Evaluating Risk

- Review of industry accepted guidelines through Ergonomic Design Guidelines.
- Review limitations and capabilities of guidelines.
- Use reference materials and forms to evaluate case studies.
- Apply tools to case studies and review "go to" solutions" that could be applied on a short-term basis.
- Explore potential design based solutions that could be implemented to eliminate areas of concern.

4. Advanced Job Evaluation

- Review how all principles and tools covered in the previous modules are integrated into analysis of a job/process.
- Review the methodology and process of completing a Physical Demands Description (PDD).
- Review and utilize advanced evaluation tools (ie. RULA/REBA and Snook tables) through sample case studies and scenarios.

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