

Ergonomics On-Demand! Manufacturing and Office Ergonomics Program

About this course

Faculty: Anderson

[Faculty Bio](#)

Intended Audience: Licensed healthcare professionals - Physical Therapist, Occupational Therapist, Physical Therapist Assistant, Occupational Therapist Assistant, Athletic Trainer, Certified/Registered Kinesiologist. Consideration of other state registered, or licensed health/safety personnel based on background.

[Additional course information](#)

Program Level (AOTA): Introductory

Delivery: Online On-Demand; administered through the WorkWell Provider Learning Center

General Teaching Method Overview: Lecture, Interactive quizzes, Video and written case study practice

Duration: Course is self-paced and is expected to take approximately 12 hours to complete. (10.75 contact hours)

Completion Requirements: Complete all eLearning tracks, obtain passing module quiz scores of 80% or higher, and completion of course evaluation.

Cost: \$499 (\$459 for WorkWell Easy Train Providers)

CEU Credit: Approved by APTA Michigan for 10.75 contact hours – CEU Locker #145273

Ergonomics On-Demand! Manufacturing and Office Ergonomics is a multi-faceted ergonomics course offering. Modular in format, the course is comprised of 4 Training Tracks which allow you to customize and self-direct your learning experience.

Learners will be introduced to practical ergonomics using a systems-based approach. The ergonomics analysis process, applied in either the manufacturing or office settings, 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.

The all new Ergonomics Implementation Track is designed to help you successfully collaborate with your clients in integrating ergonomic principles into everyday operations. You will also learn actionable strategies to develop customized training that is both informative and engaging.

This self-paced, interactive program which includes case studies and quizzes facilitates knowledge and skill development to systematically approach ergonomics analysis. Learners come away with detailed yet simple to use screening and documentation tools they can immediately apply in practice.



The program includes a comprehensive manual, plus downloadable tools and screening/documentation forms covered during training.

Learners will complete approximately 12 hours of content through 4 interactive tracks and will complete case studies and short quizzes throughout.

Learning Objectives:

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

1. Identify 2 ergonomics principles that are present in a correctly designed workstation.
2. Recognize principles of neutral body positions and support that guide optimization of workstation settings.
3. Identify 3 work process design principles that optimize worker health and safety.
4. Understand use case and process for utilizing anthropometric data in the design of workstations, tools and equipment.
5. Identify at least 3 ergonomics risk factors that are relevant to each task in 2 manufacturing video cases.
6. Identify and quantify material handling ergonomics risk factors in 2 work tasks using the LNI calculator for lift analysis.
7. Identify key considerations for seated and standing workstation design related to task type, lifting and reaching and mobility.
8. Recall 3 ergonomics considerations related to tool handle design in manufacturing.
9. Recognize the benefits and applications of ergonomics design resources, including worksheets and checklists.
10. Choose 2 practical ergonomics interventions that reduce musculoskeletal risk in 2 different manufacturing scenarios.
11. Define the components and principles of an ergonomic office workstation, including work surface, chair, computing devices/peripherals, reach zones and body postures.
12. Choose the appropriate computer work surface height for both seated and standing positions.
13. Recognize 3 office and/or mobile worker/work ergonomics musculoskeletal risk factors relevant to frequently performed work tasks and work set up.
14. Select 2 office ergonomics strategies/interventions to reduce risks identified during ergonomic analysis.
15. Identify 2 strategies/interventions to facilitate improved body positioning and support in a mobile and/or "work on the go" environment.

16. Identify 2 strategies that facilitate positive behavior change in ergonomics initiatives that address common barriers.
17. List 3 practical ways clinicians can effectively collaborate with clients for ergonomics consultation and training.
18. Recognize key considerations for developing and delivering high quality ergonomics presentations.

Course Outline

Ergonomics On-Demand! Manufacturing & Office Ergonomics Program
<p>Track 1: Introduction to Ergonomics</p> <ul style="list-style-type: none"> • Definitions within a System Design Approach • Ten Ergonomics Principles • Foundations of Ergonomics • Anthropometry
<p>Track 2: Manufacturing Ergonomics</p> <ul style="list-style-type: none"> • Manufacturing Workstation Components • Detailed Tutorial on Using Ergonomics Risk Screen (ERS) • Manual Material Handling – LNI Lifting Calculator • Ergonomics Design Specifications, Worksheets and Checklists to use for both Office and Manufacturing Applications • Apply Ergonomics Foundations and Principles through Case Studies and Assessment Tool Demonstrations
<p>Track 3: Office Ergonomics</p> <ul style="list-style-type: none"> • Work Office Ergonomics • Home Office Ergonomics • Virtual Office Ergonomics Tele-Assessments • Ergonomics Beyond the Traditional Office • Step-by-Step Office Ergonomic Assessment, including Data Collection, Picture-Taking and Report Generation • Universal Design Principles
<p>Track 4: Ergonomics Implementation</p> <ul style="list-style-type: none"> • Client Collaboration • Ergonomics Problem Solving • Facilitating Change and Overcoming Challenges • Developing and Delivering Dynamic Presentations
<p>Appendices/References/Glossary</p>

Required equipment for training: Computer with internet access and speakers; 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