

Ergonomics

Regulatory Requirement References

MIOSHA 408.1011 Duties of employer

NIOSH Manual Material Handling Checklist

NIOSH Hazard Evaluation Checklist for Lifting, Pushing, or Pulling

Estimated Time Required	2 - 4 hrs.
Requalification Period	Special
Pre-Requisites	N/A
Minimum # Students	6
Maximum # Students	16
Additional Course Material	N/A

General Overview

This course reviews the main risk factors, or conditions, associated with the development of work related musculoskeletal disorders (WMSD) related to manual material handling tasks and ergonomic improvements or changes that could be implemented in order to improve the fit between the demands of work tasks and the capabilities of workers. Facilitated discussions on the level of risk and its dependency on the intensity, frequency, and duration of the exposure are covered at length.

Expected Outcomes

Students will be better prepared to identify potential material movement and repetitive motion hazards and make informed choices about improvements and best practices for a particular task. They will also better understand the overall benefits of ergonomics programs including reduced costs, increased productivity, and morale.

Topics Covered

Employee and Employer Responsibilities

Awkward postures (bending, twisting)

Repetitive motions (frequent reaching, lifting, carrying)

Forceful exertions (carrying or lifting heavy loads)

Pressure points (grasping/contact from loads, leaning against surfaces that are hard or have sharp edges)

Static postures (maintaining fixed positions for a long time)

Position of loads (load stability and weight)

Lifting power zones

Work pace increases

Implementation Mechanism

Training shall consist of a combination of formal instruction (e.g., lecture, discussion, and video presentation), demonstrations, and practical exercises performed by the instructor/trainee when applicable, and a written evaluation of the student's understanding of the course.

Client Supplied Items

Client specific policies and procedures related to the safe movement of material goods.

DVD player and corresponding viewing equipment