



## Certified Ergonomics Healthcare Specialist

32 Hours 3.6 CEU,s

Course Fees: \$995.00

**Note:** Refresher certification is required every three years to maintain professional credential.

Renewal Fee: \$150.00

### Course Objectives:

Nurses and other healthcare workers face many safety and health hazards in their work environments. In fact, healthcare workers experience some of the highest rates of non-fatal occupational injuries and illnesses of any industry sector. In 2012, injuries and illnesses reported for nursing and residential care workers were significantly higher than those in construction, and 2-3 times higher than in retail or manufacturing. Almost half of the injuries and illnesses reported for nurses and nursing support staffs were musculoskeletal disorders (MSDs). Rates of MSDs for nursing assistants (225.8) were almost four times as high as the average for all workers (37.8).

MSDs affect the muscles, nerves and tendons. Work-related MSDs (including those of the neck, upper extremities and low back) are a leading cause of lost workday injuries and illnesses for healthcare and social assistance workers, particularly in nursing homes and residential care facilities. Examples of MSDs include muscle strains and low back injuries, rotator cuff injuries (shoulder problems), and tendinitis.

### Learning Outcome:

Upon successful completion of this course, the student will be able to define ergonomics and work-related musculoskeletal disorders (MSD), recognize signs and symptoms of MSD injuries identify risk factors for MSDs, specify controls and practices to eliminate and reduce risk factors and hazards, specify how to report symptoms and hazards, and identify the elements of a successful ergonomics program.

Topics covered:

- Learn the principles of ergonomics and their applications.
- Learn about the proper use of equipment, tools, and other healthcare controls
- Use good work practices, including proper lifting techniques for patients.
- Become more aware of work tasks that may lead to pain or injury in a healthcare facility.
- Recognize early symptoms of MSDs.
- Understand the importance of reporting and addressing early indications of MSDs before serious injury develops.
- Understand procedures for reporting work-related injuries and illnesses, as required by OSHA's injury and illness recording and reporting regulation (29 CFR Part 1904).

#### Testing:

Students completing the course must take a proctored final exam. A score of 80% on the final exam is necessary to receive your professional credential The student gets three (3) attempts to pass the course.