



## Certified Ergonomics Specialist Course

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:

In this 4 day Ergonomics Certification course, you will learn the importance of ergonomics in the workplace and how to avoid ergonomic injuries by following OSHA guidelines. **Human factors and ergonomics (HF&E)**, also known as comfort design, functional design, and user-friendly systems, is the practice of designing products, systems or processes to take proper account of the interaction between them and the people that use them.

It is a multidisciplinary field incorporating contributions from psychology, engineering, biomechanics, industrial design, physiology and anthropometry. In essence it is the study of designing equipment and devices that fit the human body and its cognitive abilities. The two terms "human factors" and "ergonomics" are essentially synonymous

### Learning Outcome:

#### Topics covered:

- Evaluation of Working Environment
  - Heat Stress
  - Human Vibration
- Evaluation of Working Condition
- Interactive Ergonomics Plan

- Evaluation of Design of Equipment workstation
- Ergonomics Risk Assessment
- Industrial Ergonomics
- Standing at Work
- Ergonomics for Safety Committee What controls human behavior
- Identifying an inventory of key undesirable behaviors
- Implementation strategies for controlling undesired behaviors
- Learn the principles of ergonomics and their applications.
- Learn about the proper use of equipment, tools, and machine controls
- Use good work practices, including proper lifting techniques.
- Become more aware of work tasks that may lead to pain or injury.
- 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).
- Learn how to conduct a proper workplace evaluation of various work locations i.e., offices, factories, construction sites

#### Audience

- Safety & Health Professionals
- Safety Supervisors
- Laundry Workers
- Healthcare Managers and Workers
- Training Managers

## Industrial Hygienists

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.