



## **Certified Laboratory Ergonomics Technician**

**Course Length: 2 Day's CEU's 1.6**

**Course Fees: \$495.00**

**Professional Credential: Certified Laboratory Ergonomics Technician (CLET)**

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

### **Course Introduction:**

Many of the activities performed in a laboratory can exert stress and strain on muscles and joints... ultimately causing significant injuries. To work safely and maintain good ergonomic health, employees need to know how to avoid movements and work patterns that can be harmful.

IASHEP course on "Laboratory Ergonomics" discuss the need to set up work areas correctly, as well as how to minimize the strain of using laboratory equipment, tools and instruments.

Parts of the body most susceptible to ergonomic problems. Arranging work areas to minimize stress and strain. Working from "neutral" positions. Most and least stressful types of body movements. Proper lifting techniques. Effective stretching exercises.

### **Topics covered in this course includes:**

- Parts of the body most susceptible to ergonomic problems.
- Arranging work areas to minimize stress and strain.

- Working from "neutral" positions.
- Most and least stressful types of body movements.
- Proper lifting techniques.
- Effective stretching exercises.
- and More.

## **Audience**

This course will be valuable for:

- Laboratory Workers
- Safety, Health and Environmental Professionals,
- Safety & Health Committee Members
- Government Inspectors
- Managers & Supervisors
- General Industry and Construction Personnel
- Construction Managers & Supervisors
- Safety & Health Professionals
- Training Managers
- Industrial Hygienists
- Environmental Professionals

## **Testing:**

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

