

TRAINING SOLUTIONS NORTH WEST

SPECIALIST TRAINING PROVIDER



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Basic Ergonomics in the Workplace

Introduction:

On this 1 day course delegates will gain an understanding of how ergonomics can be applied in the office environment to minimise work-related injury and stress, improve efficiency and reduce costs. It will be particularly relevant for health & safety and office managers. It will include issues such as hot-desking, laptop use and mobile workers.

Aims:

By the end of the course delegates will be able to:

- Understand current general legislation.
- Understand the principles of ergonomics.
- Identify the skeletal functions and muscle layout.
- Understand the need to assess work positioning and tasks.
- Achieve and advise on correct posture.
- Advise on correct lifting techniques.
- Use risk management with an ergonomic approach.
- Identify common pitfalls.

Course content:

- Legislation including Health and Safety at Work Act 1974, The Management of Health and Safety at Work Regulations 1999.
- Introduction to Ergonomics.
- Postural Awareness in offices and in the field.
- DSE Assessor and user education.
- Manual Handling Assessor education.
- Risk Management processes using an Ergonomic approach.
- Ergonomics for IT and programmers.

Who should attend:

This course is designed for all persons who are required to carry out Workstation assessments in the workplace.

Duration	Duration	Delegates
Basic Ergonomics in the Workplace	1 Day	12

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