

MSA – Workplace Ergonomics Workshop Overview

Specific Learning:

Learners will receive an introduction to Ergonomics and risk factors associated with Ergonomic injuries. Discussion on indentifying ergonomic hazards and control measures will be reviewed. Industry specific ergonomic examples will be showcased on improving your workplace. The workshop will conclude with a review of Office Ergonomics and Vehicle Ergonomics where the students will be walked through the step by step process of adjusting their office chair and vehicle to be ergonomically friendly. Samples of Ergonomic assessment tools and checklists are included in the course manuals for all students.

Reasoning:

The effectiveness of this workshop will come by empowering all levels of staff within your company with basic ergonomic knowledge for them to utilize throughout the workplace. The ability of managers, supervisors, and employees to recognize work-related ergonomic risk factor to understand and apply appropriate ergonomic controls in the workplace.

Goal:

The purpose of this workshop is to educate and explain ergonomics to learners with the goal being to empower them to make ergonomic improvements at their own workplaces. These efforts would help reduce the number and severity of musculoskeletal injuries, thus decreasing workers compensation claims and increase productivity, quality and efficiency with your workplace.

Duration and Materials:

The workshop includes 3-4 hours of day of theory and group discussion. Participants will receive a manual which includes excerpts of applicable legislation. Upon completion of this workshop a certificate of attendance will be mailed to the learner.

Target Audience:

This workshop is designed for employees at all levels.