

Introduction to Ergonomics (Course 711)

Ergonomics Principles and Risk Factors

When performing work in awkward postures or with excessive effort, you may experience fatigue, discomfort, and musculoskeletal disorders (MSDs). The basic principles of ergonomics introduced in this course should be a vital component in every industry. The main components in this course include risk factor identification, basic workstation design options, and hazard control strategies to eliminate or reduce those risk factors.

During the training **five (5) topics** will be discussed:

1. **Defining Ergonomics;**
2. **Risk Factors in the Worker;**
3. **Risk Factors in the Task;**
4. **Risk Factors in the Environment;**
5. **Controlling Risk Factors.**

Certificate : OSHAcademy Course Completion Certificate.

Required prior education : None (Target Audience: Employee, Trainer, Supervisor, Manager).

Course Duration : 4 Hours (0.4 IACET CEUs).

<https://www.oshacademy.com/courses/list/711-introduction-ergonomics.html>