

Industrial Ergonomics

Introduction

- What is ergonomics?
- Goals of ergonomics
- Benefits of ergonomics

Work-related Musculoskeletal Disorders (WMSDs)

- What are Work-related Musculoskeletal Disorders (WMSDs)?
- Examples of WMSDs
- Signs & symptoms of WMSDs

Ergonomic Risk Factors & Intervention Techniques

- Risk Factors (body postures, repetitive motion, localised pressure, excessive force, extreme temperature, vibration)
- Intervention techniques (engineering controls, administrative controls, PPEs)

Designing & Organising Workstations

- Workstation layout
- Environmental conditions
- Modification of physical properties

Manual Material Handling

- Proper manual handling techniques

Conducting Ergonomics Assessment

- Manual handling risk assessment
- Using NIOSH Lifting Equation, Snook Table, Strain Index, and RULA

Developing an Ergonomic Programme

- Elements of ergonomic programme

Practical Sessions and Case Studies

Exercises