



COURSE OUTLINE

- Onsite Safety
- Board Certified Ergonomist
- Scope and Practice
- ISO and ANSI Standards
- Successful Ergonomic Process
- Biomechanics and Physiology
- Musculoskeletal Disorders
- Ergonomic Risk Factors
- Ergonomic Risk Analysis Tools
- Interpretation and Application of Ergonomic Risk Data
- Certified Ergonomic Risk Analyst Scope of Practice
- Certification Exam

WHO WILL BENEFIT

- Safety Professionals
- Occupational Health Professionals
- Lean Manufacturing Team Members
- Quality Personnel
- Engineers
- Ergonomic Team Members

CERTIFIED ERGONOMIC RISK ANALYST:

The Certified Ergonomic Risk Analyst (CERA-1)[™] has demonstrated the skill and abilities to utilize the appropriate ergonomic risk analysis tool(s) to gather, interpret and apply ergonomic risk data to quantify the risk of musculoskeletal injury.

Ergonomics International is very evidence-based in our approach to risk analysis. The ergonomic analysis tools were chosen based upon validity and reliability in assessing musculoskeletal risk, not their popularity in certain circles. The ergonomic risk analysis tools that are taught are considered to be valid and reliable analysis tools among professional Board Certified Ergonomists.

In this course, we not only focus on how to accurately gather data, but how to interpret and apply the results to reduce ergonomic risks.

Ergonomic analysis tools taught in this class include:

- Borg Perceived Exertion
- Employee Perceived Difficulty Assessment
- ACGIH Hand Activity TLV
- NERPA
- Manual Handling Guidelines
- NIOSH Lifting Equation
- Cumulative Lifting Index
- Z-EBRA

After meeting the requirement of a Certified Ergonomic Risk Analysts (CERA-1)[™], certificate holders can increase their level of certification by taking Subject Matter Expert (SME) training classes thereby increasing their knowledgebase and marketability in the field.