TRAINING OUTLINE

- **ERGONOMIC PROCESS COMPONENTS**
- **BODY MECHANICS**
- **MUSCULOSKELETAL INJURIES**
- **ERGONOMIC RISK FACTORS EVIDENCE-BASED RISK ANALYSIS**
- **ERGONOMIC RISK INTERPRETATION**
- **PROBLEM SOLVING AND RISK MITIGATION**

WHO SHOULD ATTEND

- **SUPERVISORS AND MANAGERS**
- **MAINTENANCE PERSONNEL**
- **PRODUCTION ASSOCIATES**
- **PLANT MANAGEMENT**
- **ENGINEERS**
- **HEALTHCARE PROFESSIONALS**
- **INDUSTRIAL HYGIENISTS**
- **SAFETY PROFESSIONALS**
- **QUALITY PERSONNEL**
- **LEAN MANUFACTURING**
- **FOOD SAFETY IF APPLICABLE**

ERGONOMIC TEAM TRAINING

The class is taught by Mark Heidebrecht, a Board Certified Ergonomist and Board Certified by the American College of Sports Medicine with over 25 years of experience. Individuals participating in the ergonomic team training will have a skill set that provides a strong foundation for an ergonomic team functioning in a wide variety of industries. The Ergonomic Team Member Training is focused on understanding the development of common musculoskeletal injuries and how ergonomic and personal risk factors can influence the development of a musculoskeletal injury. Most importantly, it focuses on mitigating risk.

When establishing an ergonomic team at a facility, we recommend an onsite training combined with a mentoring process to ensure the success of the team. Online training is best suited for new team members who will be working with a team that is already established. The training is presented in a two-day format with the second day focusing on application out on the shop floor. We focus on developing strategies to integrate ergonomic activities into everyday tasks that are already performed and implementing an ergonomic process, not a program. The Ergonomic Team Members will be able to identify evidence-based ergonomic risk factors associated with job tasks, determine the risk severity, and work through simple problem-solving processes with other team members to identify mitigation strategies. The course uses practical examples and scenarios from the shop floor to establish foundational learning experiences. For facilities who are interested in computerized and mobile compatible risk analysis software, Ergonomic International's evidence-based risk analysis suite can be included.