

## Course Aims & Objectives

- To understand how work can result in harm to health
- To appreciate the safe limits within which the body can work
- To develop skills that will allow you to recognise ergonomics hazards and risks
- To learn how to apply ergonomics principles to the design of workplaces and work equipment
- To appreciate that the application of good ergonomics practice can produce cost benefit

## Course Details

In this course delegates will develop an understanding of the broad application of ergonomics in an industrial situation. It will enable delegates to be aware of the ergonomics issues to be taken into account when designing and implementing new production lines or other industrial workstations. The course is aimed particularly at project engineers and facilities managers.

### Content

The course will cover:

- Introduction to ergonomics
- Assessing ergonomic risks
- Musculoskeletal Disorders
- Working posture and workload assessment
- Work organisation, task rotation and job design
- Designing ergonomics into workplaces and work equipment
- Practical ergonomics design exercises
- Workshop, feedback, discussion.

### Training methods

Our courses are conducted in an informal, classroom style combining discussion of the theory with interactive practical exercises and group discussion, to help ensure delegates understand the issues and know how to apply their knowledge in their workplace. A

comprehensive course booklet to support the training will be provided.

### Evidence of competency

Delegates are provided with a certificate confirming their attendance on the course.

### Our trainers and their qualifications

Hu-Tech has five qualified and highly experienced ergonomists who run the training courses. All trainers have experience of advising a wide range of clients on ergonomics issues. Hu-Tech has been providing ergonomics training for a wide range of public and private sector companies for over 17 years.

### Course duration and availability

This day course is offered in-house at your premises, and thus can be tailored to match your specific business requirements.

### Cost

For details on cost please contact +44(0) 1604 233 428.

For information visit [www.hu-tech.co.uk](http://www.hu-tech.co.uk) or email: [info@hu-tech.co.uk](mailto:info@hu-tech.co.uk)

## Hu-Tech Ergonomics

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