

Course aims and objectives

- To understand ergonomics risks in the workplace
- To appreciate the health and safety problems which may be caused by ergonomics risks and how these can be avoided
- To become competent in undertaking ergonomics risk assessments including the following tools:
 - a general ergonomics risk assessment tool;
 - the HSE's risk assessment tools specifically for upper limb disorders [HSG60(rev)];
 - the HSE's risk assessment tools for manual handling [L23 and MAC].
- To understand how ergonomics risk assessment fits within the broader risk assessment framework
- To develop observational skills in undertaking ergonomics risk assessments.
- To identify appropriate risk reduction measures and prioritise these
- To consider how ergonomics risks can be identified, managed and reduced.

Course Details

The Management of Health and Safety at Work Regulations (1999) require assessment of all work related risks, and appropriate action to reduce those risks. This course provides an introduction to ergonomics risks in the workplace, and assessment tools allowing delegates to undertake ergonomics risk assessments. It will develop skill in undertaking these assessments, and in identifying measures to take to reduce these risks. The benefits may be experienced in decreased musculoskeletal problems, increased productivity and performance. This course is particularly aimed at those working in the industrial environment.

Who Should Attend

The course is designed for those who are responsible for the health and safety of employees, particularly within an industrial environment. This includes health and safety personnel, line managers, and health and safety reps.

Training methods

The course will combine presentation of the theory, illustrated with photos and video, with practical interactive exercises and group discussion. Practical assessments carried out during the course will enable delegates to practice their skills with the support and guidance of the course tutor. A comprehensive course booklet will be provided as well as a risk assessment checklist that can then be used in-house.

Evidence of competency

Hu-Tech will issue a course certificate on completion of the course. Delegates taking part in IOSH's CPD scheme can award 4 points for this course.

Course Duration & Cost

The course can be run in one day or two days depending on the detail required. For details on cost please contact +44(0) 1604 233 428.

For information visit www.hu-tech.co.uk or email: info@hu-tech.co.uk

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