

Ergonomics Essentials

(Accredited advanced BOHS module syllabus M203)

Course aims and objectives

- Understand the general principles of ergonomics
- Explore the disciplines of anatomy, physiology and psychology in relation to ergonomics
- Learn ergonomics methods and techniques
- Understand the key features in the design of workplaces and jobs
- Learn how the human body and human performance are affected by the physical environment
- Recognise musculoskeletal disorders and how to reduce them by an ergonomics approach
- Acquire knowledge of the key aspects of health and safety law concerning ergonomics.

Course details

This 5-day course will provide delegates with a comprehensive understanding of what ergonomics is and how ergonomics methods and techniques can be used to contribute to the successful design of workplaces and jobs, and thus to reduce ill health and productivity problems. It will be of particular interest to those who want to broaden their ergonomics knowledge and gain confidence in its application (e.g. occupational health and safety professionals, designers, etc). It also allows delegates to obtain a formal ergonomics qualification by sitting the British Occupational Hygiene Society (BOHS) exam.

Content

The course follows the BOHS syllabus and will cover:

- Overview of ergonomics and general principles
- Ergonomics methods and techniques
- Musculoskeletal disorders and manual handling
- Workplace, job and product design
- Physical factors in the work environment
- Relevant legal and social factors

Training methods

Our courses are conducted in an informal, classroom style combining presentation of the theory with interactive practical exercises, group discussion, in-class and assessment practice and case studies. Full course documentation will be provided.

Delegates should be prepared to dedicate time to private study to ensure that they obtain the maximum benefit from the course and be fully prepared to sit the BOHS exam. The study period recommended for this course is 60 hours (including course time). A library of resources will be available to delegates.

Evidence of competency

At the end of the course delegates can sit a written exam, set by BOHS. Delegates will receive a module certificate from BOHS on successful completion of the exam. This is the first stage in obtaining the BOHS Certificate of Competence in Ergonomics Essentials.

If you are a member of IOSH and taking part in their continuing professional development scheme, they have indicated that you could award up to 15 CPD points for attending this course.

Our trainers and their qualifications

Hu-Tech has five qualified and experienced ergonomists who run the training courses. All trainers carry out a wide range of ergonomics work in different industries. Hu-Tech has provided ergonomics training and consultancy for a diverse range of public and private sector companies for over 14 years.

Course schedule

This course is being run on Monday – Friday:
23 – 27 June 2008 in Birmingham

Delegate numbers are restricted to 12 to ensure maximum participation. We can also offer the course customised to your organisation and run in-house at your premises.

Cost

The course costs £940 + VAT per delegate (= £1104.50)

Delegate accommodation costs are not included. There is an additional charge for sitting the BOHS exam (currently £80 per delegate).