

TRAINING MATRIX INDUSTRIAL ERGONOMICS

Title / Formula	Duration	For whom?	Contents
Training A Ergonomics Introduction to ergonomics	7 hours	 OHS Committee Ergonomics Committee OHS coordinators OHS Advisors 	 Fundamental principles of ergonomics Ergonomic indicators Musculoskeletal disorders (MSD) Risk factors for musculoskeletal disorders Tool for identifying and prioritizing ergonomic risks Practical exercises Key elements of an ergonomic approach
Training B Ergonomics Load handling and safe work methods	7 hours	 OHS Committee Ergonomics Committee OHS coordinators OHS Advisors Trainers Having already followed Ergonomics Training A 	 Identify dangerous situations Principles of safe load handling Identify procedures that limit exposure to risk Strategies to influence colleagues' work practices
Training C Ergonomics Ergonomic approach	14 hours	 OHS Committee Ergonomics Committee OHS coordinators OHS Advisors Having already followed Ergonomics Training A 	 Back to course content A - Introduction to ergonomics Key elements of ergonomics management Develop an organizational profile Setting priorities Understanding work activity Workstation risk inventory Tools for assessing risk in relation to standards Prioritize identified risks Identify root causes Develop context-specific solutions Measuring the anticipated impact of proposed solutions Assessing the cost-benefit ratio of possible solutions Presenting recommendations How do you implement an ergonomic solution? Monitor and evaluate the actual impact of implemented solutions



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Training D Ergonomics Engineering and design	14 hours	EngineerProject ManagerMaintenance Manager	 Ergonomics Fundamental principles Risk factors for musculoskeletal disorders Tools for identifying and prioritizing ergonomic risks Anticipating actual ergonomic challenges Designing to limit risks Defining design criteria tailored to the identified issues Ergonomic audit tool for a design project
Training G Ergonomics Governance team	2 hours	Plant ManagerManagement team	 Ergonomics Identify actual ergonomic challenges Why and how to implement an ergonomic process? Identify expectations regarding the ergonomic process Roles and responsibilities of the management team Resources required for different types of project Choosing a strategy based on available flexibility Establish project-specific metrics (KPIs)
Training P Ergonomics Prevention Team	7 hours	OHS CoordinatorOHS Advisor	 Ergonomics Identify the real ergonomic challenges Why and how to set up an ergonomic process? Identify expectations regarding the ergonomic process Roles and responsibilities of the various players Resources required for different types of project Choosing a strategy based on the available room for manoeuvre Establish project-specific metrics (KPIs)



TRAINING MATRIX OFFICE ERGONOMICS

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Training E Office Ergonomics Ergo-Coach	7 hours	 OHS Committee Ergonomics Committee OHS Coordinator OHS Advisor 	 What is ergonomics? Risk factors for musculoskeletal disorders (MSDs) in office settings Underlying causes of MSD risk factors Adjusting key computer workstation components Information and impact of different computer setups Information and impact of selecting ergonomic accessories Impact of the physical work environment Steps to properly adjust a computer workstation Introduction to a tool for identifying computer workstation issues

Training (s)	Duration
А	7 hours
В	7 hours
С	14 hours
A and B	14 hours
A and C	21 hours
A, B and C	28 hours
D	14 hours
G	2 hours
р	7 hours
E	7 hours

Maximum 8 participants per course

Travel, accommodation and subsistence expenses not included