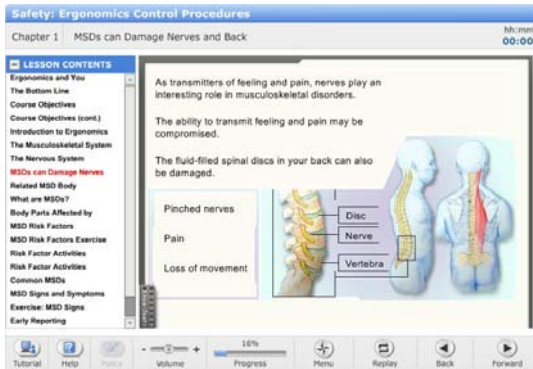


## Safety: Ergonomics Control Procedures

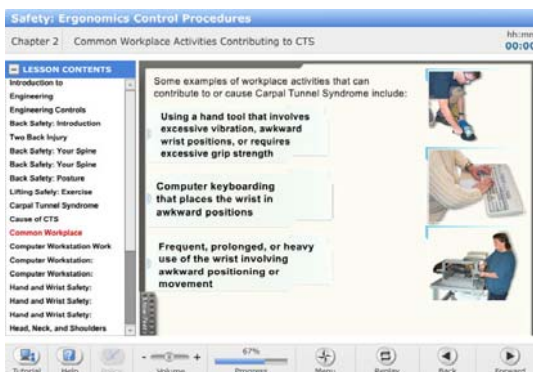
This course addresses the key components of an Ergonomics Program identified by OSHA in the DRAFT Ergonomics Standard and the NIOSH manual "Elements of Ergonomics Program," including information regarding the risk factors, signs, and symptoms of "work-related musculoskeletal disorders" (MSD).



### **Objectives:**

- Recognize signs and symptoms of musculoskeletal injury and the importance of early reporting
- Identify risk factors for injury to the muscles and skeleton
- Specify controls and work practices to reduce and/or eliminate risk factors for injury to the muscles and skeleton
- Specify how to report WMSD signs, symptoms, and hazards in your job and how to make recommendations to address them
- Identify the elements of an ergonomics program and the role of the employee within that program
- Recognize the general requirements of the ergonomics standard

**Audience:** All persons who have work activities that involve physical efforts involving lifting and handling materials/objects or activities that involve repetitive motions.



**Primary Regulations:** OSHA 29CFR 1910, Ergonomics (Proposed)

**Related Regulations:** None

**Duration:** 45-60 minutes



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