



## 2 Day Ergonomic Champions Course

### AGENDA

#### Aim:

- To become an ergonomic champion and part of the local ergonomic champions team.

#### Objectives:

- Improve your knowledge of musculoskeletal issues and risk.
  - Encourage a problem solving approach.
  - Enable champions to develop and deliver appropriate postural awareness.
  - Provide knowledge and confidence to support your role on the Ergonomics Improvement Team.
  - Gain confidence in using the ART tool and make suggestions.
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#### Day 1 – Full day programme 9.30 – 16.30hrs

##### Introduction

- Group introduction and welcome
- Aims and objectives

##### Anatomy & physiology

- Musculoskeletal disorders
- Anatomy of the upper limb
- Anatomy of the spine

##### BREAK

- Introduction to RULA tool

##### LUNCH

- Trunk postures
- Introduction to the REBA tool
- Introduction to the ART tool

##### BREAK

- Workplace design & individual differences

##### Q&A

**Day 2 – Full day programme 9.30 – 16.30hrs**

**Introduction**

- Review of day 1

**ART tool continued...**

- On-site ART assessments

**BREAK**

**Psychology Theory**

- Psychological factors
- Stress
- Introducing Stages of Change

**LUNCH**

**Psychology Exercise**

- Stages of Change practical

**BREAK**

- Practical Ergonomics
- LEGs (local ergonomic group), WRULD questionnaires and inspection checklist
- Postural awareness training

**SUMMARY**

**Q&A**