



**Environment, Health, & Safety
Training Program**

EHS 0062 ~ Worksmart Ergonomics

Course Syllabus

Subject Category:	Occupational Safety/Ergonomics	Course Prerequisite:	No
Course Length:	1 hour	Medical Approval:	No
Schedule:	Monthly	Enrollment Cap:	20
Location/Time:	EHS Training Center		

Course Purpose: This course is designed for employees who routinely lift objects that weigh more than 20 pounds. Employees who occasionally lift bulky or heavy objects or frequently work in awkward positions are also encouraged to attend. Information will be shared on the principles and safety factors associated with proper body mechanics for a wide-range of activities in both work and daily life activities. The class combines lecture with practice sessions that enable employees to assess and understand their level of core strength, range of motions and proper lifting techniques.

Course Objectives:

- To provide information and techniques focused on injury prevention using selected martial arts, ergonomics, movement science, industrial psychology, and practical work experience.
- To boost safe behavior by encouraging judgement, personal responsibility and motivation at work and at home.
- Ignite a safety culture by heightening involvement and employee-management communication.

Instructor: Ergonomics staff

Training Compliance Requirements: 29CFR 1910.22; 8CCR 3203 & 5110

Course Hand-outs: No

Participant Evaluation: Written evaluations regarding the effectiveness of the trainer, the training and the visual aids.

Written Exam: No

Practical Exam: No

Retraining/Recertification: No

WEB Resource: <http://www.lbl.gov/ehs/training/courses.shtml>