



Course Description

The industrial ergonomic evaluator training program is designed for professionals who are interested in implementing or expanding their knowledge in the field of industrial ergonomics. Following the completion of this three day course you will be able to implement high level ergonomic initiatives in any size organization and perform common upper extremity and low back industrial ergonomic evaluations. The course will discuss evidence based evaluations and consulting protocols based on current and proposed OSHA standards, NIOSH guidelines and published clinical literature. The course will provide detailed, hands-on instruction of commonly used screening and body-part specific ergonomic assessment tools designed to identify high risk activities, identify controls and provide direction for selection of ergonomic solutions. The first day of this course will cover common ergonomic program standards, techniques, and methodologies. During day two attendees will learn and perform hands on low back/material handling ergonomic assessment tools. The third day will consist of hands-on use of common upper extremity ergonomic assessment tools.

Satisfactory course completion as an assessment of learned outcomes includes:

- Participation in the three days of training
- Performing various ergonomic evaluations
- Classroom presentation/critique of your ergonomic evaluations

Learning Outcomes

By the end of this training program learners will be able to:

- Understand and identify current ergonomic evaluation tools and protocols
- Differentiate common risk factors associated with upper extremity and low back ergonomic injuries
- Identify the benefits and importance of common ergonomic assessment tools
- Understand basic methods of identifying, selecting, and implementing ergonomic solutions
- Demonstrate the ability to use common ergonomic assessment tools in multiple industrial and manufacturing environments
- Demonstrate a general knowledge of ergonomic consulting including:
 - Introduction to Ergonomics
 - What are ergonomics and anthropometrics?
 - Review of books, periodicals, references and tools to be successful
 - Risk Factors
 - Physical, environmental, psychophysical and psychosocial risk factors
 - Upper Extremity Ergonomics
 - Overview of common disorders
 - Epidemiologic Studies
 - Upper Extremity Ergonomic Analysis Tools
 - How to prevent repetitive motion disorders
 - Low Back Ergonomics
 - Biomechanical foundation for low back pain
 - Low Back Pain Risk Factors
 - Low Back Pain Ergonomic Analysis Tools
 - How to prevent work related low back disorders

Who Should attend:

Safety & Health Professionals
Physical Therapists
Occupational Therapists
Human Resource Professional
Athletic Trainers
Exercise Physiologists
Allied Health Professionals

Contact Hours:

24 Hours

Tuition:

\$900.00

Education Level:

Introductory - Intermediate
No pre-requisites required

Content Domain:

Evaluation

Course Instructors:

See reverse for instructors

Course Approval:



Contact OccuPro for course approval in your state

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Course Instructor



Jim Mecham, MS, OTR/L, CPE

Jim has performed industrial and office ergonomic continuing education courses for individual attendees and corporate clients since 1998 and has taught ergonomic course internationally with rave reviews secondary to the amount of hands on practical experience he brings to the course. Jim has provided North American organizations with injury cost reduction ergonomic consultation services that positively influence their bottom line since 1996. His ergonomic consultation experience includes individual ergonomic consultation within many manufacturing, warehousing, and medical practices. He has also run corporate ergonomic initiatives for employers with 500 to 15,000 employees. His Bachelors of Science degree in Occupational Therapy and Masters of Science in Industrial Engineering provides a perfect fit to teach medical, engineering, and safety professionals the latest in industrial and office ergonomics evidence based practice. Jim is a board certified ergonomist and has been awarded the certification of a Certified Professional Ergonomist through the Board of Certification in Professional Ergonomics. Jim's extensive experience in the field of industrial, healthcare, and office ergonomics, and his dynamic presentation style is why professionals globally have participated in his office and industrial ergonomic continuing education courses.



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