



Course Description

OccuPro's Office Ergonomics Training program is designed for professionals who are interested in implementing or expanding their knowledge in the field of office ergonomic evaluations. Following the completion of this one day program you will be able to analyze and identify common office ergonomic risk factors and ultimately reduce these risk factors through the implementation of appropriate controls. The course will discuss, demonstrate, and teach common office ergonomic evaluation techniques and how to implement a company wide office ergonomics program. The course will provide detailed, hands-on instruction of commonly used office ergonomic screening and assessment tools designed to identify high risk activities, rank multiple jobs for the need for ergonomic revisions and provide direction for selection of office ergonomic solutions. Common upper extremity ergonomic related musculoskeletal disorders will be discussed with a focus on causative factors and reducing risk factors. The course will consist of hands-on use of office ergonomic assessment tools using actual work stations culminating in group presentations and recommendations.

Satisfactory course completion as an assessment of learned outcomes includes:

- Participation in the one day of training
- Performing office ergonomic evaluations
- Classroom presentation/critique of your ergonomic evaluations

Learning Outcomes

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

- Understand, identify, and perform current office ergonomic evaluation tools
- Differentiate common office ergonomic assessment tools and their benefits
- Identify common office ergonomic risk factors and solutions to reduce these risk factors
- Understand basic methods of identifying, selecting, and implementing office ergonomic solutions
- Select appropriate engineering and administrative controls to reduce office ergonomic risk factors
- Demonstrate a general knowledge of office ergonomics
- Develop and implement a full office ergonomics injury reduction program
- Perform a full office work station ergonomic analysis and present findings to classmates

Who Should attend:

Safety & Health Professionals
Physical Therapists/Assistants
Occupational Therapists/COTA's
Human Resource Professionals
Athletic Trainers
Exercise Physiologists
Allied Health Professionals

Contact Hours:

8 Hours

Tuition:

\$400.00

Education Level:

Introductory
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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866-470-4440

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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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