



# Office and Vision Ergonomic Evaluator Certification Course – On Demand

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Day 1

Time	Subject	Content	Method of Instruction
57 minutes	Introduction to Office Ergonomics	Definitions of office ergonomics, anthropometrics, OSHA standards, ergonomic books, and present research	Lecture, Power Point
14 minutes	Developing an Office Ergonomics Program	Approaching management, approaching companies, forming an office ergo committee	Lecture, Power Point
9 minutes	<b>Vision:</b> Introduction and Optical Terms to Know	The WorkSight ERGO training is an overview of vision and how it is impacted by ergonomics in a workplace. This training will give an overview of the professionals, options and solutions to solve vision related ergonomic problems.	Lecture, Power Point
9 minutes	<b>Vision:</b> Ergonomic Evaluation of Vision		Lecture, Power Point
10 minutes	<b>Vision:</b> Lenses and Options for Work		Lecture, Power Point
11 minutes	<b>Vision:</b> Optical Lens Considerations		Lecture, Power Point
7 minutes	<b>Vision:</b> Bluetooth Audio Hands Free Options		Lecture, Power Point, Video
5 minutes	<b>Vision:</b> Putting It All Together		Lecture, Power Point, Demonstration
37 minutes	Office Ergonomic Musculoskeletal Disorders		Discuss various upper extremity and low back musculoskeletal disorders and evidence-based causes
12 minutes	Office Ergonomic Analysis	Performing an office ergo analysis using various assessment tools	Lecture, Power Point, Course Material
36 minutes	Office Ergonomic Risk Factors	Identification of office risk factors – Physical, Environmental, Psycho-Physical and Psycho-Social	Lecture, Power Point
12 minutes	Office Ergonomic Controls	Overview of office engineering controls, administrative controls, work practice controls, and medical management	Lecture, Power Point
107 minutes	Office Ergonomic Job Modification	Implement office ergonomic job modifications, including seating, seat design, sit/stand desk height, monitor placement, appropriate work envelope, illumination, noise, keyboards, laptops, and mouse	Lecture, Power Point, Demonstration, and Various Office Ergonomic Equipment
18 minutes	Perform an Office Ergonomic Evaluation	Watch and participate as the class instructor performs an office ergonomic evaluation and step by step as they perform job modification techniques	Hands On Participation, Video