



## Course Description

Our Industrial Ergonomic Evaluator Certification Course is designed for professionals who are interested in hands on experience using industrial ergonomic tools and obtaining an Industrial Ergonomic Evaluator Certification. Following the completion of this 3-day course, you will be able to implement high level ergonomic initiatives in any size organization and perform common upper extremity and low back evaluations. The course will discuss evidence based evaluations and consulting protocols based on current OSHA standards, NIOSH guidelines, and published clinical literature. The course will provide hands-on instruction of body-part specific ergonomic assessment tools designed to identify high risk activities, identify controls, and provide direction for selection of ergonomic solutions.

Satisfactory course completion includes:

- Participation in the full 3 days of training
- Successful completion of a 20 question multiple choice quiz on day one
- Successful completion of a case study on day two and day three

## Learning Outcomes

- Select and describe current ergonomic evaluation tools and protocols
- Differentiate risk factors associated with upper extremity and low back ergonomic injuries
- Choose and apply internationally recognized upper extremity and low back ergonomic tools
- Prepare, identify, and select engineering, administrative, and work practice controls/ ergonomic solutions
- Demonstrate the ability to use upper extremity and low back ergonomic assessment tools in multiple industrial and manufacturing environments

## Additional Course Content

- **Introduction to Ergonomics**
  - What is ergonomics, anthropometrics, and ergonomic cost benefit analysis
  - Identifying risk factors and implementing controls and job modification techniques
  - How to implement an ergonomic injury prevention program in any company
  - Hands on job demands analysis and job safety analysis
- **Low Back Ergonomics**
  - Evidence based research on low back ergonomics
  - Manual material handling tools, techniques, and controls
  - Does lifting technique matter?
  - Push, pull, carry, sitting, standing, and lower extremity ergonomics
  - Significant hands on experience using OSHA checklists, REBA, ACGIH-TLV for lifting, Liberty Mutual tables, Washington State lift calculator, and NIOSH lifting guidelines
- **Upper Extremity Ergonomics**
  - Evidence based research on common UE disorders
  - Hands on experience using vibration measurements, ACGIH-TLV for hand, RULA, strain index, and Washington State checklist
  - Job modification techniques for UE ergonomic risk

## Who Should Attend

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

## Contact Hours/CEUs

21.75 hours (3 days)  
2.1 AOTA CEUs

## Training

\$875 – On Demand  
\$975 – Live In Person  
\$975 – Live Webcast

## Education Level

Introductory  
No prerequisites required  
15:1 student to instructor ratio

## Content Domain

Category 2: OT Process – Prevention

**Course is approved throughout  
the US for physical therapists**

**Jim Mecham, MSIE, OTR/L, CPE, CFCE**

Jim has performed industrial and office ergonomic continuing education courses for individual attendees and corporate clients since 1998 and has taught ergonomic courses 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, combined with his dynamic presentation style is why professionals globally continue to participate in his Office Ergonomic Evaluator and Industrial Ergonomic Evaluator Certification Courses.