



Course Description

Our Office Ergonomic Evaluator Certification Course 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 factors through the implementation of appropriate controls. The course will demonstrate and teach evaluation techniques and discuss how to implement a company wide office ergonomics program.

This course will provide detailed and hands-on instructions 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 full one day of training
- Performing office ergonomic evaluations
- Classroom presentation/critique of your ergonomic evaluations

Learning Outcomes

- Identify and perform current office ergonomic evaluation tools
- Differentiate common office ergonomic assessment tools and their benefits
- Identify common computer ergonomic risk factors and solutions
- Identify/select basic methods of implementing ergonomic workstation solutions
- Select appropriate engineering and administrative controls to reduce risk factors
- Develop and implement a full 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/COTAs
Human Resource Professionals
Athletic Trainers
Exercise Physiologists
Allied Health Professionals

Contact Hours/CEUs

7.25 hours (1 day)
.7 AOTA CEUs

Training

\$350 – On Demand
\$400 – Live In Person
\$400 – 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 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.