



Assessment and control of ergonomic risks

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Background

This programme addresses the legal and practical issues relating to implementing best practice in the control of musculo-skeletal hazards in the workplace.

Ergonomic hazards, particularly those related to workstation design and manual handling, are the cause of a high proportion of sickness absence and a major source of employers liability claims. In addition to eliminating or reducing these issues, good ergonomic practice has an immediate effect on efficiency and quality through improving the way in which employees carry out their tasks.



OBJECTIVES

On completion of the course you will be able to:

- Understand the causes and effects of musculoskeletal hazards in the workplace.
- Identify ergonomic hazards arising from your work activities.
- Understand the principles of risk assessment.
- Understand the hierarchy of control measures.
- Develop a strategy for controlling musculoskeletal hazards in the workplace.

TOPICS COVERED

- What are work related musculoskeletal injuries?
- How can they be caused?
- What are the legal requirements?
- Developing a strategy to manage ergonomic risks.
- How ergonomic hazards can be identified.
- Evaluation of ergonomic hazards.
- Methods of control.
- Keeping records.
- Communication.

DURATION

This is a one-day course.

COST

Please call Cardinus for more details.