

## Lesson Plan-Module One

### Overview

This lesson provides a general overview of ergonomics for the poultry worker.

### Lesson Objectives

Upon completion of this course the employee will be able to:

1. Explain the term ergonomics
2. Give examples of proper fit
3. Give examples of tools or equipment that make work easier
4. Explain their role in the ergonomics process

### Training Resources

1. PowerPoint Presentation with instructor notes in English
2. PowerPoint Presentation in Spanish

### Activities and Classroom Procedures

1. Training Techniques
  - a. Lecture: present materials on the PowerPoint slides
  - b. Directed discussion: ask students for examples of things where fit is important. Move the discussion from general in nature to areas where fit is important at work
  - c. Directed discussion: ask students for to give examples of tools or equipment they use that makes jobs or tasks easier. Move the discussion from general comments to work related tools or equipment that can make their jobs easier.
  - d. Directed discussion: ask students if they can think of things that can make work harder or more difficult.
2. Exercises/Group Activities
  - a. Workstation: Bring a small table or workstation into the classroom. Have various employees try to sit at this station. Get the employees to talk about the problems and what they might do to correct the problems.
  - b. PPE: Bring in some small and large PPE (gloves, boots, etc.). Give these to students to try on. You can demonstrate how small ones are too tight or how large ones are too baggy or bulky for certain operation. You may want to have them try to perform an activity while wearing the wrong equipment. Example: For too big or bulky gloves have the employees put them on and have them try to pick up a dime off of a table.

## Lesson Roadmap

### 1. Introduction

Slides to be used: 1-2  
Objectives covered: 1  
Exercises/Demos:  
Training Aids: none

### 2. Fitting the Job to the Worker

Slides to be used: 3-4  
Objectives covered: 2  
Exercises/Demos: In directed discussion, ask students for examples of things that are important to fit well. Use the small workstation exercise and the PPE exercise to demonstrate the importance of fitting the job to the worker.  
Training Aids: none

### 3. Making Work Easier

Slides to be used: 5-8  
Objectives covered: 3  
Exercises/Demos: In directed discussion, ask students what kind of tools or equipment they can think of that makes work easier. Also ask them what issues can make work more difficult.  
Training Aids: none

### 4. The employee's role in ergonomics

Slides to be used: 9-10  
Objectives covered: 4  
Exercises/Demos:  
Training Aids: none

## Evaluation and Assessment

1. Ergonomics is the science of fitting the worker to the existing equipment? T or F
2. Ergonomics can make tasks more comfortable or easier? T or F
3. Poor lighting can make some work more difficult? T or F

## **Resources**

*Cumulative Trauma Disorders - A Manual for Musculoskeletal Diseases of the Upper Limbs*; 1988. Vern Putz Anderson, Taylor and Francis; Philadelphia, PA. 800-821-8321

*Elements of Ergonomics Program*; 1997. NIOSH Publication No. 970117. 800-356-4674

*Easy Ergonomics: A Practical Approach for Improving the Workplace*; 1999. Cal/OSHA, California Department of Industrial Relations.

*Ergonomics: The Study of Work*, USDOL OSHA Publication 3125

*Fitting the Task to the Man*, Etienne Grandjean; Taylor and Francis; Philadelphia, PA. 1988. 800-821-8321

## **Web Sites**

**National Institute for Occupational Safety and Health:**

<http://www.cdc.gov/niosh/>

**Washington State Department of Labor and Industry, Ergonomics:**

<http://www.lni.wa.gov/wisha/ergo/>

**Federal OSHA Ergonomics Page:**

<http://www.osha.gov/SLTC/ergonomics/index.html>

**Federal OSHA Poultry Processing Industry Tools:**

<http://www.osha.gov/SLTC/etools/poultry/index.html>

<http://www.osha.gov/SLTC/poultryprocessing/index.html>

<http://www.osha.gov/ergonomics/guidelines/poultryprocessing/poultryprocessing.html>

Georgia Tech Poultry Ergonomics Train-The-Trainer Course Material  
Department of Labor OSHA Susan Harwood Grant

<http://www.oshainfo.gatech.edu/ergo-training/ergo-home.html>