

Instructors Outline for Ergonomics

- **Instructional Materials**

1. Pre/Post Test
2. Laptop
3. PowerPoint Presentation and Projector
4. Extension Cord
5. Copies of RULA handout
6. Copies of Body Mapping Exercise

- **Instructional Objectives**

1. Students will be able to demonstrate safe lifting techniques
2. If shown the improper way to move/lift an object, students will be able to name at least 3 (as a group) more ergonomic friendly alternatives
3. Students will know about the different types of guidelines and tools that are available to them (OSHA's website, Liberty Mutual Material Handling Tables, NIOSH lifting equation, RULA, etc.)
4. As a group name 5 different warning signs for the different WMSD's
5. Students will be able to learn/understand the science of ergonomics, ergonomics basic principles, ergonomics hazard recognition, recognition of signs and symptoms of work-related MSDs and the importance of their early reporting; proper work methods, practices and techniques
6. Score an average of 80% on the post test

- **Instructional Timeline**

1. Introduction (10 minutes)
2. Pre-Test (5 minutes)
3. PowerPoint (60 minutes)
4. Body Map exercise (70 minutes)
5. Post Test (5 minutes)