

Lesson Plan-Section 1: Introduction to Ergonomics

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

Lesson Roadmap

1. Introduction

Slides to be used: 2-3
Objectives covered: 1
Exercises/Demos:
Training Aids: none

2. Fitting the Job to the Worker

Slides to be used: 4-5
Objectives covered: 2
Exercises/Demos: In directed discussion, ask students for examples of things that are important to fit well.
Training Aids: none

3. Making Work Easier

Slides to be used: 6-9
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: 10-11
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

NIOSH Ergonomics and Musculoskeletal Disorders

<http://www.cdc.gov/niosh/topics/ergonomics/default.html>

DOL-OSHA Ergonomics Page:

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

DOL- OSHA Poultry Processing Industry eTool:

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

Evaluation of Carpal Tunnel Syndrome and Other Musculoskeletal Disorders among Employees at a Poultry Processing Plant, NIOSH 2014

<http://www.cdc.gov/niosh/hhe/reports/pdfs/2014-0040-3232.pdf>

DOL-OSHA Prevention of Musculoskeletal Disorders in Poultry Processing

<https://www.osha.gov/Publications/OSHA3213.pdf>

Lesson Plan-Section 2: Early Identification of Problems

Overview

The students will receive a basic understanding of what can cause injuries, the type of signs and symptoms associated with ergonomic related injuries and what their response should be.

Lesson Objectives

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

5. Explain what causes some musculoskeletal disorders
6. Identify signs and symptoms of MSD
7. Explain what to do when injured

Training Resources

3. PowerPoint Presentation with instructor notes in English
4. PowerPoint Presentation in Spanish
5. Body part discomfort form

Activities and Classroom Procedures

3. Training Techniques
 - a. Lecture: present materials on the PowerPoint slides
 - b. Directed discussion: Ask the students how their workstations are adjusted and how they know how to work safely
 - c. Directed discussion: Ask the students if they have or if they know of workers who have had MSDs.
 - d. Directed discussion: Ask the student what the injury reporting procedures are at their company.
 - e. Directed discussion: Ask the students if any of them have had restrictions.
4. Exercises/Group Activities
 - a. Exercise: Symptom Survey filled out by students

Lesson Roadmap

5. Introduction to injuries

Slides to be used: 12-16

Objectives covered: 1

Exercises/Demos: In directed discussion, ask them how they know how to work safely, how their workstations are adjusted, and if there are lifting limits for their jobs. Discuss the kind of injuries that are happening to the workers.

Training Aids: none

6. What to do when injured

Slides to be used: 17-19

Objectives covered: 3

Exercises/Demos: In directed discussion, ask them how they report injuries at their company. Also, get them to discuss any work restrictions they have had to deal with. In a class exercise, get them to fill out a symptom survey to show one way an injury could be reported.

Training Aids: None

Evaluation and Assessment

1. Tendons, nerves, and muscles are soft tissues that can be injured due to poor ergonomics in the workplace? T or F
2. Which of the following symptoms should you report to your supervisor
 - a. Aching
 - b. Pain
 - c. Numbness
 - d. All of the above
3. When injured you should wait several weeks before telling your supervisor or company nurse? T or F

Resources

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DOL-OSHA Prevention of Musculoskeletal Disorders in Poultry Processing

Lesson Plan-Risk Factors and Solutions

Overview

This lesson introduces the employees to the various ergonomics risk factors and shows them how to identify these problems in the workplace.

Lesson Objectives

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

8. Name the ergonomics risk factors
9. Identify these risk factors in the workplace
10. Name some solutions to risk factors

Training Resources

6. PowerPoint Presentation with instructor notes in English
7. PowerPoint Presentation in Spanish
8. Photographs of risk factors (within the presentation)

Activities and Classroom Procedures

5. Training Techniques
 - a. Lecture: present materials on the PowerPoint slides
 - b. Directed discussion: Get the employees to identify other hazards (force, posture, contact stress, etc.) in their workplace.
 - c. Directed discussion: Get the employees to talk about other possible solutions to hazards.
6. Exercises/Group Activities

Lesson Roadmap

7. Introduction

Slides to be used: 20-21
Objectives covered: 1
Exercises/Demos:
Training Aids: none

8. Force

Slides to be used: 22-26
Objectives covered: 2
Exercises/Demos: In directed discussion, get the employees to identify other force issues at their facility. Could have the employees identify the hazard in the last few slides.
Training Aids: none

9. Force Solutions

Slides to be used: 27-31
Objectives covered: 3
Exercises/Demos: In directed discussion, get the employees to identify other possible solutions for their workplace.
Training Aids: none

10. Awkward Postures

Slides to be used: 32-45
Objectives covered: 2
Exercises/Demos: In directed discussion, get the employees to identify other posture issues at their facility. Could have the employees identify the hazard in the last few slides.
Training Aids: none

11. Postures Solutions

Slides to be used: 46-49
Objectives covered: 3
Exercises/Demos: In directed discussion, get the employees to identify other possible solutions for their workplace.
Training Aids: none

12. Repetition

Slides to be used: 50-52
Objectives covered: 2, 3
Exercises/Demos: none
Training Aids: none

13. Temperature
Slides to be used: 53-54
Objectives covered: 2, 3
Exercises/Demos: none
Training Aids: none
14. Contact Stress
Slides to be used: 55-58
Objectives covered: 2,3
Exercises/Demos: In directed discussion, get the employees to identify other posture issues at their facility.
Training Aids: none
9. What is the Employees Role?
Slides to be used: 59-61
Objectives covered: 2,3
Exercises/Demos: In directed discussion, get the employees to identify other posture issues at their facility.
Training Aids: none

Evaluation and Assessment

15. Jobs with ergonomic risk factors are more likely to cause injuries or disorders? T or F
16. Which of these are considered risk factors:
a. Force, posture, strains
b. Repetition, force, vibration
c. Calcification, contact stress, cold
d. None of the above
17. Working with your hands higher than your head is a good posture? T or F
18. Your body's power zone for lifting is somewhere between knee and shoulder height? T or F

Resources

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