

Training and Education Material
FY 2019

Ergonomics Course Schedule and
Activity Hand-out

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Course Schedule

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8:00-8:30: Unit 1 Introduction to training

8:30-8:40: Unit 2 Musculoskeletal disorders and risk factors

8:40-9:10: Unit 3 Classroom activities and signs and symptoms

9:10-9:20: Break

9:20-9:35: Unit 4 Neutral and awkward postures and solutions for manual lifting

9:35-9:45: Unit 5 Static, compression, repetitive, excessive force, vibration injuries

9:45-10:15: Unit 6 Work tools, PPE, work organization and problem solving

9:40-9:50: Unit 7 Introduction to stretching and exercises, challenges to solutions

9:50-10:00: Course evaluation

Thank you for participating in this training. All trainees will receive an OSHA Susan Harwood safety training certificate.

Classroom activity: Identify and describe how these factors may contribute to MSD's.

Temperature:

Work pace and stress:

Age:

Hobbies:

Previous injuries:

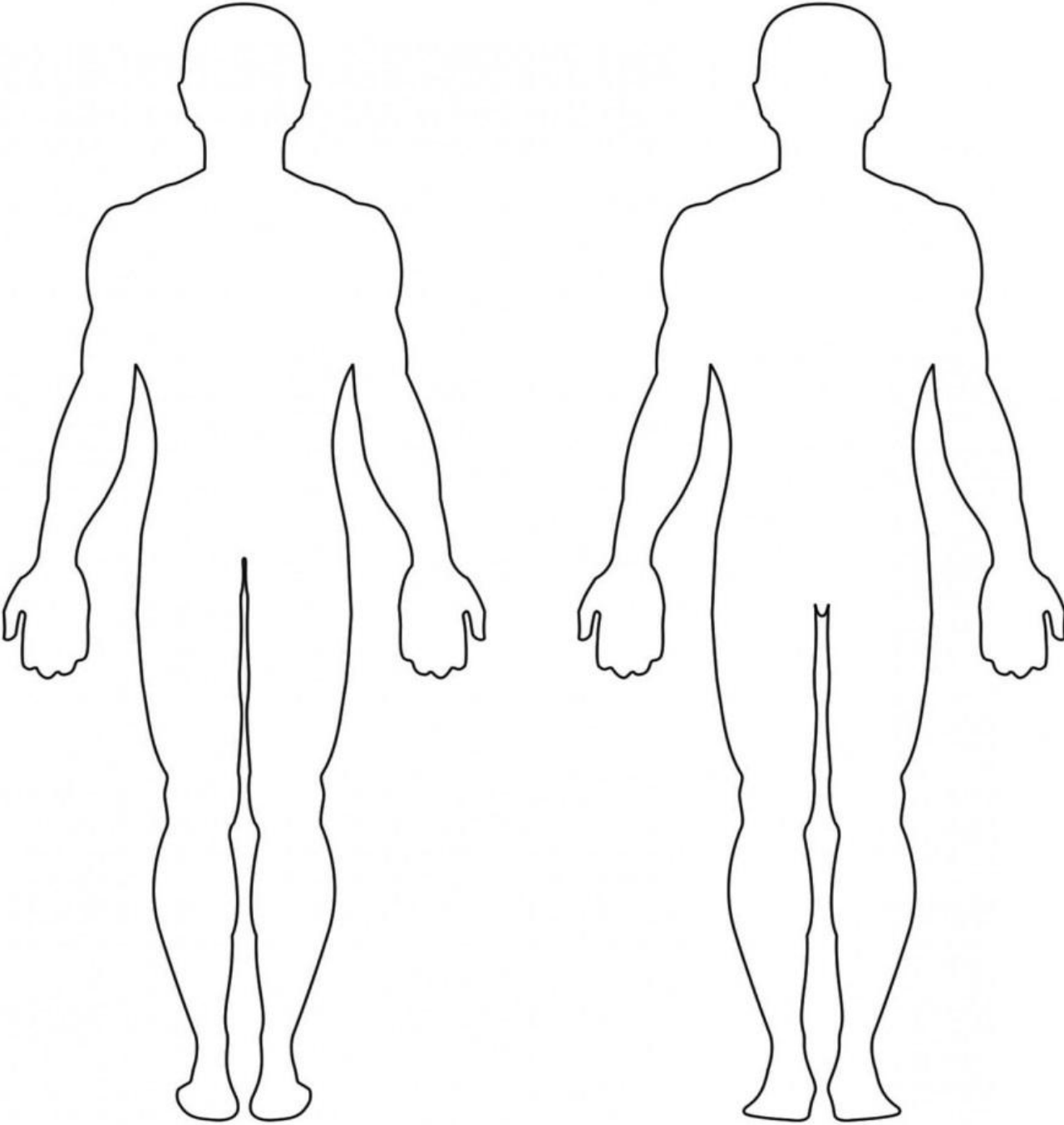
Medical conditions:

Smoking, noise:

Fatigue:

Diet:

Classroom activity: Place a small X where you have experienced pain and discomfort





STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Video ID: SSRZZW3



Wrist Flexion and Extension Stretching

Keeping your elbow straight, use your unaffected hand to bend the affected wrist downward as shown. Hold this stretch for 30 seconds.

Still keeping your elbow straight, use your unaffected hand to band the wrist upward as shown. Hold this stretch for 30 seconds.

Repeat 1 Time
Hold 30 Seconds
Perform 1 Time(s) a Day



SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Video ID: 9BWMBMJ



STANDING EXTENSIONS

Start by standing and place your hands on your hips with your thumbs grasping your low back. Lean back to arch your back then return to starting position. Use your thumbs to help isolate where you want to bend.

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day
Video ID: ZPJ4DMR



UPPER TRAP STRETCH - HAND BEHIND BACK

Place your arm behind your back. Next, tilt your head to the side. Hold for a stretch. Return to original position and then repeat.

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day
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