

**Training and Education Material**  
**FY 2019**

**Student Ergonomics Course Schedule and**  
**Activity Hand-out**

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Course Schedule

## Course Schedule

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:

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Work pace and stress:

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Age:

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Hobbies:

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Previous injuries:

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Medical conditions:

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Smoking, noise:

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Fatigue:

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Diet:

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

