

WORKSTATION ERGONOMICS, MANUAL HANDLING AND BACK SAFETY

Who is it for?

This course is ideal for:

- HSE Managers, Officers, Supervisors, Coordinators
- Line Managers, Supervisors and Team Leaders
- All employees, whether involved in manual handling or doing sedentary work behind a desk or computer
- Project Managers
- Engineers

What are the Course Requirements?

There are no formal entry requirements to enroll on this course. However, the course is delivered and assessed in English, therefore it is recommended that learners have adequate understanding of the English language.

Why is it important?

The goal of workplace ergonomics is to reduce the risk of musculoskeletal injuries, such as strains, sprains, and repetitive motion injuries. These injuries are a significant cause of workplace injury and can result in pain, discomfort, and lost productivity for workers.

Course Duration

The course is designed to last at least one (01) day, including the assessment, if learning is continuous.

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Course Outline

- Factors affecting an ergonomic workstation
 - Physical factors
 - Environmental factors
 - Personal factors
 - Workstation design
- Designing an ergonomic workstation
- Effective use of Visual Display Units (VDUs)
- Equipment for an ergonomic workstation
- Musculoskeletal Disorders (MSDs)
 - Repetitive Strain Injuries (RSI)
 - Signs and symptoms of MSDs
 - Preventing MSDs
 - General precautions
- Manual handling and back safety
 - Health effects of manual handling
 - Common back injuries
 - Why do back injuries occur?
 - Other factors causing back injuries
 - Tips on manual handling
 - Lifting properly
- Influence of process and equipment design on human reliability
 - Matching the job to the person
 - Relationship between physical stressors and human reliability

Mode of Learning

- 100% online
- No live presence
- Download the HIOSH app or log onto the HIOSH website to study the course



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