

Certificate in Ergonomics (ERG 112) Ergonomics Foundations

Course Description

The purpose of this course is to introduce participants to the application of ergonomics in the workplace. It begins with the basics of the ergonomics approach to MSD prevention and provides participants the opportunity to practice MSD hazard identification, ergonomics risk assessment and risk control. The primary outcome of the course will be learning how to prevent work related musculoskeletal disorders such as back injuries and upper extremity repetitive strain injuries. Students will learn how to identify and assess hazards such as awkward posture and repetitive motion or heavy lifting as well as psycho-social and organizational factors. As well, students will learn the processes that need to be in place to enable a successful ergonomics program.

Learning Objectives

By the end of this course, students will:

- Use injury and discomfort indicators to prioritize jobs for ergonomics intervention
- Sell ergonomics to management by calculating the cost of MSDs
- Create a physical demands description
- Identify work related musculoskeletal hazards
- Measure MSD hazards for ergonomics risk assessment
- Use the Washington State and WorkSafeBC Checklists for ergonomics assessment of industrial tasks
- Identify work related and understand personal risk factors for lower back injury
- Apply design and set-up guidelines to computer workstation components, such as the chair, keyboard, mouse, monitor, telephone, accessories and lighting
- Describe different types of ergonomics risk controls including engineering, administrative and personal protective equipment
- Effectively present information on ergonomics requirements applicable to a selected industry/occupation

Grade Scheme: Letter Grade

Minimum Pass: 50%

Deliverables:

- Discussion Postings
- Presentation
- Final Exam

*Please note that this document is for marketing purposes and that the details of the course including grading and objectives may change or vary.

Grade	Grade Point Average (GPA)	Percentage
A+	4.3	90-100%
A	4.0	85-89%
A-	3.7	80-84%
B+	3.3	77-79%
B	3.0	73-76%
B-	2.7	70-72%
C+	2.3	65-69%
C	2.0	60-64%
C-	1.7	55-59%
D	1.3	50-54%
F	0.0	0-49%

Certificate in Ergonomics (ERG 221) Advanced Ergonomics

Course Description

This course is designed to train sophisticated practitioners of occupational health and safety how to coordinate ergonomics activities for the prevention and reduction of musculoskeletal disorders. Using standard ergonomics assessment tools and thresholds provide participants with the skills and knowledge to conduct ergonomics assessments of computer workstations and industrial tasks, implement effective ergonomic solutions and educate and train in ergonomics issues.

Learning Objectives

By the end of this course, students will:

- Conduct computer workstation-based ergonomic assessments
- Select and use appropriate ergonomic risk assessment tools to assess non-computer-based tasks
- Compare workstation design to ergonomics guidelines
- Implement successful and ergonomic MSD risk controls

Grade Scheme: Letter Grade

Minimum Pass: 50%

Deliverables:

- Discussion Postings
- Presentation
- Final Exam

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Grade	Grade Point Average (GPA)	Percentage
A+	4.3	90-100%
A	4.0	85-89%
A-	3.7	80-84%
B+	3.3	77-79%
B	3.0	73-76%
B-	2.7	70-72%
C+	2.3	65-69%
C	2.0	60-64%
C-	1.7	55-59%
D	1.3	50-54%
F	0.0	0-49%

Certificate in Ergonomics (ERG 321) Ergonomics Certificate Guided Practicum

Course Description

The practicum enables learners to produce an original and relevant ergonomics program or project for application in their own unique working environment. This exercise requires learners to demonstrate specific research and writing skills in synthesizing prior learning from the Ergonomics Foundations and Advanced courses, as well as other information they may choose to incorporate in their work. The major outcome is learners will be able to initiate, implement and document an ergonomics project, using scientifically based guidelines.

Learning Objectives

By the end of this course, students will:

- Produce a practical, relevant ergonomics program or project for application in their own unique working environment
- Professional confidence- researching and writing a Guided Practicum will result in an enhanced level of knowledge and expertise in the subject area of the Ergonomics Certificate Guided Practicum. This will enrich the contributions the learners can make to their organization and to the larger OHSE field
- Strengthened research and writing skills- increasingly, the ability to research and write effectively is recognized as a critical employment skill. Those with stronger research/writing skills will typically enjoy more career mobility than those with weaker skills in this area
- Critical thinking- The Ergonomics Certificate Guided Practicum requires learners to create a product with direct application to their work environment and to discriminate fact from fiction. Ideally, the research process will challenge historical beliefs and opinions and enable learners to broaden their receptivity to new practices and principles
- Personal development habits- For many, the Ergonomics Certificate Guided Practicum will be the first opportunity for the learner to engage in creating a major ergonomics research/writing project. Once satisfactorily completed, most learners will continue research and writing habits to self-teach an entire range of personal and professional subject matter, thus creating a life-long learning habit

Grade Scheme: Letter Grade

Minimum Pass: 50%

Deliverables:

- Guided Practicum Report

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Grade	Grade Point Average (GPA)	Percentage
A+	4.3	90-100%
A	4.0	85-89%
A-	3.7	80-84%
B+	3.3	77-79%
B	3.0	73-76%
B-	2.7	70-72%
C+	2.3	65-69%
C	2.0	60-64%
C-	1.7	55-59%
D	1.3	50-54%
F	0.0	0-49%