

# Ergonomics

## *1-Day Course*

### **Chapter 1: Occupational Health and Safety Act**

- 1.1 Introduction
- 1.2 Principles behind the OHS Act
- 1.3 Terms and Definitions
- 1.4 General duties of the Employer
- 1.5 General duties of Employees at work
- 1.6 Report to Inspector regarding certain incidents
- 1.7 Acts or Omissions by Employers / Employees

### **Chapter 2: The Ergonomics Regulations 2019**

- 2.1 Definitions
- 2.2 Scope of Application
- 2.3 Information, Instruction and Training
- 2.4 Duties of persons who may be at risk of exposure to ergonomic risks
- 2.5 Duties of designers, manufacturers, importers, and suppliers
- 2.6 Ergonomic risk assessment
- 2.7 Risk control
- 2.8 Medical surveillance
- 2.9 Maintenance of controls
- 2.10 Records

### **Chapter 3: Ergonomics in the Workplace**

- 3.1 Introduction
- 3.2 What is Ergonomics
- 3.3 What is Musculoskeletal Disorders?
  - 3.3.1 What factors may contribute to MSDs?
- 3.4 Advantages of Ergonomics
- 3.5 Primary Risk Factors
- 3.6 Risk Reduction Techniques
- 3.7 Comprehensive Ergonomics Program
- 3.8 Manual Handling
  - 3.8.1 Safe techniques for the manual manoeuvring of material
  - 3.8.2 Preventive Measures Examples.

