



Ergonomic Assessment – 2 Hour Workshop

Description: This two (2) hour workshop will provide workers with the general principles of a safe office layout and workstation. Participants will learn to identify ergonomic hazards and conduct a risk assessment.

Learning Outcomes: This course will provide participants with:

- The skills to identify hazards and perform ergonomic risk assessments.
- An understanding of accident causation and prevention.
- Strategies to prevent workplace injury through ergonomic adjustments to the workplace and workstations.
- An understanding of the anatomy of the human body, posture and movements.
- Practical exercises for stretch and move breaks..

Training Methodology: This course can be customised and tailored by experienced and qualified safety facilitators to suit your organisational needs.

Investment: On-site delivery (maximum 20 participants). Price on application. Discounts apply to Safety Partnership Program members.

Certification: Participants will receive a Certificate of Attendance.