



Advanced training
instructor-led classroom and onsite courses

Ergonomics: Managing for Results

Learn to Reduce Ergonomic Injuries

Learn to take control of the #1 cause of workplace injuries by designing and implementing a practical, effective ergonomics program. This course shows you how to recognize risk factors, conduct an ergonomic worksite analysis, evaluate and rank hazards, and select appropriate control methods.

What you'll learn

- Basic concepts of workplace ergonomics
- Recognizing ergonomic risk factors related to Musculoskeletal Disorders (MSDs)
- Conducting a workplace ergonomic analysis, evaluating and ranking hazards
- Assessing control methods and selecting the method best suited to the risk level
- Implementing a successful ergonomics program at your workplace

Course description

Workers who suffer repetitive motion injuries spend a median of 19 days off the job. If you're a business owner, manager, supervisor or HR professional, this course can help you understand the importance of keeping your employees free from ergonomic-related injuries. You'll learn how to prevent repetitive motion and overexertion — the biggest risk factors facing today's workforce.

Course materials

- Participant Guide

Who would benefit

- Safety managers
- Coordinators
- Specialists
- Other full-time safety practitioners
- Safety committee members
- Operations managers
- Loss control managers
- Human resources professionals
- Anyone with safety responsibilities

For more information, visit nsc.org/Ergonomics, call (800) 723-3643 or contact your local NSC Chapter.

* Continuing Education Unit

A Continuing Education Unit (CEU) is a measure of participation in a recognized continuing education program with qualified instruction and sponsorship. CEU records are widely used to provide evidence of completion of continuing education requirements mandated by certification bodies, professional societies or government licensing boards.



1 day
0.65 CEUs*

This course counts
toward earning the
NSC Advanced Safety
Certificate (ASC)

National Safety Council
1121 SPRING LAKE DRIVE
ITASCA, IL 60143-3201
(800) 621-7619
nsc.org