OSHA 2255: PRINCIPLES OF ERGONOMICS

The Pacific Northwest OSHA Education Center has provided the highest quality safety and health training to individuals in Washington, Oregon, Idaho, and Alaska since 1995, and is the only OSHA-authorized training center in Region 10. Our expert instructors provide engaging standards-based, OSHA-authorized training designed to reduce and prevent workplace injuries and illnesses. Students gain skills and competence in OSHA policies and procedures, and best practices for safety and health in their workplace.

OSHA 2255:
This course introduces the application of ergonomic principles to prevent musculoskeletal disorders. Topics include: work physiology; anthropology; video display terminals; and risk factors, such as vibration, temperature, manual handling, repetition, and continuous keyboard use. Industrial case studies cover analysis and design of work stations and equipment; laboratory sessions focus on manual lifting and OSHA's proposed ergonomic protection standard.

By the end of this course, each participant will be able to:

- Discuss the current medical characteristics of cumulative trauma disorders associated with employee exposure, incidence, and symptoms.
- Describe the impact of workplace design and tasks on ergonomic disorders.
- Identify environmental, physiological, and work station characteristics recognized to have the potential to contribute to acute injury or cumulative trauma disorders.
- Recommend improvements to work practices to reduce risk factors.
- Recommend improvements to work stations to reduce risk factors.
- Recommend improvements to equipment (design) to reduce risk factors.
- Analyze manual lifting tasks and estimate reasonable lifting limits.
- Describe the limitations of personal protective equipment for ergonomic risk factors.
- Describe the essential elements of an effective ergonomic program if given management support.
- Discuss current emphasis of OSHA with respect to enforcement policy.