

WHSC Ergonomics Training

Tools for Prevention

Each year tens, perhaps hundreds of thousands of Ontario workers suffer with repetitive strain injuries (RSIs) and other musculoskeletal disorders (MSDs). Fortunately, most of the workplace hazards responsible for the development of these injuries can be readily identified and eliminated thereby preventing incidence of these painful and debilitating injuries. But, much work remains at the workplace level to identify and act to eliminate these harmful exposures.

For more than 20 years, the Workers Health & Safety Centre has teamed with workers, their representatives and others with specific ergonomic-related knowledge and experience to develop a range of education programs designed to help prepare workers and others in their pursuit of RSI/MSD prevention.

Ergonomics: Injuries, Risk Factors and Design Principles

[6 hours]

This new, one-day program will help participants better understand how work can damage the muscles, tendons and other parts of the musculoskeletal system. Participants will identify and discuss the many workplace risk factors responsible for the development of MSDs including repetition, awkward or fixed postures, forceful movements, vibration and inadequate rest. Discussion will then move to workplace solutions and strategies needed to end the MSD epidemic, including the principle of designing work to fit workers and the field of study known as ergonomics.

It's worth noting, this new program also reflects important new information on MSDs developed by the Occupational Health and Safety Council of Ontario (OHSCO) and endorsed by Ontario's Ministry of Labour.

Ergonomic Toolbox

[3 hours]

This program is designed to introduce participants to the three components of the Musculoskeletal Disorders (MSD) Prevention Toolbox - the final resource published by the Occupational Health and Safety Council of Ontario (OHSCO) in support of their Musculoskeletal Disorder Prevention Guideline for Ontario. This guideline is intended as a framework for MSD prevention and is being promoted as such by Ontario's Ministry of Labour. Participants of this 'toolbox' course will gain, among other things, some basic insight into more complex hazard identification and assessment tools, including Snook Tables and the NIOSH Lifting Equation.

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TRAINING ► THE RIGHT THING. THE RIGHT WAY.

Applying Ergonomics to Prevent Musculoskeletal Injuries (MSIs) [6 hours]

This program builds on the knowledge obtained from MIPP or the Preventing MSIs program. The information presented helps prepare participants to play a more hands-on role in the prevention of MSIs. The program begins with an introduction to ergonomics and a detailed review of relevant legislation, its shortfalls and the characteristics of work and the workplace responsible for the development of these disorders.

Participants then take a more detailed look at the science of designing work for workers. They will look at specific ergonomic assessment tools including Anthropometric and Snook tables. Specific workplace examples are used throughout the discussion to aid in the learning process.

Manual Material Handling [3 hours]

This program looks at the hazardous potential faced by workers performing lifting, carrying and other manual material handling (MMH) tasks and the specific injuries they may suffer. Relevant legislation is reviewed including guidelines established by the American National Institute for Occupational Safety and Health (NIOSH). Specific hazard recognition and assessment tools are discussed along with practical measures for eliminating or controlling hazards associated with MMH tasks including effective workplace design and the use of mechanical devices.

Hand Tools [3 hours]

This program links the hazards and risk factors associated with the design and use of hand tools with specific injuries such as those affecting the musculoskeletal system. Relevant legislation, codes and standards will be outlined along with the practical tools for recognizing and assessing the hazards and risk factors. The program is designed to prepare participants to return to their workplaces armed with the knowledge and tools to help them develop and implement an action plan to control or eliminate the health risks associated with hand tools.

Office Layout and Design [3 hours]

This program explores problems with overall office layout, such as lighting, ventilation, storage space and noise. It also deals with specific elements of office workstations, such as the chairs, desks and the use of VDTs. Participants will discuss the risk to health created by poorly designed work stations and other hazards. They will also focus on control measures designed to eliminate the risk to worker health.

Work Design [3 hours]

Workers everywhere are suffering musculoskeletal injuries. This program looks at some of the factors responsible for the development of these debilitating disorders. Specifically, participants explore poorly designed workstations, tools and equipment, the work environment and work organization. Relevant legislation is reviewed along with hazard recognition and assessment tools, such as workplace inspections and listening to worker concerns and suggestions. The use of ergonomic principles when designing or modifying work and the workplace is an important part of the discussion focusing on eliminating work design hazards.

The Workers Centre offers a range of training and information services designed to raise RSI/MSD awareness. Equally important though we offer more comprehensive training helping to prepare and encourage participants to return to their workplaces and play an informed and active role in seeking RSI/MSI prevention.

To learn more

visit www.whsc.on.ca or call toll free from anywhere in Ontario **1.888.869.7950**.