

Module: Ergonomics



Purpose

To give individuals in the workplace the knowledge and skills necessary to identify and reduce the risks for musculoskeletal disorders (MSDs).

Prerequisites

None

Learning Objectives

- Know what ergonomics is;
- Know what musculoskeletal disorders (MSDs) are;
- Explain how to identify and reduce the risks for MSDs at work and at home; and
- Demonstrate or describe how to perform exercises to help reduce the risk of an MSD.

Length

Approximately 1 hour

Instructor

Currently authorized American Red Cross Health and Safety Services instructor or an Injury Control Module leader.

Certification Requirement

Attend and participate in all module activities, discussions and complete the self-assessment.

Certificate Issued and Validity Period

Ergonomics - None

Participant Products/Materials

American Red Cross Workplace Training: Ergonomics Booklet (StayWell Stock No. 656603)