Appendix I. Training Objectives for the Participatory Ergonomic Program

|  |  |
| --- | --- |
| Training Objectives | Content Tailored to Work Group Tasks |
| General ergonomics | Describe ergonomics and work-related musculoskeletal disorders (WMSD), risks of WMSD (e.g. repetition, high force, awkward posture, contact stress, hand-arm vibration), and identification of solutions to reduce injury risks related to work tasks.  |
| Keep your reach close | Describe the injury risks related to awkward reaching postures. Identify work tasks and situations that involve working in awkward postures and identify solutions to improve working postures. |
| Positioning | Describe and identify safe and at-risk working positions and solutions and improved positioning by the placement of ladders, lifts, equipment, and materials. |
| Material handling | Identify tasks with manual lifting, carrying, pushing and pulling, and identify solutions to aid carrying/transporting materials/equipment to reduce physical risks. |
| Choosing manual hand tools | Evaluate hand tools to determine if the tool fits the task, allows for a power grip, keeps the wrist close to a neutral position, feels comfortable, takes less effort than other tools for the task, and works effectively. Discuss different hand tool options for a variety of tasks. |
| Choosing power tools | Determine how to reduce forceful gripping and hand-arm vibration and evaluate power tool attributes (e.g. force to operate the tool, vibration, and maintenance). Compare to manual hand tool attributes and power tool options in choosing the right tool for a work task. |