

ERGONOMICS

The term “*ergonomics*” comes from a combination of two Greek words – *ergos*, meaning ‘work’ and *nomos*, meaning ‘natural laws’. Combined, ‘ergonomics’ means the laws, or ‘science’, of work. Basically, ergonomics means ‘fitting work to people’, not fitting people to work!

The application of ergonomics to a work environment, be it office, industrial or otherwise, is an important practice. Everyone has their limits when it comes to repetitive or strenuous physical activity. Preventing work-related musculoskeletal problems requires an ergonomically sound workplace, efficient work practices, and employee awareness.

Training Solution – Online *Ergonomics* Course

This program will provide participants with an understanding of the basic fundamentals of workplace ergonomics, and will review methods to reduce the risk of injuries associated with poor ergonomics within the workplace.

Course Overview

By taking this ***Ergonomics*** course, participants will:

- Understand the fundamentals of ergonomics
- Become familiar with Musculoskeletal Disorders (MSDs)
- Recognize the signs and symptoms of MSDs
- Consider how to integrate ergonomics with workplace design
- Learn how to recognize, assess and control common workplace ergonomic hazards
- Understand the importance of ergonomics and the “Return to Work” process

Online Course Offers Convenience and Efficiency

These courses are powered by the **Link2eLearning** LMS (Learning Management System), so you can track course progress and completion. Each training solution provides quizzes, a final exam and a course completion certificate.

FOR MORE INFORMATION email us at:

training@levitt-safety.com

BENEFITS OF LINK2ELEARNING

All of Link2eLearning’s online courses are offered through our learning management system (LMS).

Link2eLearning online learning is:

- ✓ **Easy to use** – for delivering and tracking employee training across the organization - *providing instant, accurate reporting for workplace audit*
- ✓ **Globally accessible** – available anytime, anywhere there is Internet access
- ✓ **Cost-effective** – eliminating the cost of facility rental, travel cost and lost time required for instructor-led training
- ✓ **Flexible** – courses and administrative functions can be scheduled to suit individual needs
- ✓ **Consistent** – enabling you to provide standard training material to all employees across the organization

LMS FEATURES

Employees can:

- Self-register on a secure site
- View and complete the course at their convenience
- Participate in online quizzes
- Produce certificates of completion

Administrators can:

- Monitor participation
- Easily track results
- Export data