




## Improved Health & Safety Through Ergonomics



### Problem background

Poor health & safety (H&S) at work can lead to injuries, increased sickness and thus valuable time lost from effective work and production. In the workplace, whether in an office or on the production floor, a number of H&S issues result from physical overexertion. Such issues and their associated costs can be substantially reduced by applying the correct ergonomic principles. The aim of this course is to precisely provide training on a number of ergonomic principles for improving H&S at work, thereby reducing impacts of illness on the organization.

-  Experienced and qualified tutors
-  Blended Learning with free access to e-Learning content even after successful course completion
-  Customized courses to address organization specific ergonomic/safety issues

MECB Corporate Training Division is supported by a team of experienced and highly qualified educators. Our team is trained to MSc or PhD level, and is supported with pedagogic formation. This ensures that our clients receive the right knowledge, in the right format, to help them effectively exploit the acquired skills in a short timeframe.

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### Our Offer

- 10 hours duration course;
- Training will cover:
  - Effect of poor ergonomics at the work place;
  - Founding principles of ergonomics;
  - Understanding a participatory ergonomics approach;
  - Workplace organization factors;
  - Assessing hazards in the workplace;
  - Employer responsibilities and workers' rights;
  - Hands-on exercise in applying ergonomic principles in an office and shop floor case-study.