Putting Ergonomics Into Practice

Learn a systematic approach to reduce injuries and improve work processes in your facility

October 22nd-25th 2013
Columbus, Ohio

Benefits from Attending the Course

Understand:
- Ergonomics principles through lectures, case studies, in-class demonstrations, and hands-on exercises
- The biomechanical and physiological bases of musculoskeletal disorders
- How to use a variety of ergonomics assessment tools to evaluate work processes

Improve:
- Work environments, assembly lines, lean manufacturing processes, and tools & equipment for safety and efficiency
- Ergonomics processes for maximum benefit

Reduce:
- Debilitating and expensive occupational injuries
- Workers’ comp costs and healthcare premiums
- Human error due to poor workstation design

Increase:
- Product quality and productivity
- Your company’s profitability
- Employee job satisfaction

Course Comments from Past Attendees

- The information was extremely helpful and real-world application “friendly.”
  — Teresa Taylor, Health & Safety Rep, Allison Transmission
- I really liked all of the different assessment tools that were provided.
  — Shawn Holt, Safety Specialist, Newell Rubbermaid
- This is the course we will send our ergo specialists to when building their skill levels.
  — David Wein, Senior Safety Manager, Oshkosh Corporation

Why Come to this Course?

It’s Unique
This ergonomics Short Course combines the fundamentals of workplace biomechanics and cognitive engineering, which are both important for improving work environments.

It’s Methodical
Ergonomics concepts are taught in a systematic way, to provide participants with a solid foundation. This will broaden the applicability of these concepts across various types of workplaces.

It’s Updated
Information on recently published ergonomics research, newly developed assessment tools, and government legislation are continually added to Course materials.

Nationally Recognized Leaders
Course instructors have advanced degrees in various ergonomics disciplines, decades of experience studying and applying ergonomics, and professional ergonomics certification.

Class size is limited, to ensure full participant involvement

This Course is especially ideal for:
- Safety and health professionals
- Healthcare workers
- Engineers
- Risk and loss control managers
- Union representatives
- Managers and supervisors
- Human Resources and Workers’ Compensation personnel

2.2 CEU credits are available
The Ohio State University Office of Extended Education offers OSU CEUs based upon industry standard calculations for Continuing Education Units

You can now register online, at www.ergonomics.osu.edu
Scheduled Course Instructors:

William Marras, PhD, CPE
studies the causes of occupational stress on the body, particularly to the low back, shoulder & neck, and hand/wrist.

Phil Smith, PhD is an expert on human-centered designs, to assist with training, decision support, and information retrieval in computer systems.

Gary Allread, PhD, CPE conducts technical assistance projects focusing on the reduction of musculoskeletal disorders in industrial and office workplaces.

Steve Lavender, PhD, CPE evaluates the effectiveness of ergonomics interventions, particularly those related to low-back pain and risk factors for low-back disorders.

Sue Ferguson, PhD, CPE assesses the recovery process of injured employees and determines the factors involved in successful return-to-work.

Topics You Will Learn Include:

Addressing Body Size Differences
- Using anthropometric data to properly design workplaces for employees
- Managing body size variability that exists between people

Physical Work and Injury Risks
- Ergonomics concepts and basic biomechanics principles
- Using these concepts to recognize and analyze potential problems in the workplace
- Solutions to control low back, shoulder, and neck injuries

Using Ergonomics Assessment Tools to Improve Workplace Design, including:
- The NIOSH Work Practice Guide for Manual Lifting
- ACGIH Lifting Threshold Limit Values (TLVs)
- The hand/wrist Job Strain Index
- The Rapid Upper Limb Assessment (RULA)
- Static strength models
- Liberty Mutual manual materials handling tables
- The Lumbar Motion Monitor (LMM)
- Appropriate use of these methods

Solving Hand and Wrist Problems
- Risk factors and work conditions that contribute to hand/wrist injuries, including carpal tunnel syndrome
- Designing work to minimize the risk of developing cumulative trauma disorders
- Ergonomics evaluations of hand tools

Returning Injured Employees to Work
- The injury recovery process
- Assessment techniques for injured employees
- Matching job demands with physical capabilities

Cognitive and Organizational Issues
- Human perception and task performance
- Impact of non-physical exposures on worker health
- Principles of upstream ergonomics

Successful Ergonomics Processes
- Elements of effective, proven processes
- How to begin, manage, and evaluate your process
- The latest on ergonomics legislation

Also Included
- Tours of Ohio State’s ergonomics labs and demonstrations of current, state-of-the-art research projects

Location:
This Short Course will be held at the Ohio Union on The Ohio State University’s main campus in Columbus.

Discounted rates have been made with these nearby hotels:

- The Blackwell (www.theblackwell.com or 614-247-4000) is Ohio State’s on-campus hotel. It is a 15-15 minute walk to the training facility and also provides free shuttle service. Room rates are $133 per night.
  Average Attendee Rating: 9.4 / 10

- Hilton Garden Inn (www.columbusuniversityarea.hgi.com or 614-263-7200) offers free shuttle service to Ohio State. A room rate of $115 per night is available if reservations are made by September 22nd, 2013. Mention Group Code: ERGO.
  Average Attendee Rating: 8.4 / 10

- Holiday Inn Express (www.stayholidayosu.com or www.holidayinn.com or 614-447-1212) provides free shuttle service to the University. The nightly room rate of $114 is available if reservations are made by September 20th, 2013. Mention the Ergonomics Short Course.
  Average Attendee Rating: 7.7 / 10

Cost:
The registration fee for Putting Ergonomics into Practice is $1,495 per person. This includes:
- A comprehensive Course notebook and CD of ergonomics reference materials
- A copy of The Occupational Ergonomics Handbook, 2nd edition (a 2,000 page reference manual and $250 value)
- Break refreshments
To register, complete the attached form and return it to the address listed. Payment must be received before the Course begins.

The Course begins at 8:30 AM on Tuesday, October 22nd; it will end by 12:00 PM on Friday, October 25th.

Discounts
- A $50 discount is given to all individual registrations received by September 20th, 2013. Groups who register three or more persons from the same organization also receive the discounted rate of $1,445 per person.

Cancellation Policy
Registration substitutions may be made at any time; please notify us as soon as possible if this is required. A service fee of 15% will be charged if cancellation occurs more than one week prior to the Course. Persons who cancel less than one week prior to the Course will not be refunded. Persons who do not attend after registering will be liable for the entire fee.

The Spring 2013 Ohio State Ergonomics Short Course

☐ Sign me up for the Autumn Course (October 22nd – October 25th, 2013).

☐ I cannot attend this time. Please place me on the list for upcoming courses.

Name: ____________________________
Job Title: __________________________
Company: _________________________
Address: __________________________
City: ___________________ State: _______ Zip: _______
Phone: ___________________________
Fax: _____________________________
Email: ___________________________

Credit Card: ___Visa ___MC ___Amex
No: _______________________________
Expiration Date: ____________________

Name as it Appears on Card: __________________________

Signature: __________________________

How did you find out about the course?

Return registration form and payment to:
Institute for Ergonomics, Ohio State University
1971 Neil Ave., 210 Baker Systems
Columbus, OH 43210
Attn: Gary Allread
Fax: 614-292-7852
Email: ergonomics@osu.edu

Make checks payable to:
Institute for Ergonomics, Ohio State University

Questions?
Contact Dr. Gary Allread (614-292-4565 or allread.1@osu.edu)