



THE OHIO STATE UNIVERSITY

# Putting Ergonomics Into Practice

## The OSU Ergonomics Short Course

October 8<sup>th</sup> - 11<sup>th</sup>, 2019

Columbus, Ohio



Conducted by:  
SRI•Ergonomics  
The Ohio State University

Register online, at  
<http://ergonomics.osu.edu>



### Increase Your Ergonomics Knowledge

- Important principles, taught through lectures, case studies, in-class demonstrations, and hands-on exercises.
- The biomechanical and physiological bases of musculoskeletal disorders.
- Assessment tools to objectively evaluate work processes.

### Improve Work Operations

- Reduce expensive and debilitating occupational injuries.
- Boost safety and efficiency, through enhanced designs of work environments, assembly lines, and tools & equipment.
- Increase productivity and quality, your company's profitability, and employee job satisfaction.

**Earn 2.45 CEU credits**

The Ohio State University Office of Extended Education offers OSU CEUs based upon industry standard calculations for Continuing Education Units.

### This course is especially useful for:

- Safety & health professionals
- Healthcare workers
- Engineers
- Risk and loss control specialists
- Managers and supervisors
- Union representatives
- HR and workers' compensation personnel

*Very informative. I learned a lot that I can take back to work.*

Julie Daily, Occupational Health Nurse  
Abbott Nutrition

*The in-class demonstrations and exercises will be useful information to utilize in the manufacturing setting.*

Sherri Carter, Supervisor  
Rubbermaid Commercial Products

*The instructors have been excellent and informative.*

Bozz Sacizzuni, Safety Manager  
Tire Centers LLC

### See Why Your Colleagues Choose *this* Course

- Concepts are taught in a **systematic** way, to first provide participants with a solid ergonomics foundation and then show how these concepts apply across various types of work.
- Materials are continually **updated** with recently published ergonomics research, newly developed assessment tools, and useful electronic resources.
- **Nationally recognized ergonomists** are your instructors, who have advanced academic degrees and professional ergonomics certification, as well as decades of applied ergonomics consulting experience.





## Scheduled Course Topics

- Workplace Biomechanics
- Addressing Body Size Differences Among Employees
- Ergonomics Assessment Tools to Improve Workplace Design
- Solving Low Back, Shoulder, and Hand & Wrist Problems
- Returning Injured Employees to Work
- Determining Return-on-Investment from Ergonomics Interventions
- Effectively Implementing Ergonomics Changes
- Developing a Successful Ergonomics Process



## Additional Course Activities

- Tour Ohio State's Spine Research Institute / Biodynamics Laboratory and the Center for Occupational Health in Automotive Manufacturing (COHAM)
- Use state-of-the-art ergonomics equipment and assistive devices



## Cost

The registration fee for *Putting Ergonomics into Practice* is \$1,495 per person. This includes a comprehensive Course notebook, electronic copies of ergonomics assessment tools and reference materials, a copy of *The Occupational Ergonomics Handbook*, 2<sup>nd</sup> edition (a 2,000 page reference manual and \$230 value), and break refreshments.

To register and pay by check, complete the attached form and return it to the address listed. Or, sign up at <http://ergonomics.osu.edu>. Payment must be received before the course begins.

**Discounts:** A \$50 discount is given to all individual registrations received by September 13<sup>th</sup>, 2019. Groups who register three or more persons from the same organization at any time 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% is charged if cancellation occurs more than one week prior to the course. Participants who cancel less than one week prior to the course or who do not attend after registering are liable for the entire fee.



## Location and Times

The course will be held at the Spine Research Institute on OSU's main campus. It begins at 8:30 AM on Tuesday, October 8<sup>th</sup> and ends at 12:00 PM on Friday, October 11<sup>th</sup>.



## Hotel Accommodations

Several nearby hotels provide free shuttle service to the course, including:

**The Blackwell** (OSU's on-campus hotel)  
([www.theblackwell.com](http://www.theblackwell.com) or 614-247-4000)  
Average rating from past attendees: 9.3 / 10

**Hampton Inn & Suites / University**  
([www.hamptoninn.com](http://www.hamptoninn.com) or 614-268-8700)  
Average rating from past attendees: 8.6 / 10

**Hilton Garden Inn**  
([www.columbusuniversityarea.hgi.com](http://www.columbusuniversityarea.hgi.com) or 614-263-7200)  
Average rating from past attendees: 8.2 / 10

**Holiday Inn Express & Suites**  
([www.stayholidayosu.com](http://www.stayholidayosu.com) or 614-447-1212)  
Average rating from past attendees: 7.7 / 10

**Marriott Columbus University Area**  
([www.marriott.com](http://www.marriott.com) or 614-447-9777)  
Average rating from past attendees: n/a (new)



## Registration Form

Note: For credit card payments, register online, at <http://ergonomics.osu.edu>



Sign me up for the Autumn 2019 Course (October 8<sup>th</sup> - 11<sup>th</sup>)

I cannot attend this time; please alert me about future courses

Name: \_\_\_\_\_

Job Title: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

How did you find out about the course?

\_\_\_\_\_

### Return registration form and payment to:

SRI-Ergonomics, The Ohio State University  
1971 Neil Ave., 210 Baker Systems  
Columbus, OH 43210

Fax: 614-292-7852  
Email: [ergonomics@osu.edu](mailto:ergonomics@osu.edu)

### Make checks payable to:

SRI-Ergonomics, The Ohio State University

### Questions about the Course?

Contact: Dr. Gary Allread, Course Organizer  
(614-292-4565 or [allread.1@osu.edu](mailto:allread.1@osu.edu))



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