



Office Ergonomics Training



Who Should attend:

Safety & Health Professionals
Physical Therapists/Assistants
Occupational Therapists/COTA's
Human Resource Professionals
Athletic Trainers
Exercise Physiologists
Allied Health Professionals

Contact Hours:

8 Hours

Tuition:

\$350.00

Education Level:

Introductory
No pre-requisites required

Content Domain:

Evaluation

Course Instructors:

See reverse for instructors

Course Approval:



OccuCare Systems & Solutions
3535 30th Ave, Suite LL1
Kenosha, WI 53144
866-470-4440

www.occucare.net

Course Description

The office ergonomics training program is designed for professionals who are interested in implementing or expanding their knowledge in the field of office ergonomic evaluations. Following the completion of this one day program you will be able to analyze and identify common office ergonomic risk factors and ultimately reduce these risk factors through the implementation of appropriate controls. The course will discuss, demonstrate, and teach common office ergonomic evaluation techniques and how to implement a company wide office ergonomics program. The course will provide detailed, hands-on instruction of commonly used office ergonomic screening and assessment tools designed to identify high risk activities, rank multiple jobs for the need for ergonomic revisions and provide direction for selection of office ergonomic solutions. Common upper extremity ergonomic related musculoskeletal disorders will be discussed with a focus on causative factors and reducing risk factors. The course will consist of hands-on use of office ergonomic assessment tools using actual work stations culminating in group presentations and recommendations.

Satisfactory course completion as an assessment of learned outcomes includes:

- Participation in the one day of training
- Performing office ergonomic evaluations
- Classroom presentation/critique of your ergonomic evaluations

Learning Outcomes

By the end of this training program learners will be able to:

- Understand, identify, and perform current office ergonomic evaluation tools
- Differentiate common office ergonomic assessment tools and their benefits
- Identify common office ergonomic risk factors and solutions to reduce these risk factors
- Understand basic methods of identifying, selecting, and implementing office ergonomic solutions
- Select appropriate engineering and administrative controls to reduce office ergonomic risk factors
- Demonstrate a general knowledge of office ergonomics
- Develop and implement a full office ergonomics injury reduction program
- Perform a full office work station ergonomic analysis and present findings to classmates

Course Instructors



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Jim Mecham, MS, OTR/L, AEP, CFCE

Jim has dedicated his career to developing comprehensive industrial rehab programming that returns an injured worker to work as soon as possible and providing organizations with injury cost reduction services that positively influence their bottom line. His background in Occupational Therapy and Industrial Engineering provides a perfect fit to prevent work related injuries through engineering controls and rehabilitate workers following an injury. Jim is a board certified ergonomist and has been awarded this certification through the Board of Certification in Professional Ergonomics. Jim's extensive experience in the field of industrial ergonomics includes providing consulting within manufacturing and office environments nationwide while developing and implementing comprehensive ergonomic initiatives for large and small employers. Jim has provided corporate healthcare professional ergonomic training throughout North America since 1998.



Joan Korpi, OTR/L, CEA

Joan incorporates a wide breadth of experience into her ergonomics and teaching practice through her diverse experience in industry, education, ergonomics and industrial rehab. This combination of experiences allows Joan to identify high risk activities within environments, rank and determine the level of risk involved with these activities, and provide detailed recommendations for the reduction or elimination of these risk factors. Joan's undergraduate and graduate studies at the University of Wisconsin – Milwaukee focused on occupational therapy and ergonomics within the industrial engineering department. Joan has worked extensively with Fortune 100/500 companies throughout the United States as well as being an adjunct professor at the University of Wisconsin – Milwaukee. She has participated in two large ergonomic grants funded by the Center for Disease Control, National Institute for Occupational Safety and Health, and the National Institute of Health. These grants focused on injury causation regarding the distal upper extremity and low back pain. Joan has presented on local, regional and national levels for industry, specialty groups, and at national conferences in relation to ergonomics and work. Joan is an advocate for evidence based teaching and continues to perform research in regards to ergonomic risk factors and their associated injuries.