

ONLINE CERTIFICATE COURSE IN ...

7-9
AUGUST
2020

W  RKPLACE
ERGONOMICS

CERTIFICATE IN WORKPLACE ERGONOMICS

Offered by



Learn Lead Serve

SRI SRI UNIVERSITY

Envisioned by Sri Sri Ravi Shankar Ji, Sri Sri University was established in 2009 as a centre for world-class education in India. The university offers a range of pivotal, unique and cutting-edge undergraduate, postgraduate degree programmes, short-term, diploma and certificate courses, Doctoral studies (PhD), that seek to preserve the ancient wisdom of the East and offer the best of Western innovation.



Vision:

To impart holistic and value-integrated education in order to develop visionary thinkers with social-consciousness to lead and precipitate inevitable changes, with summative call for **Learn–Learn–Serve.**

Mission:

To create centres of excellence in knowledge and research across the fields of study in order to equip students to achieve the highest levels of professional ability in a learning atmosphere that fosters human values to serve the needs of local, national and global economies.

Endorsed by



INDIAN SOCIETY OF ERGONOMICS

The Indian Society of Ergonomics was established in 1983 and is the only professional body representing ergonomics / human factors professionals in India. It is affiliated to the International Ergonomics Association (IEA) and nominates members to its committees. The ISE is also a member of the **ACED** (Asian Council of Ergonomics and Design), and the **BRICSplus** Ergonomics Network. So far, fourteen international conferences have been organized by the Indian Society of Ergonomics with full proceedings published. The Society publishes a quarterly newsletter. Members of the Indian Society of Ergonomics belong to a wide variety of fields, including physiology, psychology, home science, industrial design, product design, occupational health, industrial safety, and engineering, reflecting the multi-disciplinary nature of the subject.



DESCRIPTION

This foundation course provides a basic understanding of the field of ergonomics and how to apply it to assist with injury prevention in the workplace. Work-related musculoskeletal disorders (MSDs) are a general category used to describe a group of peripheral injuries associated with highly repetitive and/or forceful job activities that may also present postural challenges for those who have to perform them. This course will assist participants in recognizing the presence of MSD-related hazards and the importance of monitoring their status. The course will explore the relationship between workplace design and MSDs in addition to learning about specific MSD hazard analysis checklists and tools, their results and implications for workplace design. The course will conclude by examining reliable methods of developing and implementing actions to prevent MSDs from a workplace systems perspective based on a participatory approach.

WHO SHOULD APPLY ?

The Course is designed to prepare the working professional with a degree to meet the growing demand for safety professionals capable of dealing with work-related musculoskeletal disorders (WMSD) and who either wish to pursue a career in ergonomics or apply ergonomic principles within another profession (physiotherapy, occupational therapy, disability management, health and safety, and more).

The course is also appropriate for professionals in the areas of occupational rehabilitation, corporate wellness, and occupational health & safety who wish to augment their ergonomic knowledge and skills.

This provides students with a comprehensive background in ergonomic work analysis, hazard assessment, and program development in a variety of essential industries.



COURSE OBJECTIVES

1. Provide you with an in depth look into the field of ergonomics
2. Learn about the factors that can contribute to:
 - Physiology of work
 - Environmental Factor
 - Occupational Diseases
 - Musculoskeletal disorders
 - Accidents and injuries
 - Psychosocial stress
3. Provide you with knowledge to help you identify basic hazards that can lead to injury in workplaces using several systems for assessing injury risk.
4. Learn about human anthropometry and how this can help with the specifications of tools and equipment to fit employees better to improve safety.
5. Increased productivity, quality, health etc.

LEARNING OUTCOMES

Students will be able to Develop, implement, evaluate and monitor the effectiveness of hazard prevention programs for the work place.

NOTE:

On completion of course Student will get an Online Printable Certificate.

OPPORTUNITIES

Ergonomics is a multidisciplinary science and can lead to the following careers:

- Occupational Ergonomists designing healthy workplaces
- Return to Work Specialist facilitating the return to work process
- Training specialist providing ergonomics training to organizations
- Standards and Regulation Developer
- Corporate or Research Ergonomists
- Workplace Wellness Professionals

ELIGIBILITY

Diploma/Degree qualification (Science, Engineering, Medicine, Physiotherapy, Yoga, Physiology, Occupational Therapy, Nursing, Psychology) from any recognized University.

DURATION

Total- 45 hrs

- Online Class- 14 hrs
- Self-study- 15 hrs
- Assignments-15 hrs
- Online Exam- 1 hr



ERGONOMIC RISK FACTORS



REPETITION



AWKWARD POSTURES



VIBRATION

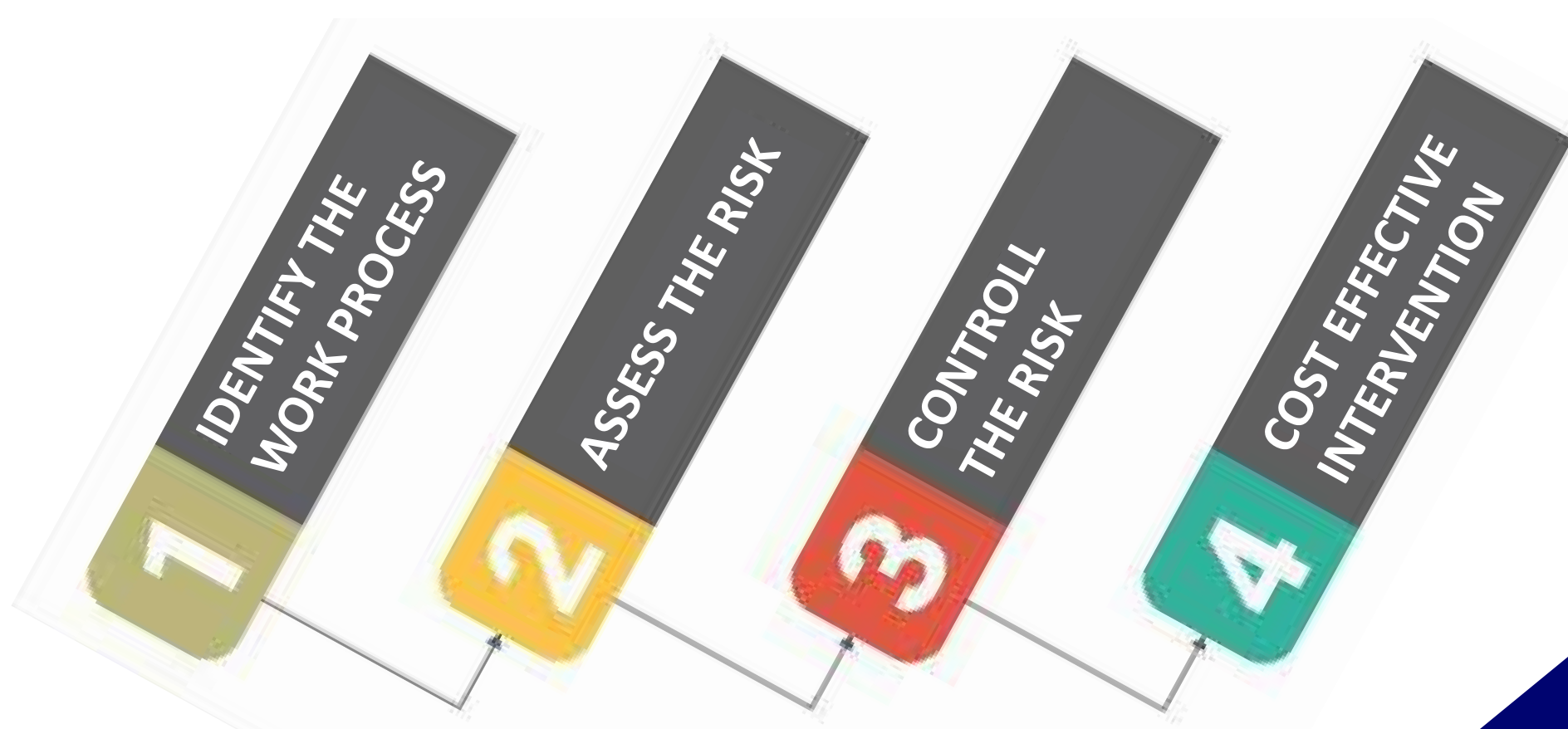


FORCE



STRESS

FOUR STEPS FOR IMPROVING WORKPLACE ERGONOMICS



KEY BENEFITS OF ERGONOMICS



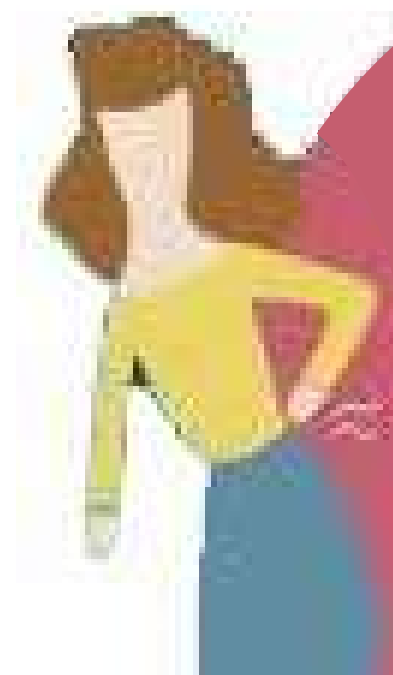
TIPS FOR PRACTICAL ERGONOMICS IN YOUR WORKPLACE

What is Ergonomics ?

Ergonomics is the study of work, work environment, and work tools. Take an in depth look at the actual work you do, your environment and what you need to do it well. Set these up to enhance performance.



Ergonomics has an important impact on long term health. Most injuries in the workplace are caused by falls, repetitive movement or bad posture.



Practicing good ergonomics can be a great preventive measure for avoiding issues like headaches, eyestrain, and neck and back pain.



FACILITATORS



Prof. (Dr.) Somnath Gangopadhyay

Professor, University of Calcutta
Secretary, Scientific Committee on
Small-Scale Enterprises and the
Informal Sector of International
Commission on Occupational Health



Prof. (Dr.) Shyam Pingle

Sr. Occupational Health Specialist &
Adjunct Professor, Indian Institute of
Public Health, Gandhinagar, India
Board Member of International
Commission on Occupational Health



Dr. Ram Maikala

Program Specialist, Injury
Prevention & Ergonomics
Providence Regional Medical
Center Caregiver Health and
Wellness, USA



Dr. Sougata Karmakar

Associate Professor
Dept. of Design, Indian Institute of
Technology (IIT) Guwahati, India



Dr. Krishna Nirmalya Sen

Head EHS at L&T MMH,
President ASSP India Chapter,
Chair Scientific Committee on
Construction Industry of ICOH



Prof. (Dr.) Subhashis Sahu

Associate Professor
University of Kalyani



Prof. (Dr.) Tirthankar Ghosh

Professor
Sri Sri University



Er. Murray Gibson

PE, CPE
Founder, Saturn Ergonomics
PhD Student, Auburn University
Auburn, AL - United States



Dr. Susmita Halder

Clinical Psychologist
Associate Professor
Amity University, Kolkata



Dr. Banibrata Das

Assistant Professor
South Calcutta Girls College



SCHEDULE

DAY	DATE	TIME	TOPIC
FRIDAY	7 AUGUST 2020	09.30 AM – 10.00 AM	Inauguration
		10.00 AM – 11.00 AM	Introduction and Principles of Occupational Ergonomics
		11.10 AM – 12.10 PM	Occupational Environment
		12.10 PM – 02.00 PM	Break
		02.00 PM – 03.00 PM	Physiology at Work
		03.10 PM – 04.10 PM	Occupational Diseases
SATURDAY	8 AUGUST 2020	10.00 AM – 11.00 AM	Musculoskeletal Disorders
		11.10 AM – 12.10 PM	Risk Assessment
		12.10 PM – 02.00 PM	Break
		02.00 PM – 03.00 PM	Anthropometry for Ergonomic Design
		03.10 PM – 04.30 PM	Human-Work Cognition
SUNDAY	9 AUGUST 2020	10.00 AM – 11.00 AM	Construction Sector
		11.10 AM – 12.10 PM	Informal Sector
		12.10 PM – 01.10 PM	Agricultural Sector
		01.10 PM – 03.30 PM	Break
MONDAY – SATURDAY	10 - 15 AUGUST 2020	All Time	Self-study and Assignments
SUNDAY	16 AUGUST 2020	10.30 AM – 11.30 AM	Online Examination



