

# ERGOTRAC TRAINING

Demonstrate knowledge and application of Ergonomics and the Ergonomics Regulation 2019 i.t.o the OHSA [85 of 1993]



## TRAINING OVERVIEW

The term ergonomics comes from Greek words Ergon – to work and Nomo's – law. Ergonomics can be defined as study of worker's interactions with work equipment, work method and work environment.

Training is an important element in the ergonomic process. Training should be conducted in a language and vocabulary that all workers understand and is best provided by individuals who have experience with ergonomic issues in your particular industry. When training is effective workers will:

### SUCCESSFUL CANDIDATES CREDITED WITH THIS UNIT STANDARD ARE ABLE TO:

- Learn the principles of ergonomics and their applications.
- Learn about the proper use of equipment, tools, and machine controls.
- Use good work practices, including proper lifting techniques.
- Become more aware of work tasks that may lead to pain or injury.
- Recognize early symptoms of MSDs.
- Understand the importance of reporting and addressing early indications of MSDs before serious injuries develop.
- Understand procedures for reporting work-related injuries and illnesses, as required by OSHA's injury and illness recording and reporting regulation

### LEARNING ASSUMED TO BE IN PLACE AND RECOGNITION OF PRIOR LEARNING

- No prior learning required

### Training Duration

1 Day Training

### Training Costs

R795 for person