Applied Ergonomics Course Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------|--|---|---|---|---|
| 0800 | Course plan, introductions, Installation problem areas, current program status and Quiz | Quiz 0800-0815 Workplace Design | Quiz 0800-0815 Lifting and MMH, Product Evaluation, and Back Belts | Quiz 0800-0815 Selling Ergonomics Train the Trainer Resources | Quiz 0800-0815 Final presentations and Executive summary |
| 0900 | Introduction to Ergonomics | Administrative Controls | Lifting Assessment Tools | Survey Specific: Conducting a Survey, Data, Survey Forms, and Group Project Practical Exercise I: View and analyze videotaped case study with assistance. | |
| 1000 | Anthropometrics | Office Ergonomics | Practical Exercise | Practical Exercise II: View and analyze videotaped case study unassisted | |
| 1100 | | | | Videotaping and Game Planning | Course Wrap-up. Certificates, awards and Course evaluations |
| 1200 | Lunch break | Lunch break | Lunch break | Lunch break | |
| 1300 | Upper Extremity Work-Related Musculoskeletal Disorders | Biomechanics | DOD/DA Policies Program Resources and Tools | Group project: site analysis: Passive and active surveillance, work area assessment, results | |
| 1400 | Saving Your Back - Lower Extremity (opt) - Neck (opt) Work-Related Musculoskeletal Disorders | Hand Tools | Task Analysis | Results analysis, problem identification and recommen- dations. Prepare executive summary and briefing. | |
| 1500 | Product Evaluation: Snake-Oil Salesmanship | Ergonomic Success Stories: Navy and OSHA | Risk Assessment Codes and LSTAT | | |
| 1600 | Quiz Make-up | Quiz Make-up | Quiz Make-up | Quiz Make-up | |