

DoD Ergonomics Working Group NEWS



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Ergonomics Training 2007 Air Force - Army - Navy



Air Force Ergonomics Training

Ergonomics Computer Based Training (CBT)

This course is self-paced and can be initiated at any time from our Web site (no credit or certificate) or the Distance Learning USAF Ergonomics Course (CD-ROM for credit version) is available for enrollment through your Base Education and Training Office. Course numbers: Public Health - B6ERPM; Bioenvironmental Engineering - B6ERBM. This course is an Extension Course Institute (ECI) Specialized Course.

ErgoEASER

Ergonomics Education, Awareness, System Evaluation and Recording (ErgoEASER) is a software package that aids in identifying, evaluating, and preventing work-related musculoskeletal disorders. Evaluating video-display terminal (VDT) workstations and lifting task design, ErgoEASER offers suggestions on how to address ergonomic hazards and reduce worker disabilities.

USAF School of Aerospace Medicine

Newly commissioned bioenvironmental engineers and bioenvironmental engineer apprentices receive ergonomic training as part of their respective curriculums. The USAF Ergonomics CBT program (above) replaced the USAFSAM instructor led 40-hour course.

For more information, go to the Air Force Institute for Operational Health site:

**[http://www.brookscitybase.brooks.af.mil/afioh/
Health%20Programs/ergonomics_mission.htm](http://www.brookscitybase.brooks.af.mil/afioh/Health%20Programs/ergonomics_mission.htm)**



Army Ergonomics Training

Ergonomists with the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) offer a variety of training services to meet your needs, budget and time constraints.

Applied Ergonomics Course

USACHPPM ergonomists offer this training at a centrally located course in Maryland as well as taking it on the road to a location convenient to you. This is the most popular training option the Ergonomics Program offers. It is a 40-hour course that provides people with no ergonomics background the foundation to recognize ergonomic risk factors and develop solutions to minimize or eliminate risk factors. The course offers plenty of hands-on exercises, practice using quantitative and qualitative assessment techniques, and an actual workstation assessment. Come find out why over 1,000 satisfied course participants can't be wrong. ***For specific course information, contact our program office at 410-436-3928.***

Collateral Ergonomics Duty Officer Training

- Do you have an employee responsible for ergonomics awareness but he or she has no formal ergonomics training?
- Do you need help getting this worker up to ergonomics speed but videotapes or computer-based training are not effectively meeting your needs?

This training is a two-day course that focuses on what a Collateral Ergonomics Duty Officer will see during a walk-through inspection or how to respond to an employee concern. This course will teach workers how to identify ergonomic risk factors; determine how poor hand tool, equipment, or workstation design influences worker health; perform lifting assessments; and determine appropriate corrective actions.

One-Day Back Class

Depending on your needs, the back class is a two- or three-module training course that helps people understand back anatomy and what forces the back can and cannot accommodate.

- Module 1 is a lecture that covers the basic biomechanical principles underlying back injury and injury prevention. The material is presented in a practical manner, providing clear explanations of how injuries occur without getting bogged down in a lot of medical jargon.
- Module 2 focuses on manual material handling and provides participants with solutions that can help reduce exposures to mechanical forces that can cause back problems.

Office Ergonomics Training

USACHPPM ergonomists provide a two-hour ergonomics training program on computer workstation design including workstation set-up for traditional and mobile workstations, tasks associated with work-related musculoskeletal disorder (WMSD) risk factors, new office equipment and what it means to the user, and the role administrative controls play in the overall health of a computer user.

Design Your Own Program

If you are interested in selected topics from the Applied Ergonomics Course but do not want to commit to a 40-hour course, USACHPPM offers customized training. They can build a four-hour, one-day or two-day training class based on your needs.

Interested in lifting and hand tools but have no need for office ergonomics? No problem—staff ergonomists will create a course for you.

**Contact the USACHPPM Ergonomics Program at
410-436-3928 to discuss your training needs.**

**And visit the Army Ergonomics Program Website at:
<http://usachppm.apgea.army.mil/ergopgm/>**



Navy Ergonomics Training

The mission of the Naval Occupational Safety, Health, and Environmental Training Center (NAVOSHENVTRACEN) is to provide the highest quality training to civilian and military members of the Navy and Marine Corps.

Navy Ergonomics Course, A-493-0085

This 40-hour course is a hands-on, practical approach to ergonomics with extensive class exercises and case studies of Naval work environments. Certified industrial hygienists can earn 4.5 certification maintenance (CM) points for attending this course. Upon completion of this course, students will have a firm understanding of ergonomic principles affecting their work environment. Students learn to assess ergonomic risk in the workplace using the Ergonomics Survey Tools from Navy Instruction OPNAVINST 5100.23(series) Chapter 23. The course also covers work-related musculoskeletal disorders, workstation and task design, Navy ergonomics policy, establishing an ergonomics program, and computer and industrial workstation set-up and evaluation.

Students conduct an ergonomic assessment in the field at a Navy activity, analyze the data, and present their findings. The course instructors are both Certified Professional Ergonomists and engineers with the Navy Ergonomics Program.

For on-line registration go to the course catalog at:
<http://safetycenter.navy.mil/training/default.htm>

If the course is full you may still be able to attend by enrolling on our stand-by list. Please obtain permission from your supervisor and forward your name, email and phone number to MBSmith@TeamErgo.com.

Stand-by students registered at MBSmith@TeamErgo.com have precedence over walks-ins and are expected to attend the first hour of class on the first day with a possibility of returning to their regular positions within 2 hours.

Navy Ergonomics Course Schedule

7 - 11 May 2007	Quantico, VA
30 July - 3 August 2007	San Diego, CA
24 - 28 September 2007	Okinawa, Japan

NAVOSH 15th Annual Safety Professional Development Conference

NAVOSHENVTRACEN is providing training at the NAVOSH 15th Annual Safety Professional Development Conference (PDC) for Navy, Marine Corps, and Coast Guard in Norfolk, Virginia, 12-16 March 2007 at the Holiday Inn - Executive Center Hotel. The Navy Ergonomics Program subject matter experts will provide ergonomics training and host an Ergonomics Information Booth.

- Training
0800 - 1200 Wednesday, 14 March - Ergonomics Awareness and Office Ergonomics
1300 - 1700 Wednesday, 14 March - Snake Oil Ergonomics and Success Stories
- Information Booth (located in the exhibit area)
1400-1730 Tuesday 12 March
0730-1700 Wednesday March 13

For additional information go to:

<http://www.safetycenter.navy.mil/training/pdc/default.htm>