# DoD Ergonomics Working Group NEWS

## Computer-Based Training:
## Ergonomics Awareness Module

### Description

This course provides workers with knowledge of basic ergonomic principles, an understanding of work-related musculoskeletal disorders, and an awareness of the signs and symptoms of ergonomic risk factors. With this knowledge comes the ability to identify work activities with ergonomic risks, leading to early reporting and injury avoidance.



### Registration

- Go to: https://ammoschool.sumtotalsystems.com/aspen/lang-en/aac_welcome.asp

- When you complete the registration information, you will receive your user ID, password, and log-in instructions via email.

- With an active account, you will be instructed to go to: https://ammoschool.sumtotalsystems.com

When you successfully complete the course and assessment, you will be able to print and save a completion certificate for your training records. For Army personnel, future improvements include integration of your record into the Army Training and Reporting System (ATARS).
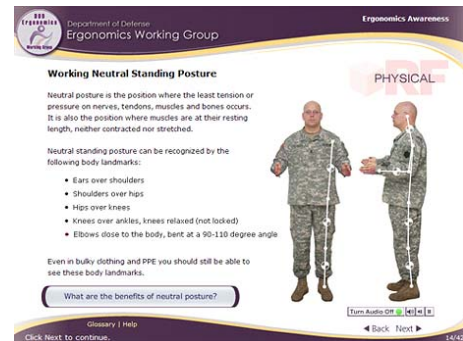
### Course Fees

This course is FREE for all DoD employees. All non-DoD employees (those without a ".mil" email address) are required to pay a $500 course fee.

### Screen Shots

Sample screen shots follow on pages 2-4.

### More Information

If you have questions or need additional information, please contact the Ergonomics Program at the U.S. Army Center for Health Promotion and Preventive Medicine: 410-436-3928.

## Sample Screen Shots



This course reinforces the major tenets of ergonomics.



Ergo Tips throughout the course offer practical, how-to application to the learning objectives.

Neutral postures are explained through the use of interactive visuals and audio.



Demonstration videos allow learners to experience some of the same exercises presented at on-site training.

Activities throughout the course reinforce what students have learned.