



THE ERGONOMICS CENTER  
OF NORTH CAROLINA  
Advancing the Science of Ergonomics in the Workplace<sup>SM</sup>

## Industrial Ergonomics Process Workshop (IEPW)

July 17-20, 2017

Holiday Inn Oceanfront at Surfside Beach, SC

This comprehensive workshop guides participants through each facet of the cyclic ergonomics process from basic ergonomics principles through control development and workstation design guidelines.

A practical approach to controlling musculoskeletal disorders in the workplace starts with an *Ergonomics Program and Ergonomics Team*. A detailed ergonomics process must be in place in order to effectively introduce ergonomics into the workplace. Participants are taught the components of successful ergonomics teams and ergonomics programs to help jump-start ergonomics initiatives in their workplace.

The next step is identifying the problem. Participants are taught how to identify problem areas and use basic job analysis techniques to help *Screen and Prioritize* their efforts. The Industrial Ergonomics Screening Tool is presented as a first pass to identifying jobs with ergonomic risk in the workplace. Many jobs require concentrated evaluation effort requiring more in depth “deep-dive” analysis tools. Participants learn how to select and utilize key *Ergonomics Analysis* tools to define workplace risk, evaluate hand/wrist intensive tasks, and quantify manual materials handling activities. Participants are encouraged to bring videotapes of their own working environments as workshop exercises utilize videotape analysis, allowing participants to apply the techniques discussed. Hands-on workshops also help participants hone their analysis skills. The analysis tools covered include:

- Center Industrial Ergonomics Screening Tool
- NIOSH Lifting Equation and Composite Lifting Index
- Liberty Mutual Manual Material Handling Tables
- Rapid Upper Limb Assessment (RULA)
- Strain Index
- Muscle Fatigue Analysis

Participants understand the basics of each ergonomics assessment tool, members of the Ergonomics Center learn how to effectively utilize the Ergonomics Center’s computer software tools (edgar) for ergonomics analysis. edgar aides the user with ergonomics analysis tool selection by guiding the user through an analysis pathway. edgar analyses answers give clear-cut results with color-coding (red-yellow-green) to facilitate prioritizing results.

Once the analysis is performed, the ergonomics team should devise a plan to implement *Control Measures*. Possibly the most pivotal stage of an ergonomics process is transforming the recommendations from concept to reality. *Workstation Design* guidelines allow participants to develop a solution that is feasible, effective, and justifiable. Participants will employ guidelines and specifications to create feasible solutions with the first iteration. The *Implementation and Verification* of solutions and follow-up timelines will also be discussed. Special control measures for specific populations, such as the aging workforce, will also be presented. The Ergonomics Center’s Industrial Technology Showcase provides a hands-on introduction to potential solutions by allowing participants to explore numerous ergonomics tools and products.

Classes are held from 8:00AM – 5:30PM Monday through Wednesday and 8:00AM – 12:30PM on Thursday.

### Fee

\$1800 / \$1400 for Professional Members

3.0 Continuing Education Credits (CEUs) awarded through NC State University

## REGISTER