

FREE

Ergonomics Training for Small Business Warehousing (250 employees or fewer)

Prevention of Musculoskeletal Disorders (MSDs) in Small Business Warehousing

<https://www.ergocenter.ncsu.edu/training/ergonomics-training-for-small-business-warehousing/>



Employee training will include defining ergonomics, its benefits, signs and symptoms of MSDs, the importance of early reporting, ergonomic risk factors in the workplace, and simple ways to avoid such risk factors in the warehousing environment, including body mechanics and work methods techniques.

Supervisor training will include the same topics as the employee training with added emphasis on the costs associated with poor ergonomics, the physiology of common work-related MSDs, and physical changes in the workplace

that can benefit their employees. Supervisors will also be provided a checklist they can use to identify and resolve ergonomic issues in their warehousing environment.

The course is offered free of charge for small businesses with warehouses through an OSHA Susan Harwood Training grant. Virtual and on-demand training sessions are available throughout the United States. On-site training sessions are also available free of charge in the Raleigh, NC, Charlotte NC, or Twin Cities, MN regions.

To learn more and to schedule your training,
Submit your request here.

You can also contact Julia Abate at 919-749-3095 or
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