

# Ergonomics Workshop

How to apply Ergo principles in the real world.

**Monday, August 8, 2016  
8am-5pm**

**Shelby Center for Engineering Technology**

Room 1120  
345 W Magnolia Ave.  
Auburn University  
Auburn, AL 36849

Brought to you by  
the Deep South Center for Occupational Health &  
Safety &  
the Alabama Chapter of Safety Engineers (ASSE)



# Ergonomic Workshop

We have developed a workshop to take your safety and ergonomic programs to the next level. This workshop will provide you with useful and practical tools to prevent work-related musculoskeletal disorders using ergonomic principles and increase worker production.

**Who should attend:** Safety and Health Professionals, Engineers, Managers and Supervisors, Risk and Loss Control Personnel, Health Care Professionals, Occupational Health Practitioners, Industrial Hygienists, Manufacturing/Design Engineers, Union Representatives, Ergonomics Team Leaders, Corporate Medical Staff, Human Resource Professionals -

**anyone with a role in workplace health and safety.**

## Upon completion of this program, you should be able to:

- Recognize and understand the factors contributing to work-related musculoskeletal disorders (MSDs)
- Understand worker capabilities and limitations
- Apply contemporary ergonomic job analysis techniques to identify MSD risk through hands-on demonstrations
- Use ergonomics principles to improve the design of workstations
- Apply principles of successful ergonomics programs to reduce worker compensations costs and increase productivity and profitability

## Schedule and Topics:

<b>8:00-8:15</b>	<b>Welcome and Faculty/Class Introductions (Sesek)</b>
<b>8:15-9:00</b>	<b>Review of MSD Risk Factors and the State of the Art (Sesek)</b>
<b>9:00-9:30</b>	<b>Cutting Edge Ergonomic Research: Fatigue Failure Modeling (Gallagher)</b>
<b>9:30-10:00</b>	<b>Total Work Health Initiatives (Schall)</b>
<b>10:00-10:15</b>	<b>Break</b>
<b>10:15-11:15</b>	<b>Commonly Used Ergonomic Tools and Methods: Biomechanical, Physiology-based Models (Sesek)</b>
<b>11:15-11:45</b>	<b>Individual Differences: Aging, Obesity, Injury, Anthropometry (Thomas)</b>
<b>11:45-1:00</b>	<b>Lunch (On your own)</b>
<b>1:00-1:30</b>	<b>Laboratory Ergonomic Assessment: Quantitative Equipment ("Gizmo"-based) Assessment Pros and Cons (Schall)</b>
<b>1:30-2:30</b>	<b>Ergonomic Triage: Prioritizing Jobs for Improvement Using "Observe/Define/Action" Method - Video-Based Task Assessment Exercises (Sesek)</b>
<b>2:30-2:45</b>	<b>Break</b>
<b>2:45-4:30</b>	<b>Hands-on Exercises and Ergonomic Survey Tool Evaluations in the Biomechanics Labs: Manual Material Handling, Order Picking, Assembly Tasks (Sesek, Davis, Gallagher, Schall)</b>
<b>4:30-5:00</b>	<b>Principles of Successful Ergonomics Programs: Questions and Answers with Expert Advisory Panel (Occupational Safety and Ergonomics Program Affiliate Faculty)</b>
<b>5:00</b>	<b>Wrap-up and Issue Certificates and CEUs to Participants</b>

## Course Faculty & Sponsor

Based on the expressed needs of practitioners in our region, we have brought together an experienced, dynamic faculty to give you an **opportunity to learn from the best**. These courses will be taught by the distinguished, award-winning faculty from Auburn University's Samuel Ginn College of Engineering.

**Instructors:** Dr. Richard Sesek, PhD, CPE, CSP is the principal instructor. He is the Deep South Center's Occupational Safety and Ergonomics (OSE) Program Director and an award winning instructor with over 25 years of OHS experience who is known for translating complicated concepts into operational principles that can be applied in any workplace.

### **All Deep South Center OSE faculty will participate in this course including:**

Dr. Sean Gallagher, PhD, CPE (Biomechanist and Ergonomic Modeling Expert),  
Dr. Jerry Davis, PhD, CPE, CSP (Systems Safety and Work Methods Expert),  
Dr. Rob Thomas, PhD, CPE, PE (Ergonomist and Emeritus Professor), and  
Dr. Mark Schall, PhD, AEP (Instrumentation and Field Data Collection Expert).

**All instructors have significant experience with the application of ergonomic assessment methods. This course will be interactive, hands-on, and participatory. Participants will gain an understanding of how to observe, assess, and improve work in their facilities. \*\*\*Participants, please bring plenty of questions!!!**

**The Deep South Center for OH&S** is one of 18 Education and Research Centers sponsored by the National Institute for Occupational Health & Safety (NIOSH). The Center works with industry, business, non-profits and academia to promote healthy and safe working conditions throughout the southeast. Academic and research programs are offered through the University of Alabama at Birmingham and Auburn University.



## Course Location

The workshop will be held at the Shelby Center for Engineering Technology, 345 W. Magnolia Avenue, Auburn University, AL. The labs and classrooms at the Shelby Center are state-of-the-art. You will learn from the best faculty in the best setting! Internet access will be available. A listing of nearby hotels will be provided in your confirmation letter.

## Registration Information

**Ergonomics Workshop is \$75. 00. \$65.00 for all ASSE members. Registration fees must be received in advance.**

**Pay Online with Credit Card:** [www.uab.edu/dsc](http://www.uab.edu/dsc)

**Pay by Mail:** Please print the registration form from the website, [www.uab.edu/dsc](http://www.uab.edu/dsc), and mail with your check made out to the **University of Alabama in Birmingham** to the address below:

The Deep South Center for Occupational Health & Safety  
University of Alabama at Birmingham  
1720 2nd Avenue South, RPHB 520D  
Birmingham, AL 35294-0022

**Any Questions-** please call 205-934-7076 **or** email [dsc@uab.edu](mailto:dsc@uab.edu)

This course has been approved for:

.7 CEUs by the Deep South Center for Occupational Health & Safety