

ERGOTRAC Training Material Content

Demonstrate knowledge and application of Ergonomics and the Ergonomics Regulation 2019 i.t.o the OHS Act [85 of 1993]

Contents ★ Disclaimer ★ Copyright ★ Customisation Required ★

★ **Part 01 - Intro to Ergonomics** ★ What is Ergonomics? - Group Feedback ★ Group Activity ★ What is Ergonomics? ★ The Ergonomist ★ Reasons to Stay Healthy & Injury Free ★ Physiological Considerations
★ Mitigating Ergonomic Hazards ★

★ **Part 02 - Content & Scope of The Ergonomics Regulations** ★ Intro to Ergonomics Regulations 2019
★ Reg 1 - Definitions ★ Reg 6 & 8. Temporary Exemption ★ Reg 3. Information, Instruction & Training ★ Reg 4. Duties of Risk-Exposed Persons ★ Reg. 5 Duties - Designers, Manufacturers, Importers & Suppliers ★ Reg 6. Temporary Exemption ★ Reg. 6. Ergonomic Risk Assessment ★ Reg. 7. Risk Control - Hierarchy of Controls ★ Reg 8. Temporary Exemption ★ Reg. 8. Medical Surveillance ★ Reg 9. Maintenance of Controls ★ Reg. 10. Records ★ Reg. 12. Penalties ★

★ **Part 03 - Reporting Signs & Symptoms of MSDs** ★ Section 24 - Report to Inspector Regarding Certain Incidents ★ Section 25 - Report to Chief Inspector Re Occupational Disease ★ Reporting an Occupational Disease in terms of the COIDA ★ Compensation for Occupational Injuries & Diseases Act ★

★ **Part 04 - Basic Anatomy & Physiology** ★ Relevant Human Body Systems ★ Musculoskeletal System - Overview ★ Bones ★ Joints ★ Muscular System & Tissue ★ Tissue ★ Nervous System ★ The Spine ★ Movement of the Spine ★ Spinal Cord ★

★ **Part 05 - Back & Spine Health** ★ The importance of a healthy back ★ Consequences of not caring for your back ★ Back Health ★ Control Measures ★ Impact of Sleep ★

★ **Part 06 - Musculoskeletal Disorders [MSDs]** ★ Overview ★ Contributory Factors ★ Consequences ★ Control Measures ★ Signs & Symptoms ★ Recovering from MSDS Symptoms ★

★ **Part 07 - Intro TO Body Mechanics** ★ Principles of Body Mechanics ★ Bending ★ Carrying - Technique ★ Handling & Lifting ★ Planning ★ Control Measures ★ Control Measures - PPE ★ Reaching & Stretching ★ Sitting ★ Chairs & Furniture ★ Standing ★ Posture ★ Repetitive Motion Disorders - RMD Control Measures ★ Carpal Tunnel Syndrome ★ Repetitive Activities - Consequences ★

★ **Part 08 - Intro to Ergonomics Design** ★ Match to Employee Characteristics ★ Ergonomic Design ★ Objectives ★ Work Environment ★ Physical Activities ★ Physical Factors ★ Engineering Design - Process ★

★ **Part 09 - Workstations** ★ Setup Checklist ★ Sit Up Straight ★ Hand & Wrists ★ Eyes ★ Driver Posture - When Seated ★ Poor Driver Posture - Consequences ★

★ **Part 10 - Vibration** ★ Overview ★ Tools & Equipment ★ Preventive Measures & Controls ★

★ **Part 11 - Conclusion** ★ Formulating an Action Plan ★ Health & Safety Programme ★



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