



## Ergonomic Technologies Corp.

*Ergonomic Risk Assessment & Workplace Injury Prevention Solutions*

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# Education & Training

## *Building Ergonomic Capability Across Your Organization*

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*ETC offers a comprehensive suite of ergonomics training programs tailored to every level of your organization from executive leadership to frontline workers. Each program is designed to build practical skills, reduce injury risk, and embed ergonomic thinking into daily operations. All courses are available both online and in traditional classroom formats.*

### TRAINING PROGRAMS

#### **Ergonomics Awareness for Upper Management**

*Format: 1–2 Hour Presentation*

This executive briefing provides leadership with a clear understanding of ergonomic risk and its business impact. The session covers practical intervention strategies for proactively managing risk and presents the financial case for incorporating ergonomic principles into workplace design and operational planning.

#### **Manufacturing Ergonomics Awareness Training**

*Format: 4-Hour Workshop | Audience: Supervisors & Line Employees*

This foundational course builds ergonomic awareness across the shop floor. Attendees receive a clear definition of ergonomics and its related disciplines, an introduction to human anatomy as it relates to work demands, and a practical overview of common occupational musculoskeletal disorders and the workplace risk factors that contribute to them.

#### **Office Ergonomics — Train-the-Trainer Program**

*Format: Interactive Workshop with Hands-On Component*

This program develops internal ergonomics champions who can sustain office ergonomics initiatives without ongoing external support. Participants gain the knowledge and practical skills to identify risk factors, evaluate workstation deficiencies, and implement corrections. The curriculum includes hands-on training conducted at actual workstations in the live work environment.

#### **Manufacturing Ergonomics Training for Engineers**

*Format: 2-Day Intensive | Audience: Engineers, Safety Managers & Ergonomic Task Force Members*

This comprehensive two-day program equips technical professionals with the skills to build and sustain an effective ergonomics program. Training covers the applied science of ergonomics, its role in reducing injury potential, controlling workers' compensation costs, reducing absenteeism, and improving employee productivity and quality.

**Participants will be able to:**

- Apply core ergonomic principles to prevent industrial back injuries and upper extremity musculoskeletal disorders
  - Conduct ergonomic job analyses and identify hazardous tasks and exposures
  - Devise evidence-based injury prevention strategies
  - Develop and implement solutions to address ergonomic hazards
  - Perform cost/benefit analyses to justify ergonomic investments
  - Build and manage independent ergonomics programs within their own facilities
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## ERGONOMIC WORKSTATION EVALUATIONS

### One-on-One Office Workstation Assessments

ETC ergonomists conduct individual workstation evaluations, meeting directly with each employee to assess their setup, listen to concerns, and make real-time adjustments. Each session addresses posture, chair settings, monitor placement, keyboard and mouse positioning, accessories, storage, secondary equipment, and task lighting.

Workstation dimensions, layout, and adjustability ranges are measured to assess fit for the employee population and task requirements, benchmarked against current ergonomic standards. Each evaluation takes approximately 60 minutes, allowing multiple workstations to be evaluated in one day. Results are compiled into a structured report with specific recommendations for each individual and workstation.

**Deliverables include:**

- Summarized assessment report covering observations across the work environment
  - Specific, actionable recommendations for workstation design and layout improvements
  - Documentation of all on-site changes implemented during the evaluation
  - Individual recommendations for each employee assessed
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**Contact ETC to Discuss How Your Business Can Profit Through Ergonomics**

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