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ERGONOMICS SPECIALIST: WORKPLACE ERGONOMICS & HUMAN FACTORS

Start Date:	06/04/2026	**End Date:**	10/04/2026
Categories:	Wellbeing & Personal Dev	**Venues:**	London
Formats:	In Person	**Instructors:**	

OVERVIEW

This specialized course provides participants with comprehensive knowledge and practical skills in workplace ergonomics and human factors engineering. It focuses on designing safer, more efficient work environments, optimizing human performance, preventing injuries, and enhancing organizational productivity through ergonomic best practices and human-centered design principles.

OBJECTIVES

By the end of this course, participants will be able to: – Analyze workplace environments to identify ergonomic risks and human factor issues. – Design ergonomic interventions to improve employee safety, comfort, and performance. – Apply human factors engineering principles to workstation design and workflow optimization. – Develop ergonomic assessment reports and recommend practical improvement strategies. – Promote an organizational culture focused on ergonomics, well-being, and injury prevention.

COURSE OUTLINE

1- Introduction to Ergonomics and Human Factors in the Workplace 2- Ergonomic Risk Identification, Assessment, and Analysis Techniques 3- Designing Workstations, Tools, and Systems with Human Factors Principles 4- Implementing Ergonomic Interventions and Employee Training Programs 5- Monitoring, Evaluating, and Continuously Improving Ergonomic Practices

TARGET AUDIENCE

All Supervisory Levels, Health and Safety Professionals, Occupational Health Specialists, HR Managers, Facility Managers, Operations Managers, Industrial Engineers, and individuals responsible for employee health, workplace design, and operational efficiency.

METHODOLOGY

The course blends theoretical instruction with practical ergonomic assessment workshops, case study analysis, interactive demonstrations of ergonomic tools and equipment, workplace evaluations, and group exercises focused on real-world problem solving.

CONCLUSION

Participants will leave the course with the ability to conduct ergonomic assessments, design human-centered workplaces, implement effective ergonomic interventions, and promote healthier, safer, and more productive work environments.

DAILY AGENDA

Day 1: Foundations of Ergonomics and Human Factors Engineering

Explore the fundamentals of ergonomics, human anatomy considerations, and the role of human factors in workplace design and safety.

Day 2: Identifying and Assessing Ergonomic Risks

Learn to perform ergonomic risk assessments, identify musculoskeletal disorder (MSD) risk factors, and analyze workplace hazards.

Day 3: Workplace and Workstation Design Principles

Apply human-centered design principles to workstation layout, tool selection, manual handling tasks, and workflow optimization.

Day 4: Implementing Ergonomic Interventions and Training Programs

Develop ergonomic improvement initiatives, create employee training programs, and promote awareness of ergonomic practices.

Day 5: Evaluating Ergonomic Programs and Continuous Improvement

Monitor ergonomic program effectiveness, conduct post-implementation evaluations, and apply continuous improvement methodologies to workplace ergonomics.

For more information, please contact us:
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