



# Safety Council of Greater St. Louis

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## Ergonomics: Managing for Results

Take Control of the #1 Cause of Workplace Injuries

8 Hours .65 CEU's

Repetitive motion and overexertion are the biggest risk factors facing American workers. The one-day NSC Ergonomics course will teach you how to reduce the number and severity of musculoskeletal injuries in your workplace through a practical and effective program.

Discussions, demonstrations and exercises explain the importance of keeping employees free from ergonomic injuries. You'll also learn how to recognize risk factors, conduct an ergonomic worksite analysis, evaluate and rank hazards, and select appropriate control methods.

### What You Will Learn:

- The basic concepts relating to ergonomics in the workplace
- How to recognize ergonomic risk factors related to musculoskeletal disorders
- How to conduct an ergonomic worksite analysis, and evaluate and rank hazards
- Various control methods and how to select the method best suited to the level of risk
- Steps to implementing a successful ergonomics program at your workplace

### Who Would Benefit

This course is designed for business owners, managers, supervisors and HR professionals.

Completion of the Ergonomics course earns you 0.65 CEUs towards the [NSC Advanced Safety Certificate \(ASC™\)](#), a nationally recognized safety program based on proven best practices.

[Class Registration](#)