

# Generic WORKPLACE ERGONOMICS

## THE INDUCTION SERIES

### ► COURSE OVERVIEW

The Workplace Ergonomic training online course has been developed to ensure staff are familiar with essential knowledge required to maintain optimal ergonomics whilst in the workplace. In partnership with yourself, your employer is responsible to assist you achieve your best.

Ergonomics is an applied science concerned with the process of designing or arranging workplaces, products and systems, providing highly efficient interactions. Ergonomics aims to improve work spaces to minimise risk of injury or harm.

At the end of this online module, you will have an understanding of:

- The recommended working postures and layout of equipment,
- The importance of adopting these postures and layout to avoid injury, and
- How to adjust your workstation to attain the recommended postures.

Delivery Mode:	Online
Course Time:	0.75 hours
Assessment:	Yes, online quiz
Issuance:	'Certificate of Completion'
Packages:	Bronze, Silver, Gold or Platinum
Customisation:	Available upon request. Fees apply



### PRICING

**\$85.00**  
(+GST)



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