

# ERGOTRAC Training Material Content

"Demonstrate knowledge and application of Ergonomics and the Ergonomics Regulation 2019 i.t.o the OHSWA [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**

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★ **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 ★

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★ **Part 08 - Intro to Ergonomics Design** ★ Match to Employee

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★ **Part 11 - Conclusion** ★ Formulating an Action Plan ★

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