



ERNEST ORLANDO LAWRENCE
BERKELEY NATIONAL LABORATORY

Environment, Health, & Safety
Training Program

EHS0059 Ergo Self-assessment for Computer Users
Course Syllabus

Subject Category: Ergonomics
Course Length: 40 minutes
Delivery Mode: Web-based Training

Course Prerequisite: None
Medical Approval: None
Frequency: Annually

Course Purpose:

1. To impart basic knowledge of computer-related stress on the body and how the employee can minimize their risk exposure
2. To create a risk profile of the employee based on a self-assessment of postures and behaviors so the EHS Ergo Team and Division Ergo Advocates can monitor improvements in his/her ergonomics situation.

Course Objectives:

1. Employee self-assessment of problem postures and behaviors to create awareness
2. Impart ergonomics principles and techniques to avoid musculoskeletal problems
3. Encourage employee to make hardware adjustments/ modify behaviors to self-correct
4. Identify individuals at "High" and "Moderate" risk and direct them to ergonomics resources to help lower their lower risk

Subject Matter Experts: Ira Janowitz, Mike White

Course Instructional Materials: Web-based course with links to stretches and advice on monitoring possible causes of discomfort over different body parts

Performance Criteria: Employees will be asked to demonstrate what they have learned from the web-based training by taking a brief quiz at the end of the course and to rate their satisfaction with the effectiveness of the training program. Remedy Interactive will track employees who complete the program and will send an update to EH&S to provide credit for the course.

Web Resource: EH&S Training Program web page @ <http://www.lbl.gov/ehs/html/training.htm>