



Environment, Health, & Safety
Training Program

EHS0056 ~ Ergo Material Handling & Body Mechanics in Labs

Course Syllabus

Subject	Ergonomics	Course Prerequisite: None
Course	15 minutes	Medical Approval: None
Delivery	Web-based Training	

Course Purpose: this course was created specifically for a customer to provide information to affiliates who may perform material handling tasks. This training may not have relevance to other work groups. Course provides a structure for applying ISM in work that involves handling and lifting heavy materials used in laboratory and mechanical settings. The training is based on a scenario that entails safely moving and installing a machine part onto a piece of scientific equipment. Video is used to demonstrate safe lifting techniques, and the planning process. The purpose of the course is also to provide awareness of safe lifting techniques, and the resources and equipment available to plan perform work that involves moving and lifting heavy equipment in lab settings.

Course Objectives: After completing this training, the successful learner will be able to:

- Identify equipment, tools and resources used to safely move and lift equipment.
- Use ISM to effectively evaluate the hazards, implement safe work controls, perform work within controls and provide feedback.
- Identify basic safe lifting techniques

Course Instructional Materials:

- Web-based training that includes video demonstration, problem solving activities and explanations.

Subject Matter Expert:

- Mellanie Alexander, LBNL Ergonomics Group

Training Compliance Requirements: None

Course Handouts:

- Downloadable tip sheet to use as reference material.

Participant Evaluation: End of course evaluation allowing students to provide feedback on effectiveness of instruction.

Written Exam: none

Practical Exam: none Retraining/Recertification: none

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

