

Certified Ergonomic Specialist (CES) Designation

Canada's Leading Ergonomic Certification Training Program

Our popular Certified Ergonomic Specialist (CES) Designation program is based on the latest ergonomic research and teaches participants how to apply ergonomic theory in a practical manner to any workplace manufacturing, services or office application. The CES Blitz format has become extremely popular, compressing 8 days (4 courses at 2 days each: Assessment, Office, Industrial and Design Ergonomics), into an intensive 5 day program that saves you valuable time and money.

Course Content

Background of Ergonomics

Definition, History
The Science and Art of Ergonomics
2 Approaches, Human Factors
Benefits and Need Indicators for Ergonomics

Worker Interactions

Human Machine System
The Nature of Human Error
SHEL Concept

Human Dimensions – Anthropometrics

Weights, Lengths, Heights
Using This Information

Forces of Work – Biomechanics Approach

Moment of Force
Acceptable/Unacceptable Levels
Force Potential of Muscle Groups
Settling Load Limits (NIOSH, Snook tools)

Occupational Injury

Physiology 101, 2 Types of Injury
Mechanisms of Injury, Signs and Symptoms
Risk of Injury, Risk Factors
Injury Prevention Strategies

Physical Demands Description (PDD)

Uses for PDD
Legislative Obligations
What Should be Included on a PDD?

Task Analysis (TA)

Quickly Assessing a Job
Types of Information Gained
6 Steps to Conducting a TA

Ergonomic Assessment (EA)

In-depth investigation
DISCARD Approach to Assessment
Report Writing

Office Ergonomics Overview

What is Office Ergonomics?
Benefits/Costs of Ergonomics
The Office System
Need Indicators

Understanding the Job Demands

Describing the Job
Information/Input Sources
Workstation Use/Breaks
MMH Tasks

Seated Postures

Important Anatomy/Physiology
Related Injuries/Disorders
Risks of Sitting
Optimal Sitting/Chair Design

Keyboard/Mouse Use

Important Anatomy/Physiology
Related Injuries/Disorders
Risks of Keyboard/Mouse Use
Optimal Use/Design

Monitors

Important Anatomy/Physiology
Related Injuries/Disorders
Risks of Monitors
Optimal Monitor Position/Design

Other Aspects of Office Work

Working Heights
Working Reaches
Clearances
Worker Education/Training

Office Environment

Lighting, Noise, Temperature, IAQ, Vibration, EMF

Putting it All Together

Approach to Office Assessment
Creating an Ergonomically Friendly Office Workstation

Manual Material Handling

MMH Related Injuries
Factors Affecting MMH
Calculating Moments of Force

Lifting Rules, NIOSH 81/91, Snook
RULA, Strain Index
Physiology Equation

Hand Tool Design

What is it?
Benefits
How to Design/Create
How to Design

Ergonomics Mats/Flooring

What is it?
Why benefits?
Selection Criteria

Environmental Concerns

Temperature
Noise
Lighting
Air Quality

Pre-screening

What is it?
Why use it?

Cost of Poor Ergonomics

Injury Rates
Injury Costs
Productivity Changes

Energy of Work – Physiology Approach

Calculating Energy Consumption
Measuring Movement
Acceptable/Unacceptable Levels

Workstation Design Scenarios

Applying the Information, Industrial, Office
Equipment Availability, Heights/Reaches
Prioritizing Space, Manual Material Handling
Demands of Sitting, Control Panel Layouts
Hand Tool Selection

EK Gillin & Associates allows our participants 6 months to complete the course.
Please note there are 4 exams and an assignment.

Call us or visit our website for more information about our wide range of services:
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COURSE REGISTRATION FORM

Attendee(s): Please list additional names on separate copies made from this registration form.

Name

Title

Company

Preferred Mailing Address

City

Province

Postal Code

Telephone

Residence

Cell

Fax

Email

Course Registering for:

Course Name

Course Date

Course Cost

Plus HST (13%)

Total Amount Due

Registration Code:

PAYMENT METHOD: (Payment must be received before the course start date.)

Cheque/Money Order (Payable to: *EK Gillin & Associates Inc.*)

Credit Card MC VISA

Card Number: _____ Exp. Date _____ / _____

Authorized Signature: _____

Purchase Order # (Must be received in advance of the course)

Accounts Payable Personnel:

Telephone #:

Extension:

Please note any special dietary needs

Fax registrations to (519) 662-6595 or email to training@ekginc.com.

How did you hear about this course? (please circle)

Website

Personal Referral

Email

E-Newsletter

Hard-Mail