

DESK ERGONOMICS MADE EASY

Human Biomechanics (normal and Abnormal) (4 1/2-hours)

- Basics of anatomy and biomechanics related to ergonomic (vertebral column, shoulder, wrist and hand) **(2-hours)**
- Muscle structure and function (Classification of muscles, Types of muscle work) **((1/2-hour)**
- Joint structure and function **(1/2-hour)**
- Basics of posture (Definition & description of posture) analysis of Normal and abnormal posture and alignment **(1/2-hour)**
- Analysis of normal and abnormal desk sitting posture **(1-hour)**

Basic of ergonomics (1- hour)

- Introduction to Ergonomics, Definition and History of Ergonomics
- Principles of ergonomics
- The role of the ergonomist

Ergonomic work place evaluation and design (5 1/2-hours)

- Evaluating work condition and risk of injury **(1/2-hour)**
- Analysis of sitting posture **(1/2-hour)**
- Posture and job relation **(1/2-hour)**
- Chair characteristics **(1/2-hour)**
- Analysis of Risk of MSDs in the Workplace **(1/2-hour)**
- Human computer interface - designing user-friendly devices **(1-hour)**
- Assessing the Risk of Back Injuries in the Workplace **(1/2-hour)**
- Work station design **(1/2-hour)**
- Work place analysis and designing a normal posture **(1-hour)**

Preventive strategies for work related musculoskeletal disorders (2-hours)

- Principles of handling and preventive and protective measures **(1/2-hour)**
- Prevention Education **(1/2-hour)**
- Work place modification and posture correction **(1/2-hour)**
- Upper limb and Trunk injury prevention **(1/2-hour)**

Management of work related musculoskeletal disorders (2-hours)

- Nutrition and fitness
- Flexibility, mobility and aerobic conditioning
- Use of assistive devices
- Stretching and strengthening exercises
- Pain Management
- Stress management

Final Assignment - Applying Ergonomics to a Workplace Problem (at the completion of the course duration)

Contact details: deskergonomics@kleipt.edu.in

Click on the link for the enrollment <https://forms.gle/Efx9bqRTyYCqAef46>