

Ergonomics Training for Supervisors

SAFECO Commercial's Ergonomics Training for Supervisors is designed to provide the know-how required for involvement and accountability in ergonomics — techniques, procedures, or equipment.

The program uses proven techniques from SAFECO's Supervisors' Loss Control Conference. Course leaders work from a guide corresponding to the student workbook. Visual aids help focus attention on the workbook content and stimulate discussion. Student involvement helps impart new material.

Conference Sessions

Identifying Ergonomics Problems

- Introduction to ergonomics; definitions of terms
- The risk factors that can lead to cumulative trauma disorders (CTDs)
- Most common CTD-related injuries
- Recognizing workstations and work practices with injury potential due to repetitive motion, awkward body position, or other risk factors

Working with PC's and Computer Terminals

- Reducing the potential for injuries from PC use
- Principles of PC workstation design and layout
- Work practices that help control risk factors and reduce injuries
- Can be taught as a stand-alone session



Workstation Design

- Application of the principles covered in the introduction, to industrial job situations and work practices
- Identification, evaluation and control of ergonomic risk factors
- Selection of work practices or workstation designs to control injury
- Supervisor's role in the implementation of the engineering and administrative controls selected to reduce injury potential

Designing Material Handling (Lifting) Tasks

- Reducing the potential for lower back injuries due to lifting and materials handling
- Anatomy of the back and the causes of back pain and injury
- Risk factors in lifting and material handling tasks and determining when lifting tasks exceed the worker's physical abilities
- Engineering and administrative controls that can help reduce the potential for injury, with specific examples

Program Logistics

Schedule supervisor's training through your Loss Control representative. Sessions require one and a half to two hours each; the entire program can be conducted in a full day or two half days. Conferences are most effective with groups of less than 20.

TRAINING SERVICES



Ergonomics — Fitting the Job to the Worker

SAFECO offers a portfolio of training programs as one of the primary tools to provide a foundation for effective loss control programs.



The workbook is designed to become a reference for the supervisor.

Sessions can be customized to make the material most relevant to a customer's operations while still meeting the educational goals.



For further information, contact your agent or your **SAFECO Commercial Insurance Loss Control Representative.**

Internet: <http://www.safeco.com>