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COURSE BROCHURE

Advanced Occupational Ergonomics Risk Assessment Training Course

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Registered in the United Kingdom and Saudi Arabia

Advanced Occupational Ergonomics Risk Assessment Training Course

Occupational Ergonomics Risk Assessment is the focus of this 2-week advanced training course for ergonomists, occupational health advisers, HSE practitioners and workplace designers, who leave with an ergonomic risk reduction plan scoring priority tasks with RULA, REBA and lifting analysis. Musculoskeletal disorders remain a leading cause of lost time across industry and offices, and ageing workforces make posture, force and repetition risks harder to ignore. Jupiter Prime Training delivers this course for ergonomics practitioners.

Why Occupational Ergonomics Risk Assessment Matters Now

Three forces shape workplace ergonomics today: workforces that are ageing and staying longer in physical roles, automation and hybrid work that change postures rather than remove them, and employers who now see musculoskeletal claims and absence as a controllable cost. Organisations that assess tasks with observational scoring tools and redesign work at source cut injuries and raise productivity; those that rely on lifting training alone keep paying for back, neck and upper limb disorders. The course rests on ISO 45001 Occupational Health and Safety Management Systems, using its hazard identification and worker participation requirements to embed ergonomic risk assessment in everyday operations.

Who Gains Most from Occupational Ergonomics Risk Assessment

- Ergonomists who score postures, forces and repetition and recommend task redesign
- Occupational health advisers who manage musculoskeletal cases, early reporting and return to work
- HSE practitioners who include ergonomic hazards in task risk assessments and inspections
- Workplace and equipment designers who set workstation dimensions, reach zones and tool selection
- Supervisors of production, warehousing or office teams who implement ergonomic controls

The greatest gain comes when an occupational health adviser and an engineer or designer from the same site attend together, because ergonomic fixes need both clinical insight and design authority.

Occupational Ergonomics Risk Assessment Capabilities

Participants learn to measure physical workload with recognised scoring tools and translate the scores into redesigned tasks, layouts and equipment.

- Assess upper limb and whole-body postures with RULA and REBA scoring — engineering and operations leads
- Calculate recommended weight limits with the revised lifting equation — warehouse and logistics managers
- Design workstations to anthropometric data and reach envelopes — workplace designers and procurement
- Specify engineering controls such as lift assists and adjustable benches — capital and maintenance budgets
- Weigh ergonomic risk scores to prioritise task redesign — HSE committees and site leadership
- Build an ergonomic improvement scheme with early reporting and worker participation — occupational health and supervisors

Key Occupational Ergonomics Risk Assessment Terms

- Musculoskeletal disorder — an injury or pain in muscles, tendons, nerves or joints caused or worsened by work activities.
- RULA — Rapid Upper Limb Assessment, an observational tool that scores neck, trunk and arm postures for seated or standing tasks.
- REBA — Rapid Entire Body Assessment, an observational tool that scores whole-body postures, loads and coupling during dynamic tasks.
- Revised lifting equation — a calculation that sets a recommended weight limit from lift distance, height, twisting, frequency and grip.
- Anthropometry — the measurement of body dimensions used to size workstations, tools and reach zones for the working population.
- Hierarchy of ergonomic controls — the order of solutions from eliminating the task through redesign and aids to training and rotation.

Occupational Ergonomics Risk Assessment Day by Day

Day 1: Ergonomics in the Workplace Risk Picture

- Musculoskeletal Disorder Patterns — Back, Neck and Upper Limb Injuries
- ISO 45001 Hazard Identification — Placing Ergonomics in the System
- Biomechanics Basics — Force, Posture, Repetition and Duration
- Ageing and Diverse Workforces — Capacity Differences in Task Design
- Ergonomic Hazard Screening Checklists — Identifying Priority Tasks

Day 2: Observational Posture Assessment

- RULA Scoring — Seated and Upper Limb Tasks
- REBA Scoring — Dynamic Whole-Body Tasks
- Video Task Analysis — Capturing Worst-Case Postures
- Inter-Rater Reliability — Consistent Scoring Across Assessors
- Interpreting Action Levels — From Score to Urgency

Day 3: Manual Handling and Lifting Analysis

- Revised Lifting Equation — Recommended Weight Limit and Lifting Index
- Push and Pull Force Assessment — Trolleys, Carts and Pallet Trucks
- Carrying and Team Handling — Load, Distance and Coordination
- Manual Handling Assessment Charts — Quick Screening of Operations
- Mechanical Aids Selection — Hoists, Lift Tables and Vacuum Lifters

Day 4: Repetitive Work and Upper Limb Disorders

- Repetition and Cycle Time Analysis — Assembly and Packing Lines
- Hand-Arm Force Measurement — Grip Dynamometers and Force Gauges
- Tool Design and Selection — Handle Shape, Weight and Vibration
- Job Rotation and Rest Breaks — Recovery Time Planning
- Early Symptom Surveys — Body Mapping Questionnaires

Day 5: Workstation and Equipment Design

- Anthropometric Data Application — Designing for the Fifth to Ninety-Fifth Range
- Reach Envelopes and Work Heights — Standing and Seated Layouts
- Seating and Sit-Stand Workstations — Adjustability Requirements
- Controls and Displays Layout — Visibility and Operability
- Workplace Layout Mock-Ups — Testing Designs Before Purchase

Day 6: Office and Computer Ergonomics

- Display Screen Workstation Assessment — Desk, Chair and Monitor Set-Up
- Hybrid and Home Working Ergonomics — Remote Assessment Methods
- Laptop and Mobile Device Use — Neck and Wrist Strain
- Lighting and Visual Comfort — Glare and Contrast Control
- Office Ergonomics Self-Assessment Tools — Scaling Reviews Across Staff

Day 7: Industrial and Field Ergonomics

- Construction Task Ergonomics — Overhead Work and Kneeling Postures
- Warehouse and Logistics Ergonomics — Picking, Packing and Loading
- Maintenance Task Access — Confined Postures and Awkward Reach
- Vehicle and Mobile Plant Seating — Whole-Body Vibration Exposure
- Heat Stress and Physical Workload — Combined Strain in Hot Climates

Day 8: Organisational and Cognitive Factors

- Workload and Pacing — Machine-Paced Versus Self-Paced Work
- Shift Work and Fatigue — Effects on Physical Capacity
- Psychosocial Factors in Musculoskeletal Risk — Control and Support
- Participatory Ergonomics — Worker Teams Solving Their Own Tasks
- Cognitive Ergonomics — Error-Prone Interfaces and Procedures

Day 9: Prioritising and Managing Ergonomic Controls

- Ergonomic Risk Register — Scoring and Ranking Tasks
- Hierarchy of Ergonomic Controls — Elimination to Rotation
- Cost-Benefit of Ergonomic Changes — Productivity and Injury Savings
- Return-to-Work and Task Modification — Restricted Duty Planning
- Ergonomic Performance Indicators — Early Reports and Score Reductions

Day 10: Practising the Ergonomic Risk Reduction Plan

- Task Screening Applied — Selecting Priority Jobs on a Case Site
- RULA, REBA and Lifting Scores Applied — Baseline Risk Profile
- Workstation Redesign Applied — Layout and Equipment Proposals
- Control Prioritisation Applied — Cost, Benefit and Timeline
- Ergonomic Risk Reduction Plan — Final Plan and Peer Review

Applying Occupational Ergonomics Risk Assessment After the Course

- Video and score three high-volume tasks with RULA, REBA or the revised lifting equation, then present the action levels to the site HSE committee.
- Run a participatory ergonomics session with one work team to redesign their worst-scoring task and record the before and after scores.

Occupational Ergonomics Risk Assessment Questions FAQ

What is Occupational Ergonomics Risk Assessment and why does it matter now?

Occupational Ergonomics Risk Assessment measures posture, force and repetition in work tasks and guides redesign to prevent musculoskeletal disorders. It matters now because ageing workforces and rising absence costs make physical workload a controllable risk.

Which roles gain most from Occupational Ergonomics Risk Assessment training?

Ergonomists, occupational health advisers, HSE practitioners and workplace designers gain most, along with supervisors of physical work teams. You benefit if you assess tasks, manage musculoskeletal cases or design workstations and equipment.

How does Occupational Ergonomics Risk Assessment differ from a manual handling awareness course?

A manual handling awareness course teaches workers safe lifting techniques. This advanced course trains practitioners to score tasks with RULA, REBA and lifting analysis and to redesign work, with cases from manufacturing, logistics, construction and offices.

What do you bring back from Occupational Ergonomics Risk Assessment training?

You bring back an ergonomic risk reduction plan for a case site, with screened priority tasks, baseline RULA, REBA and lifting scores, workstation redesign proposals and a costed control timeline.

Occupational Ergonomics Risk Assessment: The Way Forward

The ergonomic risk reduction plan first informs which tasks receive redesign or mechanical aids in the next budget cycle. Ergonomists, occupational health advisers and workplace designers use it to track scores before and after each change. After its first use, the action level thresholds and the role of worker participation deserve a fresh look, since early symptom reporting usually rises once teams see results.