



**The Association of  
Chartered Physiotherapists  
in Occupational Health  
and Ergonomics**

**Introduction to  
Applied Ergonomics**

**Posturite HQ  
The Mill, Berwick  
East Sussex, BN 26 6SZ**

**1-3 March 2010**

# ACPOHE Courses



## Introduction to Applied Ergonomics

1-3 March 2010

### Course Aims

To enable physiotherapists to develop the ability to conduct a competent ergonomics risk assessment in the workplace, predominantly concentrating on physical factors. A number of ergonomics risk assessment tools will be taught. The delegate will be able to undertake an ergonomics assessment of an individual, or a small group in a setting where the issues are mainly physical. The delegate will be able to prepare a suitable report of such assessments, with recommendations to manage identified risk.

### Course Objectives

On completion of this three day course, delegates will be able to:

- Demonstrate an understanding of the systems approach to ergonomics
- Demonstrate an understanding of participative ergonomics
- Understand the evidence linking work factors and WRMSDs
- Demonstrate an understanding of anthropometrics in design and be competent in utilising anthropometrics within assessments
- Undertake a job analysis
- Feel competent to identify physical ergonomic risk factors in the work setting
- Utilise ergonomics risk assessment tools: REBA, RULA and the NIOSH Equation
- Feel competent to undertake a driver assessment, focusing on physical fit and function
- Feel competent in making recommendations to reduce identified ergonomic risk
- Understand design aspects of footpedals and hand tools
- Plan an ergonomics assessment of an individual, or a small group in a simple setting where the issues are mainly physical
- Prepare a clear and logical report for assessments

*\* please note the course does not cover DSE workstation assessment*

### Pre Course

Delegates should have a sound grasp of anatomy, work physiology, biomechanics and posture relevant to ergonomics. Pre-course preparation is required and a reading list will be provided.

### Presenters

Elaine Skilling is the Head of Physiotherapy and Ergonomics with Industrial and Organisational Health. She has an Honours Degree in Physiotherapy and MSc in Ergonomics and has been working in the fields of Occupational Health and Ergonomics for more than 10 years.

Jan Vickery has specialised in the fields of Occupational Health and Ergonomics for 13 years. She has a BSc in Physiotherapy and MSc in Health Ergonomics. Jan is a Registered Ergonomist. She is Director of Ergonomics at Milligan & Hill.

Both facilitators have extensive experience in their fields; having worked in a variety of settings including manufacturing, automotive, retail, petro-chemical, utilities and local authorities.

**Location:** Posturite HQ, The Mill, Berwick, East Sussex, BN26 6ZS

**Cost:** £365 for ACPOHE members & £400 for non members

**Closing Date:** 1 February 2010

# BOOKING FORM

## Introduction to Applied Ergonomics 1-3 March 2010



**Name (on delegate badge):**

**Place of Work (on delegate badge):**

**Mailing Address:**

**Email Address:**

**Contact Telephone Day:**

**Contact Telephone Evening:**

- I am currently a member of ACPOHE - cost of course is £365.
- I am not currently a member of ACPOHE - cost for course is £400 but this includes ACPOHE membership for 2010 .  
NB: Please download a membership database questionnaire from the ACPOHE website — [www.acpohe.org.uk](http://www.acpohe.org.uk), complete and send in with your course application. Once received you will be sent a membership card and given access to the private "MemberZone" of the ACPOHE website [www.acpohe.org.uk](http://www.acpohe.org.uk)

I require information about accommodation close by the course venue.

I have special dietary requirements.  
Please specify (e.g. vegetarian, vegan, gluten free)

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I will require other additional assistance.  
Please specify (e.g. mobility, visual, auditory)

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**Please therefore find enclosed a cheque made payable to ACPOHE for £365 as I am a member / £400 as I am not yet a member for 2010**

**For further information please contact Elaine Skilling/Jan Vickery:**

Email: [elaine.skilling@ioh-uk.org.uk](mailto:elaine.skilling@ioh-uk.org.uk) / [jan.vickery@milligan-and-hill.co.uk](mailto:jan.vickery@milligan-and-hill.co.uk)  
Telephone: 07824 449 106 / 0845 379 3037

**Please send your application to:**

Suzanne Sleeman  
c/o ACPOHE Intro to App Ergs Course  
16 St Helens Place  
London  
EC3A 6DF

Further booking forms can be downloaded at - [www.acpohe.org.uk/events.htm](http://www.acpohe.org.uk/events.htm)