



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

**Introduction to
Applied Ergonomics**

**Held at
Getback Supplies
Sherwood
Nottingham**

18-19 November 2010

ACPOHE Courses



Introduction to Applied Ergonomics

18-19 November 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 plan and 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 two 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 QEC
 - Feel competent in making recommendations to reduce identified ergonomic risk
 - 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 or seating*

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 14 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: Getback Supplies, Unit 1, 583 Mansfield Rd, Sherwood, Nottingham, NG5 2JN

Cost: £240 for ACPOHE members & £275 for non members

Closing Date: 8 October 2010

BOOKING FORM

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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 £240.
- I am not currently a member of ACPOHE - cost for course is £275 but this includes ACPOHE membership for 2011 .
NB: Please download a membership database questionnaire from the ACPOHE website — 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

I require information about accommodation close by the course venue.

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

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

Please therefore find enclosed a cheque made payable to ACPOHE for £240 as I am a member / £275 as I am not yet a member

Please do not book travel or accommodation until your place has been confirmed.

For further information please contact Elaine Skilling/Jan Vickery:

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

Please send your application to:

Suzanne Sleeman
c/o Milligan and Hill
ACPOHE Intro to App Ergs Course
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