



OCCUPATIONAL HEALTH & SAFETY

Accredited Short Course



Ergonomic
Training

Ergonomic Training

SAIOSH



010 085 0918



www.zoneups.com



405 Cliff Ave, Waterkloofridge, Pretoria



BOOK NOW



2 Day Course



Classroom



NQF 2 CPD Points 2

ABOUT THIS COURSE

This course introduces learners to the principles and practical application of ergonomics in the workplace. It focuses on fitting the job to the person by improving workstation design, task layout, movement techniques, and work habits in order to promote comfort, safety, and performance. Learners gain an understanding of how ergonomics helps prevent strain, fatigue, discomfort, absenteeism, and long-term musculoskeletal injuries. The course also develops awareness of common ergonomic risk factors such as poor posture, repetitive movements, excessive force, awkward body positions, prolonged sitting or standing, improper workstation setup, and unsafe manual handling practices. By the end of the course, participants will be able to recognise ergonomic risks, apply safe work practices, adjust workstations correctly, and take early corrective action to improve health, wellbeing, and productivity in the workplace.



Target Audience

- **Workers**
- **Employees**
- **Supervisors**
- **Managers**
- **Officers**
- **Responders**
- **Staff/Personnel**
- **Trainees**

PRICE

CLASSROOM: R 1000

(Includes snacks and beverages – only
applicable to classroom bookings)

TOPICS COVERED

SMART ZONE

Introduction to Ergonomics

- Learn what ergonomics means and how it applies in the workplace. Understand how workstations, tools, equipment, and job tasks should be designed to fit the worker for better comfort, safety, and performance.

Importance of Ergonomic Training

- Explore why ergonomic training is essential for preventing workplace injuries and improving employee wellbeing. Learn how proper ergonomic practices reduce strain, fatigue, discomfort, absenteeism, and long-term musculoskeletal problems.

Common Ergonomic Risk Factors

- Identify the main workplace ergonomic risks, including poor posture, repetitive movements, excessive force, awkward body positions, prolonged sitting or standing, improper workstation setup, and unsafe manual handling practices

TOPICS COVERED

SMART ZONE

Ergonomic Work Practices

- Learn safe and correct work habits that support good posture and reduce physical strain, including proper sitting, standing, reaching, bending, and movement techniques.

Workstation Adjustment and Setup

- Understand how to adjust and organise a workstation to suit the individual worker, including chairs, desks, computer screens, keyboards, tools, and equipment.

Manual Handling and Movement

- Learn safe methods for lifting, carrying, pushing, pulling, and moving items in the workplace using correct body positioning and lifting techniques.

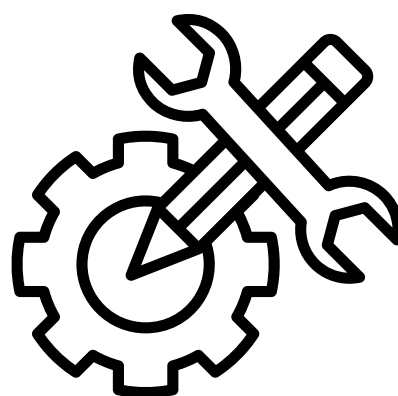
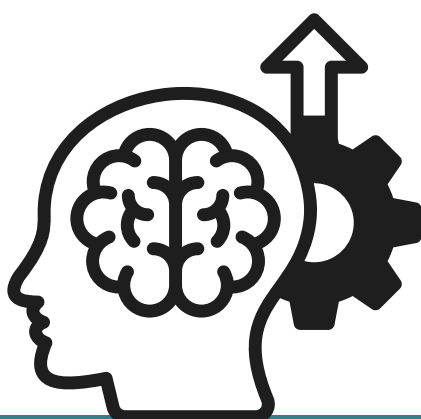
Early Identification of Ergonomic Issues

- Recognise early warning signs of ergonomic problems such as pain, stiffness, numbness, fatigue, discomfort, or reduced mobility, and understand the importance of early reporting and corrective action.

FEATURES OF THIS SAIOSH COURSE

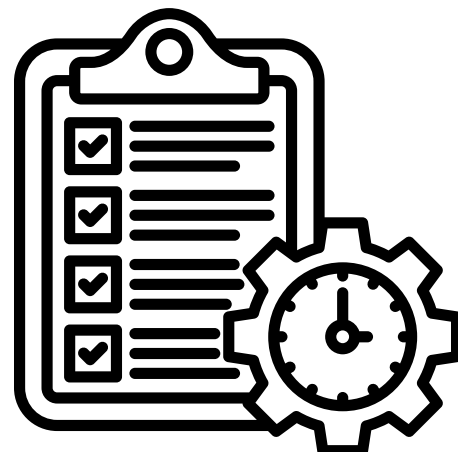
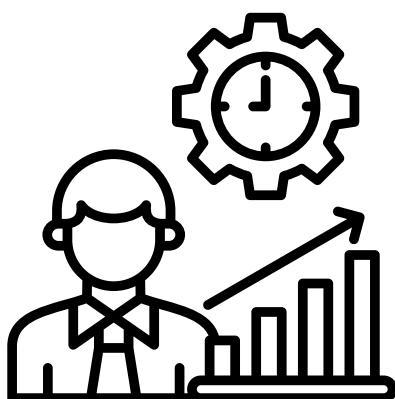
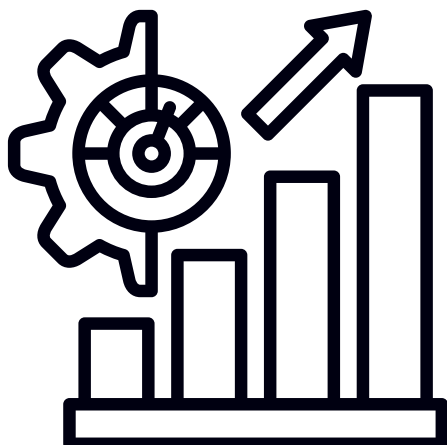
SMART ZONE

- Real workplace scenarios and case-based learning
- Development of occupational hygiene awareness
- Practical tools for monitoring and evaluating OHS systems
- Suitable for all workplace environments and industries
- Delivered by qualified OHS subject matter experts
- Certificate of Attendance upon completion



BENEFITS OF THIS SAIOSH COURSE

- Develop the ability to read and interpret construction drawings
- Perform bricklaying tasks to industry standards
- Enhance productivity and work efficiency
- Open opportunities for career growth in construction
- Receive a Certificate of Attendance to support your CV





SIGN UP NOW

SIGN UP NOW AND SECURE YOUR PLACE

1. Register Online- www.zoneups.com
2. Select the training you prefer and the date you would like to attend.
3. Fill in the registration form.
4. Choose your payment method and finalize the booking.

Request a Quotation

Accreditation



*South African
Institute Of
Occupational Safety
And Health*



Services SETA



Make the future count

Fasset



ETDP-SETA



QCTO



010 085 0918



www.zoneups.com



405 Cliff Ave, Waterkloofridge, Pretoria