



COMPUTER TRAINING SYSTEMS

Your Co-Pilot in Aviation Training

INDIVIDUAL COURSES TRAINING SERIES
Industrial Ergonomics



FIXED/ROTOR WING



IPAD COMPATIBLE



APPROX 1.1 HRS

Our Industrial Ergonomics course focuses on musculoskeletal disorders that impact workplace environments, including highly-physical activities such as regular lifting or pushing, as well as adverse effects related to more stationary activities such as prolonged standing or sitting. Industrial Ergonomics covers how injuries can occur, the nature of such injuries, and what to do to prevent them.

For all workplace environments, Industrial Ergonomics provides valuable insight into OSHA guidelines that can help to prevent musculoskeletal disorders that account for a significant portion of workplace illnesses and injuries.

TUTORIALS

Industrial Ergonomics

1. Signs and Symptoms of Musculoskeletal Disorders
2. Workplace Hazards and Risk Factors for MSDs
3. Methods for Controlling Risk Factors

LESSONS

▶ Comprehensive examination covers subject matter from all lessons

Industrial Ergonomics

1. Industrial Ergonomics