

DoD Ergonomics Working Group NEWS



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www.ergoworkinggroup.org

Computer-Based Training: Ergonomics Awareness Module

Description

This course provides workers with knowledge of basic ergonomic principles, an understanding of work-related musculoskeletal disorders, and an awareness of the signs and symptoms of ergonomic risk factors. With this knowledge comes the ability to identify work activities with ergonomic risks, leading to early reporting and injury avoidance.

Registration

- Go to: https://ammoschool.sumtotalsystems.com/aspn/lang-en/aac_welcome.asp
- When you complete the registration information, you will receive your user ID, password, and log-in instructions via email.
- With an active account, you will be instructed to go to: <https://ammoschool.sumtotalsystems.com>

When you successfully complete the course and assessment, you will be able to print and save a completion certificate for your training records. For Army personnel, future improvements include integration of your record into the Army Training and Reporting System (ATARS).

Course Fees

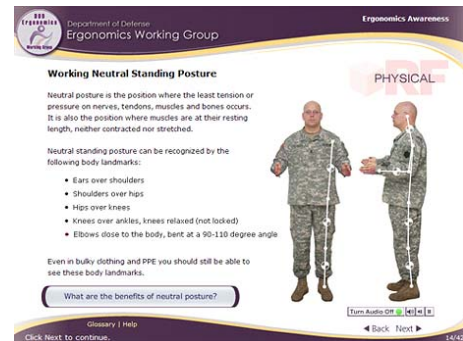
This course is FREE for all DoD employees. All non-DoD employees (those without a “.mil” email address) are required to pay a \$500 course fee.

Screen Shots

Sample screen shots follow on pages 2-4.

More Information

If you have questions or need additional information, please contact the Ergonomics Program at the U.S. Army Center for Health Promotion and Preventive Medicine: 410-436-3928.



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Sample Screen Shots

The screenshot shows a slide from an ergonomics course. At the top, it says 'Department of Defense Ergonomics Working Group' and 'Ergonomics Awareness'. The main title is 'Fitting Worker to the Workplace'. Below this, it says 'Incorrect: The individual accommodates themselves to their surroundings in order to perform their work.' To the left is a photograph of a woman in military uniform sitting at a desk, leaning forward. To the right is a text box: 'A worker should not have to adjust themselves to accommodate their workplace set up. If a worker must adjust to fit the workplace they become at risk to sustain a work-related musculoskeletal disorder or WMSD.' Below the text is a 3D diagram of a purple cube and a yellow cylinder. At the bottom, there are navigation buttons: 'Turn Audio On', 'Glossary | Help', 'Click Next to continue.', 'Back Next', and a page number '3/42'.

This course reinforces the major tenets of ergonomics.

The screenshot shows a slide from an ergonomics course. At the top, it says 'Department of Defense Ergonomics Working Group' and 'Ergonomics Awareness'. The main title is 'Compression or Contact Stress'. Below this, it says 'Compression occurs when an object presses on soft tissue. This concentration of force on small areas reduces blood flow and nerve transmission and can damage the soft tissue.' To the right is a photograph of a man in a lab coat working with equipment, with a red 'X' and the word 'PHYSICAL' overlaid. Below the text is a list: 'Compression occurs from: • Leaning on sharp objects • Supporting weight • Gripping'. An 'Ergo Tip' box is overlaid on the slide, containing the text: 'As a rule of thumb, jewelry should be loose fitting and not cause an impression on the skin. This will reduce exposure to contact stress.' Below the text is a photograph of a hand with a red circle around the wrist. At the bottom, there are navigation buttons: 'Turn Audio On', 'Glossary | Help', 'Click Next to continue.', 'Back Next', and a page number '12/42'.

Ergo Tips throughout the course offer practical, how-to application to the learning objectives.

Department of Defense
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Ergonomics Awareness

Working Neutral Standing Posture


Neutral posture is the position where the least tension or pressure on nerves, tendons, muscles and bones occurs. It is also the position where muscles are at their resting length, neither contracted nor stretched.

Neutral standing posture can be recognized by the following body landmarks:

- Ears over shoulders
- Shoulders over hips
- Hips over knees
- Knees over ankles, knees relaxed (not locked)
- Elbows close to the body, bent at a 90-110 degree angle

Even in bulky clothing and PPE you should still be able to see these body landmarks.

What are the benefits of neutral posture?



Turn Audio Off

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Glossary | Help
Click Next to continue. 14/42


Neutral postures are explained through the use of interactive visuals and audio.

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Ergonomics Awareness

Working Neutral Posture Demonstration

This video demonstrates the difference between neutral and non-neutral posture.



Warning: Do not perform this exercise if you have a hand or wrist discomfort.

Turn Audio Off

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Demonstration videos allow learners to experience some of the same exercises presented at on-site training.


Department of Defense Ergonomics Working Group Ergonomics Awareness

Risk Factor Activity

Take a moment to examine this image. Four sailors are lifting a 500 lb. hovercraft air conditioning unit.

Which risk factors are shown in this image?

Click Problem for the answer then click Improvement to see the intervention.



Problem Each worker in this picture is in a non-neutral posture of the upper and lower extremities, force is applied to the back and upper extremities from the force of lifting and compression to the hands from holding the air conditioning unit. These factors may result in a WMSD.


Improvement

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Department of Defense Ergonomics Working Group Ergonomics Awareness

Posture Activity Feedback

Here are the corrections this medical technician needs to his posture or risk a WMSD.



Ears are not over the shoulders. ✓

Shoulders are not over the hips. ✓

Hand is at an awkward angle and the arms are not at the side at a 90 degree angle. ✓

Hips are not over the knees. ✓

PHYSICAL

Turn Audio On

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Click Next to continue. 18/42

Activities throughout the course reinforce what students have learned.