



**Advanced training**  
instructor-led classroom and onsite courses

# Ergonomics: Managing for Results

**Call Debbie Ashford at  
704.644-4220 or  
Matthew Thompson at  
919.719.9818**

## Advance Your Safety Leadership Career

Learn to take control of the #1 cause of workplace injuries by designing and implementing a practical, effective ergonomics program. This course shows you how to recognize risk factors, conduct an ergonomic worksite analysis, evaluate and rank hazards, and select appropriate control methods.

### What you will learn

- Basic concepts of workplace ergonomics
- Recognizing ergonomic risk factors related to Musculoskeletal Disorders (MSDs)
- Conducting a workplace ergonomic analysis, evaluating and ranking hazards
- Assessing control methods and selecting the method best suited to the risk level
- Implementing a successful ergonomics program at your workplace

### Course description

Workers who suffer repetitive motion injuries spend a median of 19 days off the job. If you're a business owner, manager, supervisor or HR professional, this course can help you understand the importance of keeping your employees free from ergonomic-related injuries. You'll learn how to prevent repetitive motion and overexertion — the biggest risk factors facing today's workforce.

### Course materials

- Participant Guide

### Who would benefit

- Safety managers
- Coordinators
- Specialists
- Other full-time safety practitioners
- Safety committee members
- Operations managers
- Loss control managers
- Human resources professionals
- Anyone with safety responsibilities

### CLASS DATES:

**March 22, 2012 in Charlotte**

**May 23, 2012 in Raleigh**

**July 11, 2012 in Charlotte**

**July 19, 2012 in Raleigh**

**October 24, 2012 in Raleigh**



**Safety & Health Council of  
North Carolina**  
2709 Water Ridge Parkway  
Suite 120  
Charlotte, NC 28217  
t (704) 644-4221  
f (704) 644-4231

**3739 National Drive  
Cumberland Building  
Suite 125  
Raleigh, NC 27612  
t (919) 719-9812  
f (919) 719-9813**

1 day  
0.65 CEUs\*

This course counts  
toward earning the  
NSC Advanced Safety  
Certificate (ASC)

[www.safetync.org](http://www.safetync.org)

### \* Continuing Education Unit

A Continuing Education Unit (CEU) is a measure of participation in a recognized continuing education program with qualified instruction and sponsorship. CEU records are widely used to provide evidence of completion of continuing education requirements mandated by certification bodies, professional societies or government licensing boards.



Safety and Health Council  
of North Carolina

[www.safetync.org](http://www.safetync.org)

8/19/11 REVISED

## 2011-2012 Training Schedule

Safety and Health Council of North Carolina  
2709 Water Ridge Parkway, Suite 120, Charlotte, NC 28217

*Phone (704) 644-4221, Fax (704) 644-4231*

Cumberland Building, Suite 125, 3739 National Drive, Raleigh, NC 27612

*Phone (919) 719-9814, Fax (919) 719-9815*



Chapter  
National Safety Council

We offer on-site training in any area of safety at a cost that will surprise you. At your request, our training specialists will also customize the content for your specific work environment. Just call Matt Thompson in Raleigh at 919-719-9818, or Debbie Ashford in Charlotte 704-644-4220, for a custom quote.

**Charlotte classes:**

Fax Registration to: 704-644-4231  
Email Registration to: karenb@safetync.org  
Mail Payment to: Safety and Health Council of NC  
2709 Water Ridge Parkway  
Charlotte, NC 28217

**Raleigh classes:**

Fax Registration to: 919-719-9815  
Email Registration to: susanm@safetync.org  
Mail Payment to: Safety and Health Council of NC  
Cumberland Bldg., Suite 125  
3739 National Drive  
Raleigh, NC 27612

**Course Title:** \_\_\_\_\_

**Course Location:** \_\_\_\_\_ **Course Date:** \_\_\_\_\_

NAME of Attendee: (Please Print) Full Name & Preferred Name	TITLE:	COST:

Contact Name \_\_\_\_\_

Company \_\_\_\_\_  Member  Non-Member

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ FAX \_\_\_\_\_ Email \_\_\_\_\_

**METHOD OF PAYMENT:**

Total Amount Due: \_\_\_\_\_

Payment enclosed.  Send invoice. P.O. # \_\_\_\_\_ (With approved credit only)  
If no Purchase Order is required, enter name of person authorizing this purchase.

VISA/MC/Amex/Discover# \_\_\_\_\_ Verification Code \_\_\_\_\_ Expires \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

**CANCELLATION/RESCHEDULING POLICY:** There is a \$25.00 cancellation/rescheduling fee if written notice is received within seven days or less. Full tuition will be charged for "No Shows" or cancellations received on or after the class date. Substitutions are always welcome.



Earn up to 8 hours per day toward the MESH, Construction MESH or Public Sector MESH Certificate Program - 100 hours needed for each certificate.