



Ergo-Online, LLC is recognized by the Board of Certification, Inc. to be offer Continuing Education for Certified Athletic Trainers.

The course materials have been designed to meet the **advanced level** learning requirements a minimum of 2+ years of industrial experiences. The course and workshop use practical examples and scenarios to establish foundational learning experiences.

Individuals that would benefit from attending this course include:

- Floor Supervisors
- Ergonomic & Team Members
- Occupational Health Nurses
- Industrial Hygienists
- Occupational Safety Professionals
- Rehabilitation professionals working in industry

**Contact Hours for this course:**

16 Contact Hours – Seminar Course

Optional Additional Day  
6.25 Contact Hours – Practical Hands-On Workshop

**Cancellations and Refund**

- 2 Weeks prior to event – Full Refund
- 1 Week prior event – 50% Refund
- Less than 1 Week prior to event – **No Refunds Offered without extenuating circumstances.**

**\* You must call 913-488-3127 to cancel attendance or request a refund.**

**Ergo-Online, LLC**

**913. 488. 3127**

**www.ergo-online.net**

## ABOUT THE INSTRUCTORS

### Mark Heidebrecht MSE, ACSM,CHFP

Mr. Heidebrecht is a Managing Partner of Ergo-Online, LLC. His experience spans over 15 years and his specialties include ergonomics, biomechanics, human factors and work physiology. Mark is certified by the Board of Certified Professional Ergonomists and holds an additional certification by the American College of Sports Medicine. Mr. Heidebrecht’s client base includes private industry as well as the federal government. Most recently, Mr. Heidebrecht developed and implemented the ergonomic process for the Customer Service Division of the United States Postal Service. When fully implemented, it will affect over 750,000 employees on a national level.

Mr. Heidebrecht graduated with Honors from the University of Kansas for his research and thesis, *The Kinetic Analysis of Lifting and Lowering Utilizing Chaffin’s Biomechanical Model*. As a guest speaker, he has presented numerous ergonomic and human factors topics throughout the United States, Australia and New Zealand. He presented to the National Academy of Sciences in Washington D.C. regarding the effectiveness of ergonomic interventions and the early identification of musculoskeletal disorders.

### Sam Bradbury MAOM, ATC, CPE, IMC

Mr. Bradbury has over 20 years experience in injury prevention and management with the last eight years spent providing job site analysis, ergonomics education, and ergonomic risk assessments.

Sam graduated from the University of Phoenix with a Masters of Organizational Management and from the University of New Mexico with a Education degree with a specialty in Athletic Training, the prevention, treatment and rehabilitation of sports related injuries.

Mr. Bradbury is the co-developer of the WorkHab Functional Capacity Evaluation System as well as the Hand Upper Limb Assessment.

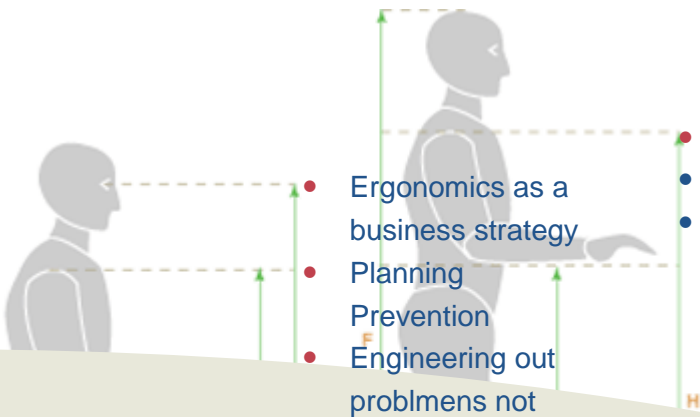
He is a peer-reviewed author published in the American Journal of Physical Therapy and has a published chapter in the American Academy of Orthopedic Surgeons textbook publication, Athletic Training and Sports Medicine 4th edition, 2005. He also has numerous other publications in the field.



## Ergonomics - Practical Solutions for Industry

- \*\* Prevention
- \*\* Performance
- \*\* Productivity
- \*\* Profitability





- Ergonomics as a business strategy
- Planning Prevention
- Engineering out problems not

## Training

- Real life cases
- Interactive seminars
- Managing ergonomic problems

913-488-3127

Questions or Additional Information



## Course Objectives

1. Participant will be able to describe what ergonomics is, and explain how ergonomics relates to various industrial operations.
2. Participants will explain biomechanics' role in relation to occupational safety.
3. Participants will demonstrate through a case analysis, the hands-on techniques and methods of fitting the person to a job.
4. Participants will describe how ergonomics, performance, and productivity are inter-related.
5. Participants will list the major goals of industrial ergonomics.
6. Participants will demonstrate effective understanding of ergonomic and assessment tools through group work and case problem solving.

Non Members Cost:\$ 750

**Register Today:**  
[www.ergo-online.net](http://www.ergo-online.net)

Seminars to be held on:  
**May 3<sup>rd</sup> - 5<sup>th</sup>, 2010**  
Kansas City

Details on location, hotels, and transportation can be found at:  
[www.ergo-online.net](http://www.ergo-online.net) by clicking on the specific course title.

## Education by Board Certified Ergonomists

### Day One

7:30-8:00  
Registration  
8:00 – 8:30  
Introduction to Ergonomics  
9:30 – 9:45  
Ergonomic Risk Factors  
9:45 -12:00  
Upper Extremity MSDs  
12:00 -1:00  
Lunch (Catered)  
1:00 – 2:30  
Lower Extremity MSD  
2:30-3:00  
Ergonomic Design Guidelines  
3:00-3:15  
Afternoon Break  
3:15-4:15  
Workplace Risk Assessment  
4:15 -5:00  
Upper Extremities Risk Assessment  
5:00  
End Day One

### Day Two

8:00-9:30  
Lower Extremity Risk Assessment  
9:30-9:45  
Morning Break  
9:45-11:00  
Standardized Risk Assessment Tools  
12:11:00 -12:00  
Root Cause Analysis  
12:00-1:00  
Lunch (Catered)  
1:00 -2:00  
Problem Solving Techniques  
2:00-2:15  
Afternoon Break  
3:15-5:00  
The Cost Justification & Workshop  
5:00  
End Day Two

### Day Three

8:00-12:00  
Workshop – Application of risk assessment tools utilizing video and mock workstations.  
Attendees will work in ergonomic teams which will work through:

- Quantifying Ergonomic Risks
- Identifying Root Causes
- Problem Solving Techniques
- Cost Justification

Lunch (on own)

