

# Ergonomics Systems Specialist (ESS) Designation

## A 5-Day Certification Process

The results are in for our new ESS course, and the word is,  
*...You like us! You really, really like us!*

*"This was the best training I have ever been in; you both have a good understanding of the needs of adult learners!!!! I liked the examples used. I took ergonomics before and can honestly say I understand it a lot better. I like the organization, professionalism, safe open concept of the group participation and enjoyed all 5 days thoroughly. The snacks at breaks were a great idea. Think I gained a bit of weight. "*

*"Excellent instructors Nancy and Sandra; very knowledgeable, experienced. Lots of time for questions. Information was clearly explained. They made the class very interactive and fun. Learning was easy and I learned a lot. Thank-you!"*

### Ergonomics is not just about reducing injuries!

It's about improving job efficiency. It's about reducing absenteeism, or even presenteeism (where workers are at work but not really "at work"). It's about making your organization the company of choice to not only attract workers, but retain workers. It's about remaining viable in a fiercely competitive marketplace. It's about working with existing business systems to improve the bottom-line.

WorkSMART's ESS course emphasizes practical applications for use in field, industrial and office environments. You will be able to apply your knowledge in industries such as municipalities and government service sectors, construction, oil and gas, transportation, health care, pulp and paper, emergency services, engineering, food processing, manufacturing and more.

In addition, this certification will teach you how to incorporate ergonomics programming throughout an organization from a systems perspective, streamlining with existing safety, risk management, and other business systems.

*"I have already recommended this course and will be meeting with our corporate manager Thursday am to discuss this. I will also be presenting these concepts to senior management as a contingency to reduce our MSD rate."*

*"This was an awesome experience. I learned so much info that is all applicable to me. I enjoyed working in groups and we had lots of fun while working hard. Have been waiting for an opportunity like this- so thank you. Nancy and Sandra are fabulous facilitators."*

*"One of the best, most informative courses I have taken. Excellent instructors with a great knowledge base."*

# What will you learn?

## How to Sell Ergonomics and Achieve Buy In

- Dispelling the myths regarding the cost of ergonomics
- Identifying the true cost of injuries
- Maximizing employee input
- Validating findings and selling the message

## How to Identify Physical and Organizational Hazards, including

- Correctly evaluating injury reports, hazard assessments, physical demands analyses, and other relevant H&S data
- Encouraging and collecting worker input
- Proactively identifying the potential for musculoskeletal disorders (MSDs)

## How to Assess Risk

- Detailed step by step breakdown of the WorkSMART MSD Risk Reduction Process
- Scientifically backed task analysis methods, including how to assess
  - excessive force
  - awkward and static postures
  - high repetition rates
  - contact stress
  - whole body vibration
  - hand-arm vibration
  - environmental factors

## Implementing Risk Control Strategies

- How to implement quick turn-around solutions and avoid “analysis paralysis”
- Detailed step by step breakdown on how to evaluate controls based on WorkSMART’s control hierarchy and cost-benefit matrix
- Identification of priorities for ergonomics intervention
- Review of specific control strategies associated with,
  - Manual material handling tasks
  - Driving and equipment operation tasks
  - Standing tasks
  - Seated tasks
  - Tools and equipment design
  - Work space design
  - Office tasks and furnishings

## Program Measurement and Continuous Improvement

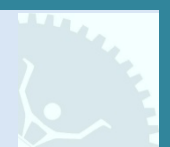
- Review of possible threats to success
- How to measure immediate, intermediate, and long term impacts
- How to build on success and expand
- How to manage newly acquired knowledge

*All participants will be provided with access to WorkSMART’s ESS portal, filled with additional resources and support material.*

## Let’s be clear...

There is only one professional certification for Ergonomists in Canada, the CCPE designation offered through the Association of Canadian Ergonomists. This requires a relevant university degree and several years of direct experience. We encourage all full-time practicing ergonomists to pursue this designation, but for everyone else, our ESS workshop will give you the necessary tools to implement an effective ergonomics process in your organization.

**If you’re serious about implementing ergonomics,  
we’re serious about helping you do it right!**



**Do you workSMART?**



Choose your location!

Edmonton: March 15<sup>th</sup> – 19<sup>th</sup>, 2010

Saskatoon: May 17<sup>th</sup> – 21<sup>st</sup>, 2010

Halifax: Oct. 18<sup>th</sup> – 22<sup>nd</sup>, 2010

**Fax registration to 1-780-414-6435**  
**Email registration to info@worksmart.ca**

**Registration Form:**

Name: \_\_\_\_\_ Company: \_\_\_\_\_

Profession:     Safety Officer     S&H Committee Member     Physiotherapist     Occupational Therapist  
 Kinesiologist     Industrial Hygienist     Disability Manager     Engineer     Nurse  
 Other: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Fax: \_\_\_\_\_

City, Prov, PC: \_\_\_\_\_ Email: \_\_\_\_\_

**Method of Payment:** Payment by Visa, MasterCard or cheque must be received prior to course date to secure a spot in the workshop. Early bird payments must be received by cut off date to qualify.

- Edmonton**     \$2195 before Feb 1<sup>st</sup>     \$2495 after Feb 1<sup>st</sup>
- Saskatoon**     \$2195 before April 5<sup>th</sup>     \$2495 after April 5<sup>th</sup>
- Halifax**     \$2195 before September 6<sup>st</sup>     \$2495 after September 6<sup>st</sup>

Visa or  MasterCard    Card #: \_\_\_\_\_    Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Please invoice me with the following Purchase Order #: \_\_\_\_\_

Please note if you have any dietary needs: \_\_\_\_\_

**Cancellation Policy**

- Cancellations six to ten business days prior will be refunded at 75%
- Cancellations five full business days prior will NOT be refunded.

For internal use only

Date Received:		Confirmation Sent:	
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