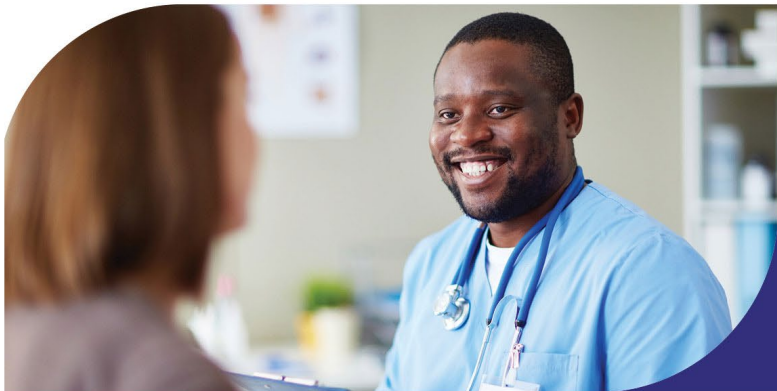




HSA

An tÚdarás Sláinte agus Sábháilteachta
Health and Safety Authority

Ergonomics Resources on hsalearning.ie



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HSA

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- portal for health and safety courses online
- short awareness raising courses that are free of charge, and accessible 24/7
- a certificate of completion is available at the end of each course

The screenshot shows the homepage of the HSA Online Courses portal. At the top, there is a navigation bar with links for Home, Courses, FAQs, and Digital Badges. Below this is a login section with fields for Username and Password, and a "Log in" button. To the right of the login section is a "What's New?" section with a list of new courses available, including "Reporting Workplace Accidents" and "Introduction to Managing Work-Related Violence and Aggression". Below the login section is a "Browser Compatibility" section with a "Check Browser Compatibility" button. To the right of the browser compatibility section is a "Share this" section with social media icons for Facebook and Twitter. Below the browser compatibility section is an "Accessibility" section with a "Launch ATbar" button. To the right of the accessibility section is a "Tweets" section with a "Tweets by TheHSA" button. The main content area features a "Welcome to Health and Safety Authority online learning" section with a brief description of the courses and a "Browse courses:" section with a grid of course thumbnails. The thumbnails are labeled "Sector of Employment" and "Topic".

An Introduction to Ergonomic Risk Assessment



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- The course has a particular emphasis on the 5-step risk assessment process.
- Suitable for occupational health professionals who may be assessing work activities which involve manual handling and/or repetitive tasks involving the upper limbs.

Ergonomics



The Introduction to Ergonomics Risk Assessment course is CPD approved by Engineers Ireland.

An Introduction to Ergonomic Risk Assessment



This short course is suitable for practitioners including managers, supervisors, safety officers and occupational health professionals who may be assessing work activities which involve manual handling and/or repetitive tasks involving the upper limbs. The course has a particular emphasis on the 5-step risk assessment process.

Please note that this course is intended to raise awareness and provide an overview of ergonomics and its relationship to the risk assessment process.

The course is not intended to replace the workplace specific information and training needs required by health and safety legislation and it does not denote competency in ergonomic risk assessment. Specific training and / or specialised advice may also be required.

Course duration: 20 minutes

Learning outcomes:

At the end of this course, you should be able to:

- understand the meaning of ergonomics and how it relates to manual handling work activities, and/or repetitive tasks involving the upper limbs.
- understand why ergonomic risk factors must be managed.
- understand the ergonomic risk factors that impact on musculoskeletal health.
- recognise risk assessment tools that can be used to assess ergonomic risk.
- apply a 5-step ergonomic risk assessment process for assessing work activities.

[Enter Course](#)

An Introduction to Ergonomic Risk Assessment continued

An Introduction to Ergonomic Risk Assessment (2024)

An Introduction to Ergonomic Risk Assessment

Exit activity

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An Introduction to Ergonomic Risk Assessment

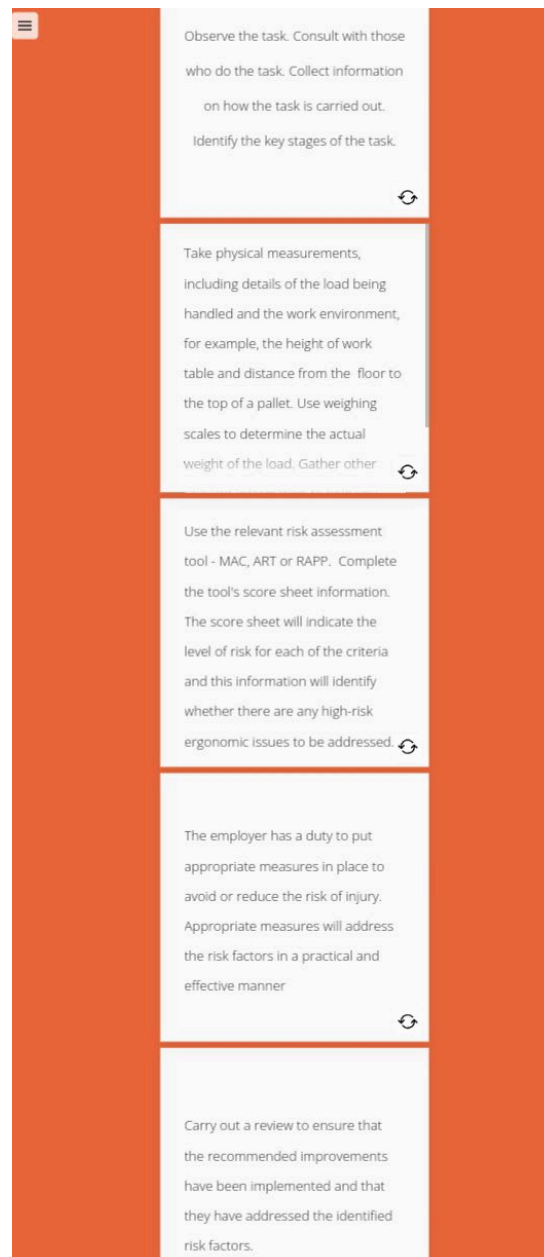
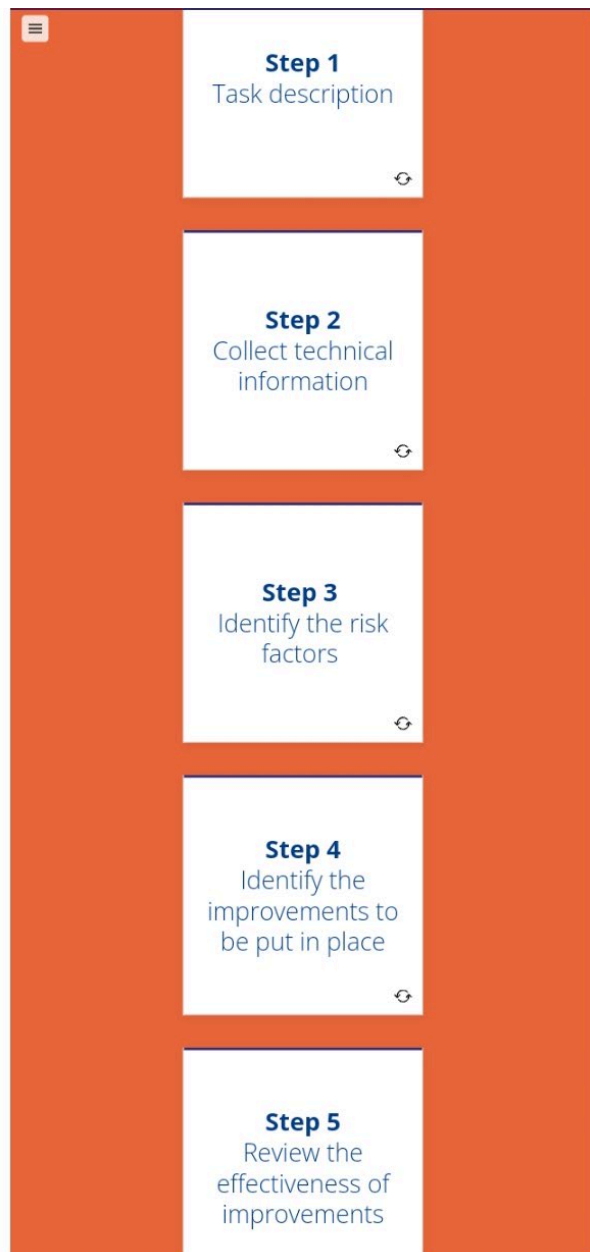
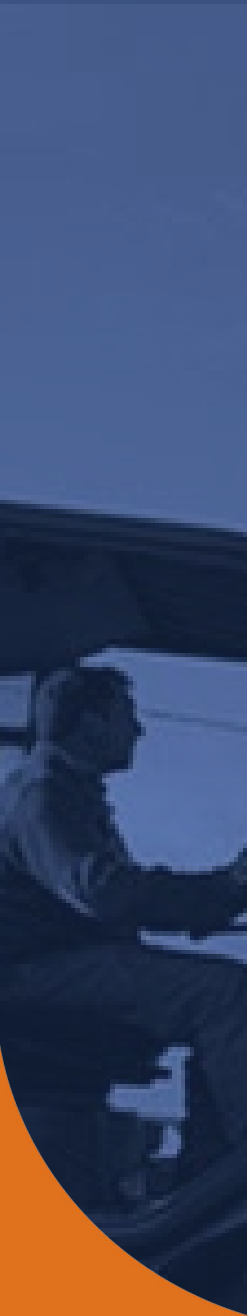
14% COMPLETE

▼ AN INTRODUCTION TO ERGONOMIC RISK ASSESSMENT

- ≡ Introduction ☐
- ≡ What is ergonomics? ☐
- ≡ Managing ergonomic risk factors ☐
- ≡ Risk Assessment tools for assessing ergonomic risk factors ☐
- ≡ Applying a 5-step risk assessment process ☒

▼ ASSESSMENT

It may be helpful to carry out an audit of your workplace in consultation with relevant staff before starting the 5-step risk assessment process. This will help to identify what tasks will need to be assessed.



An Introduction to Ergonomic Risk Assessment continued

- The 5-step process
- Example provided
- Further detailed guidance on using the MAC, RAPP and ART tools is provided in the **Further Information** section at the end of this course.

Workplace Safety, Health and Welfare Induction



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- **Unit 4: Ergonomics**
- At the end of Unit 4, participants should be able to:
 - define ergonomics,
 - list some ergonomic hazards and the effects of poor ergonomics,
 - identify some of the measures workplaces take to reduce the risk of injury, and
 - outline ergonomic improvements that can be applied to a computer workstation.

The graphic features a large circular image of a smiling woman with long brown hair, wearing a white polka-dot shirt, gesturing with her hand. The background is dark blue with a large orange and white curved graphic element on the right. Logos for HSA and Atlantic Technological University are at the top. The text 'Workplace Safety, Health and Welfare Induction' is prominently displayed. At the bottom right, there is a call to action to register online at hsalearning.ie, accompanied by an icon of people at a screen.

HSA
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Health and Safety Authority

Atlantic Technological University
Ollscoil Teicneolaíochta an Atlantaigh

Workplace Safety, Health and Welfare Induction

hsalearning.ie
HSA Online Courses

Register online
hsalearning.ie

Occupational Safety and Health when Remote Working

- Display Screen Equipment (DSE) risk assessment
- Section 4 of the Assessment Checklist includes a section on a workstation assessment which includes Display Screen Equipment (DSE) and work equipment.
- It is important to ensure that adequate controls are in place to reduce the risk of musculoskeletal disorders (MSDs).



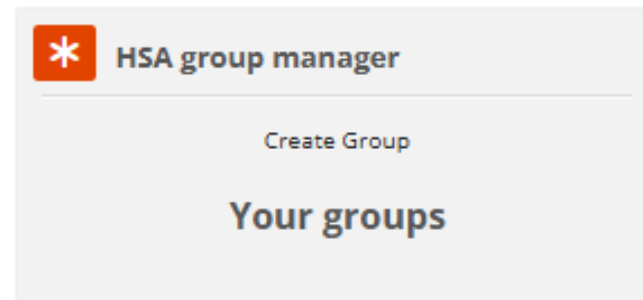
Short Courses on Workplace Safety

- Workplace Hazards: Manual Handling, Ergonomics, and Slips, Trips and Falls (STF)
- **Part 4: Manual Handling and Ergonomics learning outcomes include:**
 - recognise what manual handling is, and the types of lifting aids that may be used, and
 - understand good and poor ergonomics in the workplace.



Group Manager Facility

- A **Group Manager** facility is available if you are organising a group to take a course on hsalearning.ie
- Once you enrol on a course you will see the Group Manager facility for that particular course on the left hand panel of your screen. Select **Create Group** and input the necessary information.
- When your group is registered the system will automatically send each member an email inviting them to enrol on the course.
- To view the progress report for your group, select 'Report' to the right of the group name.



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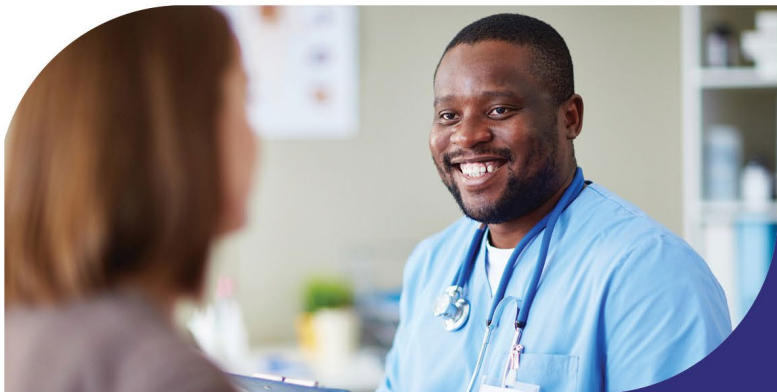
A screenshot of the 'Create Group' form in the HSA group manager interface. The form has a title 'Create Group' with a dropdown arrow. Below the title, there is a 'Name' field with a red exclamation mark icon and a question mark icon, containing the text 'Test'. Below the name field, there is a section titled 'Before you create this group on hsalearning.ie have you obtained prior consent from each member of the group to log their email address?'. To the right of this text is a red exclamation mark icon and a checkbox labeled 'Yes'. Below this section, there is a 'Member email addresses' field with a question mark icon, containing two email addresses: 'testemail1@gmail.com' and 'testemail2@gmail.com'. At the bottom of the form, there are two buttons: 'Submit' (blue) and 'Cancel' (red).



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Go raibh maith agaibh
Thank you



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