



OHTA

Occupational
Hygiene Training
Association

OHTA506 ERGONOMICS ESSENTIALS

Course Description



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OHTA506-ERGONOMICS ESSENTIALS

Ergonomics is a science. It is a rigorous, user-centered approach to research and design. Ergonomics, also referred to as “human factors” is concerned with the appropriate design of systems, processes, equipment and environments so that tasks and activities required of humans are within their limitations and make the best use of their capabilities. Ergonomics considers the whole work system, and the effects of the system on human and system performance.

Ergonomics is also a philosophy and a way of thinking. It is applied widely in areas such as aviation and other transport systems, sport, education, public facilities, the home, recreational equipment and facilities and in the workplace generally.

What essentials of ergonomics are covered in the course manual?

The course manual provides a broad-based introduction to ergonomics principles and their application in the design of work, equipment and the workplace. Specific consideration is given to musculoskeletal disorders, manual handling, ergonomic aspects of the environment, as well as to the social aspects and relevant international standards. Other topics include how to develop an ergonomic strategy at work, how to conduct ergonomics risk assessment and management, and the impact of physical factors in the work environment such as lighting, noise, and thermal issues.

On successful completion of the OHTA506 module, the student will be able to:

- Apply ergonomics principles to improve safety, health, and productivity
- Outline the process of ergonomics risk assessments
- Explain the causes of musculoskeletal disorders (MSDs)
- Examine workplace layout and equipment design according to ergonomics principles
- Identify environmental aspects of good ergonomics systems and design

Course Design

- Delivered as a 5-day on-line or classroom training program
- On-line student examination with multiple choice questions
- Translation of the exam into the native language of students may be available
- Student manuals for the OHTA506 course are available for free download in English and other languages at <https://ohtatraining.org/students/fmanuals/manuals/ohta506/>. The OHTA506 course can be the first step to more training in the core aspects of OH leading to the ICertOHTA qualification. If you are pursuing a career in OH, see the list of OHTA courses and the qualification framework at <https://ohtatraining.org/students/framework/>.
- Materials supplied to trainers include student manual, set of course slides, case studies, a practical exercise and daily Q & A.

Become a Trainer

Training providers for the OHTA506 may include national IH/OH associations, IH/OH organizations and companies such as professional consultancies. Training providers must have an OHTA Training Director with an IH/OH certification recognized by the National Accreditation Recognition (NAR) Committee of the International Occupational Hygiene Association (IOHA) such as CIH, ROH, COH, etc. Individual trainers working under the Training Director do not have to be certified but should be knowledgeable in the course content.

- Trainers set their course fees in local currency and keep those fees. The only fees paid to OHTA are for the mandatory on-line exam which is £100 (about 130-135 USD) per student. The trainer application is available at <https://ohtatraining.org/trainers/apply/>

Additional Study Options

The OHTA506 course can be the first step to more training in the core aspects of OH leading to the ICertOHTA qualification. If you are pursuing a career in OH, see the list of OHTA courses and the qualification framework at <https://ohtatraining.org/students/framework>

For more information, please contact the OHTA Secretariat team@ohtatraining.org.

Testimonials

Have a look at what OHS Professionals are saying about the OHTA506 Ergonomic Essentials Course:



"OHTA506 is invaluable for those wishing to understand the management of ergonomic issues. Whether you are an aspiring IH professional or someone with a wider interest in OHSE, this is the ergonomics course for you. Developed by eminent professionals from across the world, course materials draw on the authors' wide practical experience in industry and commerce. The comprehensive course manual is also an essential resource and reference for those wishing to expand their skill set into ergonomics."

Roger Alesbury (United Kingdom)

Currently an Adviser to OHTA, Roger Alesbury, MSc, DipOccHyg - is one of our founders. Formerly Global Head of IH for BP plc., until retirement from full time employment, he was a Chartered Occupational Hygienist, a Chartered Fellow of the Faculty of Occupational Hygiene and a Chartered Fellow of the Institution of Occupational Safety and Health. He is a holder of the IOHA Lifetime Achievement Award, the AIHA Yant Award and the ACGIH William Steiger Memorial Award.

Testimonials

Have a look at what OHS Professionals are saying about the OHTA506 Ergonomic Essentials Course:

"Delivering the OHTA506 course was a very rewarding experience for our training company. The course and its well-developed manual helped our students understand the connection between ergonomics, human capabilities, workplace design and work-related musculoskeletal disorders. OHTA's training materials, practical exercises, case studies and real workplace examples made the lessons easier to understand and apply. It was encouraging to see how actively the students participated and how their confidence grew throughout the course. What made the experience even more satisfying was seeing every student successfully pass the OHTA506 course examination. We are extremely proud of their achievement, and the 100% pass rate reflects their commitment, the quality of our training materials and the support provided by our experienced facilitators."

Bismark Kwabena Antwi (Ghana)
BA, MA, GradIOSH
iCapacity Resource Ltd (icapacityresource.com)

"The OHTA506 Ergonomics Essentials course provides IH/OH professionals with practical knowledge that can be applied directly in the workplace. The course manual is comprehensive and remains a valuable reference long after the training has been completed. Students respond particularly well to the course's practical approach, and the use of real workplace examples makes ergonomic principles easy to understand and apply. Most importantly, the course provides practitioners with the knowledge and confidence to recognize ergonomic hazards, assess ergonomics risks, and recommend practical control measures. For IH/OH professionals involved in workplace risk assessments, OHTA506 provides an excellent bridge between ergonomic theory and real-world IH/OH practice."

Lindi Bouwer (South Africa)
Registered Occupational Hygienist by Southern African Institute for Occupational Hygiene (SAIOH), Past-President SAIOH
Managing Director/Technical Signatory
IOH Solutions (iohsolutions.com)