

University of California, Los Angeles  
Public Health/Environmental Health Sciences  
405 Hilgard Ave  
BOX 951772  
Los Angeles, CA 90095-1772  
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Look for upcoming program announcements on our home page at  
[www.ph.ucla.edu/erc/ccd.php](http://www.ph.ucla.edu/erc/ccd.php)

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**Ergo Online:  
What Could Be Easier?  
One Series for Basic/Intermediate  
One Series for Advanced**

Safe

Communities  
Workplaces  
Workers

## ERGO ONLINE: Monthly Ergonomics Webinar 2012 SELECTED TUESDAYS EVERY MONTH

**BASIC—INTERMEDIATE SERIES**

11 AM—12 NOON PACIFIC TIME

**ADVANCED SERIES**

1 PM—2 PM PACIFIC TIME

Photo courtesy of UC Regents



**Location: Online**

\* The Advanced Ergonomics Webinar Series meets the ergonomics Core Requirement for the Advanced Specialty of the SCERC Workplace Safety and Health Professional Certificate. Both series are electives for the Certificate. For certificate information—  
<http://www.ph.ucla.edu/erc/certificate.php>

**UCLA** Southern California  
Education and Research Center  
**UCIrvine** *Continuing Education/Outreach*

The Southern California Education and  
Research Center is a NIOSH ERC

## ERGO ONLINE: Monthly Ergonomics Webinar Series 2012

The successful application of ergonomic principles lies in understanding the broad scope of ergonomics: specifically the importance of recognizing physical, cognitive, psychosocial, and organizational elements of work and the capabilities and limitations of workers.

In the **Basic-Intermediate Series** we present a philosophical foundation for applying ergonomics through a broad range of ergonomics topics. In the **Advanced Series**, emphasis is on the details of analysis techniques, intervention effectiveness and applications within selected industries.

Participants will be reinforced on some of their assumptions and boldly challenged on some strongly held beliefs on how to prevent injuries. The end result will be confidence in applying ergonomics in a much more effective manner.

**All classes are approximately one hour—** within the convenience of your home or office.

### How It Works

Attend from the convenience of your own desk or laptop.

Prior to each session, you will receive a website link where you will log in to the session. For sound, you may use a headset or your computer's speakers. While there may be opportunities to speak, there is always a chat window available to type in questions and comments.

### Accreditation

- .17 Industrial Hygiene CM points per hour/technical presentations by the American Board of Industrial Hygiene have been approved —2.0 Total for the series
- 1 Contact Hour (.1 CEU), REHS per session. The SCERC is an Accrediting Agency approved by the California Department of Public Health.
- 1 Contact Hour, California Board of Registered Nurses per session
- .1 COC point by the Board of Certified Safety Professionals per session

### Registration Information

See website - [www.ph.ucla.edu/erc/ced.php](http://www.ph.ucla.edu/erc/ced.php) - for payment terms

### Registration Fee (Take a whole series or mix and match):

Full Series or 12 mixed sessions: \$575 Early Bird: (before 12/3/11) \$450

Individual sessions: \$59 (Over the course of the year, if you attend 10 sessions at the individual session rate, you will be eligible for 2 additional sessions at no cost.)

### Payment Terms:

**Paying by credit card:** All major credit cards accepted. Complete credit card information on registration form or call 310/206-2304.

**Paying by check:** Payable to **University of California Regents**

**Phone registration:** Call 310/206-2304. **Fax registration:** Call 310/794-9317.

### Faculty\*

**George Erich Brogmus, MS, CPE, M.Erg.S., Technical Director—Ergonomics, Liberty Mutual Insurance Group, Loss Control Advisory Services** Mr. Brogmus is responsible for managing and advancing the technical quality of ergonomic consulting services for Liberty Mutual. Formerly a Senior Research Associate at the Liberty Mutual Research Institute for Safety, he has published peer-reviewed research articles on ergonomic measurement systems, lifting technique, repetitive motion injuries, occupational stress, slips and falls, and the impact of work scheduling on injury risk.

\* Some sessions may be presented by a guest speaker.

### Course Details Online — <http://www.ph.ucla.edu/erc/ergo-online-webinar-2012.htm>

Date	#	Basic/Intermediate	#	Advanced
Jan. 17	1	The Fundamental Principles of Applied Ergonomics	13	A Philosophy of Ergonomics – Prioritizing the Ergonomist's Toolkit
Feb. 21	2	Ergonomics and Productivity - How so? How to?	14	Best Ergonomics Research in 2011
Mar. 13	3	The Impact of Work Scheduling on Injury Risk and Intervention Methods Employers Can Take	15	Back Pain – The Effectiveness of Medical Intervention
Apr. 10	4	The Aging Population - Strategies and Tactics to Reduce the Risk of Injury	16	Back Pain – The Effectiveness of Ergonomic Intervention
May 15	5	The Truth About Lifting Safely	17	Back Pain – The Strategy for Reduction of Loss
June 12	6	Myths & Misconceptions in Ergonomics	18	Behavior-Based Safety Versus Ergonomics
July 10	7	Techniques for Selling Ergonomics Interventions to Management	19	Overview of Ergonomic Metrics
Aug. 14	8	Mobile Ergonomics (Travel, Laptops, Phones, PDAs, and Tablets)	20	Work Scheduling, Sleep, and Injury Risk
Sept. 11	9	Office Ergonomics	21	Upper Extremity Musculoskeletal Disorders – State of the Art Controls
Oct. 9	10	Controlling Same-Level Slips Trips and Falls	22	Office Ergonomics – Keyboards, Pointing Devices, Trays, Sit/Stand, Adjustment and Other Research Findings
Nov. 13	11	Controlling Repetitive Motion Injuries	23	Office Ergonomics – Integrated Interventions
Dec. 11	12	How to Prevent Back Pain	24	Knee and Shoulder Injuries – Epidemiology and Control

**Southern California Education and Research Center**  
**ERGO ONLINE: Monthly Ergonomics Webinar Series 2012**  
Registration Form

Name: \_\_\_\_\_ Degrees/Certificates: \_\_\_\_\_

Title: \_\_\_\_\_ Department: \_\_\_\_\_

Company/Agency: \_\_\_\_\_

Address \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ Fax #: \_\_\_\_\_ Cell #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Home Address \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Home E-mail: \_\_\_\_\_

\_\_\_\_ Basic—Intermediate Series \_\_\_\_\_ Advanced Series

Individual Sessions: \_\_\_1\_\_\_2\_\_\_3\_\_\_4\_\_\_5\_\_\_6\_\_\_7\_\_\_8\_\_\_9\_\_\_10\_\_\_11\_\_\_12

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Name as it appears on card: \_\_\_\_\_ Credit Card Number: \_\_\_\_\_ Exp. Date \_\_\_\_\_

Billing Address: \_\_\_\_\_ Signature: \_\_\_\_\_

Profession: \_\_\_ Physician \_\_\_ Ind. Hygienist \_\_\_ Nurse \_\_\_ Safety or Other: \_\_\_\_\_

Employer: \_\_\_ Federal Gov. \_\_\_ State Gov. \_\_\_ Local Gov. \_\_\_ Academic \_\_\_ Private \_\_\_ Self-Employed \_\_\_ Other

**Mail to: Southern California ERC, UCLA School of Public Health, 650 Charles E. Young Drive S., 61-279 CHS, Los Angeles, CA 90095-1772**

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