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**Environment, Health, & Safety  
Training Program**

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**EHS 60 ~ Ergonomic Awareness for Computer Users**

**Course Syllabus**

**Subject Category:** Ergonomic Safety  
**Course Length:** 1.5 hours  
**Delivery Mode:** Class or CD  
**Schedule:** Quarterly or on demand  
**Location/Time:** TBA

**Course Prerequisite:** No  
**Medical Approval:** No

**Course Purpose:** This course is designed to create awareness and understanding of ergonomics and worker safety, especially for staff who use a computer four(4) hours or more daily.

**Course Objectives:** To educate Laboratory computer users regarding:

- Understand cumulative trauma disorder symptoms.
- At risk behaviors and hazards that can cause musculoskeletal injuries and disorders.
- Strategies to control and/or prevent cumulative trauma disorders.

**Course Instructional Materials:**

- PowerPoint Presentation
- Video tapes

**Instructors:** Jeffrey Chung

**Training Compliance Requirements:** 8CCR 3203 & 5110

**Course Hand-outs:**

- Copy of PowerPoint Presentation
- Ergonomics literature.

**Participant Evaluation:** Written evaluations regarding the effectiveness of the trainer, the training and the visual aids.

**Written Exam:** No

**Practical Exam:** No

**Retraining/Recertification:** No

**WEB Resource:** see Ergonomics LBNL EH&S Training Program web page @ <http://www.lbl.gov/ehs/html/training.htm>.