Advanced Occupational Ergonomics Assessment and Intervention Training Course

1 – 5 November 2026
Manama

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Ref: 1301_196189 **Date:** 1 – 5 November 2026 **Location:** Manama **Fees:** 4700 Euro

Overview

Advanced Occupational Ergonomics Assessment and Intervention Training Course is a one-week advanced course for occupational health professionals, ergonomics practitioners, safety managers, workplace designers, and supervisors who leave with an Occupational Ergonomics Assessment and Intervention Portfolio. Participants integrate work-system analysis, ergonomic risk assessment, task analysis, human factors and ergonomics, participatory ergonomics, and intervention evaluation across physical, cognitive, and organizational demands. The course replaces isolated workstation fixes with evidence-led work design. Agile Leaders Training Center presents occupational ergonomics as a systems-based design discipline.

Who Should Attend

- Professionals responsible for occupational health and work-related musculoskeletal risk
- Practitioners responsible for ergonomics assessment and intervention design
- Managers responsible for safety systems and workplace-risk priorities
- Designers responsible for tasks, workstations, equipment, or work organization
- Supervisors responsible for worker participation and control effectiveness

The course assumes participants already assess workplace hazards and collect operational evidence, and leaves out clinical diagnosis, medical treatment, product certification, and basic manual-handling instruction.

Departments and Industries

The course supports departments and industries that need work systems matched to human capabilities and performance requirements.

- Occupational health, safety, human factors, and operations functions
- Engineering, facilities, workplace design, and continuous-improvement teams
- Manufacturing, logistics, construction, and energy organizations
- Healthcare, hospitality, retail, and public-service institutions
- Technology, office operations, and customer-service environments

Learning Objectives

By the end of this course, participants will be able to:

- Apply a systems approach to physical, cognitive, and organizational ergonomics
- Analyze task, worker, symptom, and operational evidence
- Use recognized methods to evaluate posture, handling, repetition, and workstations
- Build participatory interventions for tasks, equipment, and work organization
- Compare engineering, administrative, and work-design control options
- Evaluate intervention effectiveness through activity and outcome measures

Course Agenda

Day 1: Ergonomics and Work Systems

- Physical, Cognitive, and Organizational Ergonomics Domain Map
- ISO 6385 Work-System Design Principles
- Human Capability and Work-Demand Fit Model
- Participatory Ergonomics Stakeholder Map
- Ergonomics Assessment Scope Charter

Day 2: Evidence and Task Analysis

- Complaint and Injury Record Trend Review
- Job and Task Decomposition Map
- Worker Interview and Symptom Body Map
- Force, Repetition, Posture, and Vibration Exposure Profile
- Cognitive Demand and Work-Organization Checklist

Day 3: Ergonomic Risk Assessment

- ISO 11226 Static Posture Evaluation Guide
- ISO 11228 Manual-Handling Method Selection Map
- Revised NIOSH Lifting Equation Worksheet
- Workstation Anthropometry and Reach Assessment
- Ergonomic Risk Prioritization Matrix

Day 4: Intervention Design and Evaluation

- Ergonomic Control Hierarchy Decision Model
- Participatory Solution Design Canvas
- Task and Workstation Redesign Specification
- Intervention Implementation and Change-Control Plan
- Activity and Outcome Measure Dashboard

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Day 5: Occupational Ergonomics Practice

- Exercise: Work-System and Task Analysis
- Exercise: Physical and Cognitive Risk Assessment
- Exercise: Participatory Intervention Selection
- Exercise: Control Effectiveness Evaluation
- Capstone Exercise: Occupational Ergonomics Assessment and Intervention Portfolio

Practical Exercises

The course uses suggested activities that integrate ergonomics evidence and design decisions across work settings.

- Suggested activity: analyze force, posture, repetition, and cognitive demands in a manufacturing or logistics task.
- Suggested activity: compare workstation and task-design options for a healthcare or office setting.
- Suggested activity: facilitate a participatory review of worker observations and proposed controls.
- Suggested activity: present intervention priorities with baseline, implementation, and effectiveness measures.

FAQs

Who suits advanced occupational ergonomics training and what does it assume?

Advanced occupational ergonomics training suits health, safety, ergonomics, design, and supervisory professionals. It assumes experience assessing workplace hazards and collecting operational evidence.

How does advanced occupational ergonomics differ from basic manual-handling training?

Advanced occupational ergonomics evaluates physical, cognitive, and organizational work-system demands and designs interventions. Basic manual-handling training focuses more narrowly on established techniques for moving loads.

What evidence supports an occupational ergonomics assessment?

An occupational ergonomics assessment uses task observations, worker interviews, symptom information, injury and complaint records, work schedules, equipment data, workstation dimensions, and exposure patterns.

Why does occupational ergonomics use worker participation?

Worker participation adds direct knowledge of task variation, constraints, discomfort, feasible changes, and control performance, supporting solutions that fit actual work conditions.

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How is an ergonomics intervention evaluated?

An ergonomics intervention is evaluated against baseline activity and outcome measures, implementation evidence, worker feedback, exposure changes, control use, and follow-up findings.

Conclusion

The course integrates work-system analysis, evidence collection, risk assessment, participation, redesign, and evaluation. Participants take back an Occupational Ergonomics Assessment and Intervention Portfolio supported by maps, checklists, worksheets, specifications, and dashboards. The portfolio changes isolated ergonomic observations into prioritized design actions with evidence, ownership, and follow-up.