



# Cut to the Chase!

## ERGONOMIC TIPS FOR FOR EDUCATION AND TRAINING

EU Project ErgoHair VP/2016/001/0050

ergoHair



This project was  
developed with the support  
of the EU Commission.

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## ERGONOMIC TIPS FOR FOR EDUCATION AND TRAINING

### EDUCATION

#### Professional education

- Start as young as possible with prevention and awareness campaigns. Already start this in the educational system, because it is a lot easier to learn something right, then it is to unlearn the wrong behaviour.
- If possible, integrate a module in the educational professional qualification system of the National Education System.
- Inform the students on professional risks, job diseases and work related complaints.
- Use prevention and information material that explains what happens in the body for different working postures (for example spinal column with intervertebral discs which are being pressed, or a posture protector)
- Make the students aware on the importance of a correct working posture and techniques, ergonomic equipment, variety of tasks, taking enough breaks and a healthy lifestyle (also add this to exam material).
- Ensure that schools have ergonomic equipment
- Choose for a realistic setting
- Teachers must also be sufficiently competent themselves and they must give the right examples for ergonomics.
- Also offer body exercises in schools.
- Use different and varied teaching methods to increase the involvement of the students
- Respond to current trends for young people:
  - A good health and MSD prevention is a lot more important to them compared to older generations.
  - A healthy and active lifestyle is very important for them.
  - That they are very susceptible to the latest techniques and that they want to be constantly mobile. Use digitalisation and use smartphones, apps, video material, 3D simulations...
- Realise that educational material and simulations never can replace the role of the teacher/coach.
- Guarantee coherence in the teaching material.
- Give explanations, deliver information (for example by linking to websites) and make sure that students understand everything well.
- Let the students discover the advantages for themselves to acquire healthy and safe behaviour (appropriation)
- Provide sufficient interaction and participation.
- Validate the results and the correct behaviour.

#### Training (lifelong learning)

- Integrate ergonomic prevention in the technical training.
- Teachers must be sufficiently competent themselves and they must give the right example for ergonomics, or an experienced trainer should be combined with a practical ergonomics coach.
- Ensure that training centres have ergonomic equipment.
- Use prevention and information material that explains what happens in the body for different working postures (for example spinal column with intervertebral discs which are being pressed, or a posture protector)
- Make everybody aware of the importance of a correct working posture and techniques, ergonomic equipment, variety of tasks, taking enough breaks and a healthy lifestyle
- Also offer body exercises during the training or workshop
  - Start with exercises that everybody can do under normal circumstances, so that they feel that these types of exercises are achievable for them as well. After doing these exercises the participants will quickly realise that they are not in the ideal shape.
  - Make the participants aware that they should continue doing these exercises, after the course.
- Inform and demonstrate well to the participants what MSD is. Show them for example how a certain position can influence potential pain.
- Try to trigger the curiosity of the participants by means of new and interesting information, which is also relevant for their personal situation.
- Try to associate the lesson content with a positive story.
- Let the participants discover the advantages themselves to adopt healthy and safe behaviour as their own (appropriation)
- Provide enough interaction and participation.
- Validate the result and the correct behaviour.
- Offer during the course/workshop healthy food to familiarize the participants with healthy diets.