

Course Code: VACWE

**Name of the Value Added Course:** Workplace Ergonomics

**Who should apply?**

The Bachelor of Physiotherapy Second Year students and undergraduate & postgraduate students of any other stream.

**Course Duration:** Minimum contact hours : 30 hours

Assessment through Assignments would be conducted at the end of the programme

**Value added Courses Objectives:**

- To develop insight into various values that necessarily helps one in professional development.
- To gain knowledge and skills that would help the student understand the core course in a more efficient way.

**Value added Courses Highlights:**

- Gaining the awareness of the need for and role of ergonomics in occupational health
- Learning basic knowledge in the application of ergonomic principles to design of industrial workplaces and the prevention of occupational injuries
- Learning the breadth and scope of occupational ergonomics



**Course Contents:**

- Ergonomics: Introduction, definition, History and evolution, reasons to ergonomics use, micro and macro ergonomics
- Risk factors to ergonomics in various jobs or work fields ; activity related soft tissue injuries and related disorders
- Muscle use, anthropometry and workplace design
- Analysis of risks of activity related soft tissue injuries and related disorders
- Ergonomic programming

