



Overview

Obtain the skills and knowledge needed to anticipate, recognize, evaluate, and control ergonomic risk factors in a broad range of workplace settings. Immediately apply the skills learned in this program to improve human-job interface, increase productivity, reduce employee downtime from ergonomic injuries, and improve worker safety while preventing injury.

In this certificate program, you will study and practice the foundational principles of ergonomics, including:

- History of ergonomics
- Human anatomy and physiology
- Injury and disease causation
- Posture and biomechanics
- Work design
- Occupational stress
- Accidents and errors
- Ergonomic evaluation and control techniques

Curriculum

This certificate is earned by satisfactorily completing one course (GSSL 2030), which is organized in three major units and 30 modules with quizzes and exercises within the six-month scheduled period. You may enroll at any time as most students do not require the full six months to complete the work. The course may be completed ahead of the schedule but will not be extended.

- Unit 1 – Principles of Ergonomics: covers factors that have been recognized to improve or degrade the human work experience.
- Unit 2 – Ergonomics of the Office Environment: covers the modern office environment, using computers safely, and cumulative trauma disorders.
- Unit 3 – Ergonomics of Back Injuries: covers lifting safely, back disorders, work evaluation, equipment and design.

Delivery

Online

Tuition

\$395 (JBS covers 100% of cost)

Time Frame

Can be completed in 6 months, though most students finish earlier

Certificate Awarded

Certificate of completion may be requested

Learn More

online.colostate.edu/certificates/ergonomics

