This 8-week, asynchronous online course presents fundamental concepts from multiple disciplines that are essential to practicing ergonomics. The course begins with core topics from anatomy, kinesiology and the physiology of work as applied to human abilities and limitations. The class continues with an exploration of biomechanics, anthropometry, physical and psychosocial ergonomic risk factors and analytic methods to mitigate risk exposure. Finally, cognitive and macro ergonomics models are introduced along with considerations for the professional ergonomist. Pulling these pieces together ensures a comprehensive approach to Human Factors and Ergonomics to both minimize injury and optimize worker performance. Students will evaluate different environments based on the concepts introduced in this course.

Whether you are currently practicing or are new to the field, this course will fill in the gaps as a comprehensive introduction to certification skills.

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Part of A One-Year Program: Course 1 of 6
Courses can be taken individually or sequentially