



1-day Introduction to Ergonomics and Human Factors

About the course

A unique one-day intensive introduction to ergonomics and human factors, accredited by the Chartered Institute of Ergonomics and Human Factors (CIEHF).

This course is aimed at anyone looking to broaden their knowledge and understanding of ergonomics and human factors. If you currently have a general health and safety background, or you work in a specific area of ergonomics or human factors and are looking to expand your interest and capabilities, this course is designed for you.

You will take away a clear understanding of key ergonomics and human factors theories and techniques, and how the discipline plays a key role in health and safety risk management. You will receive a certificate of attendance.

The course also provides the basis for application to Technical Membership of the CIEHF, for anyone looking to begin steering their career towards ergonomics and human factors.

Note: Application to CIEHF Technical Membership has several eligibility criteria - to check eligibility [click here](#).

Overview of course content

Morning session

Design ergonomics & usability / UX

Musculoskeletal risks - manual handling, upper limb and display screen equipment (including mobile DSE)

Anthropometry

Afternoon session

Human Factors - human reliability

Human failure modes

Performance shaping factors

HF methods - reliability assessment

Cognitive workload, complex systems

Environmental ergonomics

Ergonomics, Human Factors and the law



Practicalities

The course is a full day's training, covering a substantial amount of material over a short period. We provide Open and Closed (private) courses.

Open courses - Numbers are capped at 8 people per session. Standard timings are 9:30am to 5:00pm. Open courses are a good opportunity to network with others from a range of sectors and different backgrounds - to exchange ideas on implementing ergonomics and human factors. Cost include teas, coffees, water and lunch. Any dietary requirements will be catered for. Delegates are also provided with a course resource pack and stationary. Locations will vary.

Closed courses - For corporate clients, private courses can be arranged throughout the UK at client sites or agreed locations. Call to discuss prices and arrangements.

Cost

Open course (open for any individuals or small groups to attend) - £220 +VAT per person

Closed / private course (corporate client block-booking) - contact us to discuss prices

Guildford Ergonomics

We are an accredited consultancy with the CIEHF, delivering support and training for a wide range of clients. See website for more information. Training is delivered by Ed Milnes - Chartered Ergonomics Consultant CERGHF.

