



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Ergonomic Assessment and Action Planning

Health Sciences and Social Services / Preventive Health

Unit Standard 244523 · NQF Level 5 · 5 Credits · 2 Days

COURSE OVERVIEW

This course equips learners with the skills to conduct comprehensive ergonomic assessments in the workplace, identify risk factors for musculoskeletal disorders, and develop effective action plans to mitigate these risks. By the end of the course, participants will be able to apply ergonomic principles to improve worker comfort, safety, and productivity.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	244523
Accreditation	SAQA Accredited · NQF Level 5 · 5 Credits
Duration	2 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply ergonomic principles to identify risk factors in various work environments.
- Conduct a systematic ergonomic assessment using appropriate tools and techniques.
- Analyze assessment data to prioritize ergonomic hazards and determine root causes.
- Design an action plan with practical interventions to reduce ergonomic risks.
- Implement and evaluate the effectiveness of ergonomic solutions in the workplace.
- Demonstrate the ability to communicate findings and recommendations to stakeholders.

WHO SHOULD ATTEND

- This course is designed for health and safety practitioners, ergonomics coordinators, occupational health nurses, and managers responsible for workplace health and safety.
- It is also suitable for employees seeking to enhance their understanding of ergonomic risk assessment and intervention.

COURSE OUTLINE

Day 1: Foundations of Ergonomic Assessment

- Introduction to ergonomics: definitions, history, and relevance
- Anatomy and biomechanics: body mechanics and injury mechanisms
- Ergonomic risk factors: force, repetition, posture, vibration, and contact stress
- Overview of assessment methods: observational, survey, and direct measurement
- Introduction to the Rapid Upper Limb Assessment (RULA) tool
- Practical: guided practice with RULA on sample tasks
- Documentation and reporting basics

Day 2: Action Planning and Intervention Strategies

- Hierarchy of controls: elimination, substitution, engineering, administrative, PPE
- Designing engineering controls: adjustable workstations, tool selection, layout
- Administrative controls: job rotation, rest breaks, training
- Developing an ergonomic action plan: goals, timeline, responsibilities
- Case studies: successful ergonomic interventions
- Monitoring and evaluation: metrics for success
- Group activity: create an action plan from a given assessment scenario

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **5 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 16,200.00	R 16,200.00
1	In-House	R 21,000.00	R 21,000.00
1	On-Campus (Pretoria)	R 24,300.00	R 24,300.00

UPCOMING SESSIONS

Start	End	Method	Venue
04 Aug 2026	05 Aug 2026	On-Campus	Dubai, UAE
04 Aug 2026	05 Aug 2026	On-Campus	Mauritius
04 Aug 2026	05 Aug 2026	On-Campus	Lagos, Nigeria
06 Aug 2026	07 Aug 2026	On-Campus	Pretoria, South Africa
06 Aug 2026	07 Aug 2026	On-Campus	Cape Town, South Africa
06 Aug 2026	07 Aug 2026	On-Campus	Johannesburg, South Africa
10 Aug 2026	11 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	11 Aug 2026	On-Campus	Pretoria, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 244523) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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