



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

Physical Address: Montrose Place, 2nd Floor, 2 Bella Rosa Street, Rosenpark, Bellville, 7500

Phone: 021 914 0850

Cell: 082 894 6643

Email: info@psttraining.co.za

Ergonomics Awareness in the Workplace

Overview

Ergonomics plays a vital role in creating safe, healthy, and productive workplaces. This seminar introduces participants to the principles of ergonomics, the risks of poor workplace design, and simple, practical solutions to improve comfort, safety, and efficiency. Employees will learn how to identify risks, apply safe practices, and contribute to a workplace culture that values wellbeing and productivity.

Key Objectives

By the end of this seminar, participants will be able to:

- Understand what ergonomics is and why it matters in the workplace
- Recognize common ergonomic hazards and their impact on health
- Apply ergonomic principles to workstations, posture, and manual handling
- Promote workplace wellbeing and efficiency through simple ergonomic practices

Value Added

This seminar raises awareness of ergonomic risks and solutions, giving employees practical tips they can implement the same day to improve posture, reduce strain, and work more effectively.

Who should attend?

This seminar is ideal for:

- All employees (office & industrial environments)
- Supervisors & team leaders
- Health & Safety representatives
- HR & wellness managers
- Anyone seeking to reduce workplace injuries and improve efficiency

This seminar consists of the following 15 topics

Topic 1	Introduction to ergonomics
Topic 2	Definition and importance of ergonomics
Topic 3	Benefits of ergonomics for health, safety, and productivity
Topic 4	Common ergonomic hazards (physical, cognitive, environmental)
Topic 5	Musculoskeletal disorders (MSDs) and other injuries
Topic 6	Risk factors: repetitive tasks, awkward postures, static positions
Topic 7	Identifying ergonomic risks in the workplace
Topic 8	Employee feedback and ergonomic self-checks
Topic 9	Office ergonomics: desk, chair, and computer setup
Topic 10	Industrial ergonomics: tools, machinery, and assembly lines
Topic 11	Manual handling and safe lifting techniques
Topic 12	Work-rest schedules and task variation
Topic 13	Environmental ergonomics: lighting, noise, temperature
Topic 14	Simple ergonomic interventions employees can apply immediately
Topic 15	Building awareness and supporting an ergonomics culture

Additional Information

Duration	3-Hour Seminar	
Includes	• Seminar notes • Refreshments (not applicable to on-site / online training)	• Free telephonic after-training support • Electronic Attendance Certificate

PST Training (Pty) Ltd has been assessed and accredited as having satisfactorily met the MICT ETQA Specified Training Provider criteria. It provides an accepted benchmark of knowledge and skills, ensuring specified levels of competency and ability in terms of industry standards. Accreditation Number - ACC/2007/02/603.