



HEALTH SAFETY AND ENVIRONMENT | HSE-024

Ergonomics and Workplace Wellbeing

Contact

+31 85 7444446
info@aractech.com
https://aractech.com

Address

Waarderweg 50, 2031PB Haarlem - Netherlands.

Course content

Why Attend

Musculoskeletal disorders are among the most common work-related health problems, causing pain, absence and lost productivity. Good ergonomic design supports both health and performance.

This Aractech course explains ergonomic principles, manual handling, workstation and office ergonomics, repetitive tasks, ergonomic risk assessment tools, workplace design and wellbeing initiatives. Participants assess real tasks and propose practical improvements.

Course Methodology

- Interactive presentations
- Task assessment exercises
- Workstation reviews
- Case studies
- Improvement workshops

Course Objectives

- Explain ergonomic principles and musculoskeletal risks
- Assess manual handling and repetitive tasks
- Apply office and workstation ergonomics
- Use ergonomic risk assessment tools
- Design workplace improvements
- Integrate ergonomics into wellbeing programmes

Target Audience

- HSE professionals
- Facilities and office managers

Course content

- Supervisors
- Occupational health staff

Course outline

Detailed course outline

Day-by-day outline for Ergonomics and Workplace Wellbeing.

Day 1 - Ergonomics Fundamentals

- 09:00-09:39 | What ergonomics is
- 09:39-10:18 | Musculoskeletal disorders
- 10:18-10:57 | Risk factors
- 10:57-11:00 | Legal duties
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Legal duties (continued)
- 12:05-12:43 | Business case
- 12:43-14:00 | Exercise: Identifying ergonomic risks

Day 2 - Manual Handling

- 09:00-09:39 | Manual handling risks
- 09:39-10:18 | Assessment methods
- 10:18-10:57 | Lifting techniques
- 10:57-11:00 | Handling aids
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Handling aids (continued)
- 12:05-12:43 | Task redesign
- 12:43-14:00 | Workshop: Manual handling assessment

Course outline

Detailed course outline

Day-by-day outline for Ergonomics and Workplace Wellbeing.

Day 3 - Workstation and Office Ergonomics

- 09:00-09:39 | Display screen equipment
- 09:39-10:18 | Seating and posture
- 10:18-10:57 | Hybrid and home working
- 10:57-11:00 | Lighting and environment
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Lighting and environment (continued)
- 12:05-12:43 | Breaks
- 12:43-14:00 | Exercise: Workstation review

Day 4 - Ergonomic Assessment Tools

- 09:00-09:34 | Repetitive task assessment
- 09:34-10:08 | Posture assessment tools
- 10:08-10:42 | Scoring and prioritising
- 10:42-11:00 | Participatory ergonomics
- 11:00-11:30 | Coffee break
- 11:30-11:46 | Participatory ergonomics (continued)
- 11:46-12:53 | Case study: Production line improvement
- 12:53-14:00 | Exercise: Applying assessment tools

Course outline

Detailed course outline

Day-by-day outline for Ergonomics and Workplace Wellbeing.

Day 5 - Wellbeing Integration

- 09:00-09:39 | Physical activity
- 09:39-10:18 | Mental wellbeing links
- 10:18-11:00 | Programme design
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Programme design (continued)
- 12:05-12:44 | Measuring outcomes
- 12:44-13:22 | Engagement
- 13:22-14:00 | Capstone: Ergonomics improvement plan

Seminar dates

Available seminar dates

Live dates and pricing for Ergonomics and Workplace Wellbeing generated from the course details page.

Date	Location	Format	Fee
16 - 20 November 2026	Munich	Classroom	€3,225
7 - 11 December 2026	Barcelona	Classroom	€2,815
11 - 15 January 2027	Barcelona	Classroom	€2,815
8 - 12 February 2027	Rome	Classroom	€3,460
8 - 12 March 2027	Kuala lumpur	Classroom	€1,925
12 - 16 April 2027	Barcelona	Classroom	€2,815
10 - 14 May 2027	London	Classroom	€2,315
14 - 18 June 2027	Munich	Classroom	€3,225
12 - 16 July 2027	Barcelona	Classroom	€2,815
9 - 13 August 2027	Barcelona	Classroom	€2,815

Seminar dates

Available seminar dates

Live dates and pricing for Ergonomics and Workplace Wellbeing generated from the course details page.

Date	Location	Format	Fee
13 - 17 September 2027	Rome	Classroom	€3,460
11 - 15 October 2027	Kuala lumpur	Classroom	€1,925
8 - 12 November 2027	Barcelona	Classroom	€2,815
13 - 17 December 2027	London	Classroom	€2,315
16 - 20 November 2026	Online / Live	Online / Live	€1,815
7 - 11 December 2026	Online / Live	Online / Live	€1,815
11 - 15 January 2027	Online / Live	Online / Live	€1,815
8 - 12 February 2027	Online / Live	Online / Live	€1,815
8 - 12 March 2027	Online / Live	Online / Live	€1,815
12 - 16 April 2027	Online / Live	Online / Live	€1,815

Seminar dates

Available seminar dates

Live dates and pricing for Ergonomics and Workplace Wellbeing generated from the course details page.

Date	Location	Format	Fee
10 - 14 May 2027	Online / Live	Online / Live	€1,815
14 - 18 June 2027	Online / Live	Online / Live	€1,815
12 - 16 July 2027	Online / Live	Online / Live	€1,815
9 - 13 August 2027	Online / Live	Online / Live	€1,815
13 - 17 September 2027	Online / Live	Online / Live	€1,815
11 - 15 October 2027	Online / Live	Online / Live	€1,815
8 - 12 November 2027	Online / Live	Online / Live	€1,815
13 - 17 December 2027	Online / Live	Online / Live	€1,815