Description

Introduction to General Ergonomics for food service employees. Topics include general information and awareness.

By the end of this class participants will be able to:

1. Understand ergonomics
2. Identify and reduce risk factors

Duration: 15 minutes

Materials

General Ergonomics Handout from [http://www.ehs.ucr.edu/safety/diningservicessafety.html](http://www.ehs.ucr.edu/safety/diningservicessafety.html) (one for each participant)

General Ergonomics Assessment

Procedure

1. Circulate roster among all participants (1 minute)

2. Distribute copies of the “General Ergonomics” handouts to group (1 minute)

3. Review the content from each topic on handout (8 minutes)
   a. General
   b. Awareness

4. Assess the participant’s comprehension using the “Test” section in the General Ergonomics Assessment. (5 minutes)