

Postgraduate Certificate Ergonomics



Postgraduate Certificate Ergonomics

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 8h/week
- » Schedule: at your own pace
- » Exams: Online
- » Target Group: Legal professionals as well as managers
of all types of companies and individual entrepreneurs.

Website: www.techtute.com/in/school-of-business/postgraduate-certificate/ergonomics

Index

01

Welcome

p. 4

02

Why Study at TECH?

p. 6

03

Why Our Program?

p. 10

04

Objectives

p. 14

05

Structure and Content

p. 18

06

Methodology

p. 24

07

Our Students' Profiles

p. 32

08

Course Management

p. 36

09

Impact on Your Career

p. 40

10

Benefits for Your Company

p. 44

11

Certificate

p. 48

01 Welcome

In a world where work environments are diverse and embody different types of risks that compromise the health of workers, it is vital that there is a figure that guarantees the well-being of these people, especially on a physical level. For this reason, TECH professionals have designed this comprehensive program that aims to train professionals so that they understand the importance of Ergonomics to prevent risks in the work environment, such as pathologies of the joints, bones or chronic pain that can occur specifically for repeated bad postures during working hours.

In this way, after finishing this educational action, the student will ensure that, in addition to being prepared to successfully enter the labor market, they will be fully qualified to undertake their own business project, being able to prevent the risks of their sector and knowing the aspects legal about them.



Postgraduate Certificate in Ergonomics.
TECH Technological University



“

This Postgraduate Certificate will be the ideal instrument for managers when designing and putting into practice responsibility plans at the health level that prevent employees from pandemic situations"

02

Why Study at TECH?

TECH is the world's largest 100% online business school. It is an elite business school, with a model based on the highest academic standards. A world-class center for intensive managerial skills education.



“

TECH is a university at the forefront of technology, and puts all its resources at the student's disposal to help them achieve entrepreneurial success"

At TECH Technological University



Innovation

The university offers an online learning model that balances the latest educational technology with the most rigorous teaching methods. A unique method with the highest international recognition that will provide students with the keys to develop in a rapidly-evolving world, where innovation must be every entrepreneur's focus.

"Microsoft Europe Success Story", for integrating the innovative, interactive multi-video system.



The Highest Standards

Admissions criteria at TECH are not economic. Students don't need to make a large investment to study at this university. However, in order to obtain a qualification from TECH, the student's intelligence and ability will be tested to their limits. The institution's academic standards are exceptionally high...

95%

of TECH students successfully complete their studies



Networking

Professionals from countries all over the world attend TECH, allowing students to establish a large network of contacts that may prove useful to them in the future.

+100000

executives prepared each year

+200

different nationalities



Empowerment

Students will grow hand in hand with the best companies and highly regarded and influential professionals. TECH has developed strategic partnerships and a valuable network of contacts with major economic players in 7 continents.

+500

collaborative agreements with leading companies



Talent

This program is a unique initiative to allow students to showcase their talent in the business world. An opportunity that will allow them to voice their concerns and share their business vision.

After completing this program, TECH helps students show the world their talent.



Multicultural Context

While studying at TECH, students will enjoy a unique experience. Study in a multicultural context. In a program with a global vision, through which students can learn about the operating methods in different parts of the world, and gather the latest information that best adapts to their business idea.

TECH students represent more than 200 different nationalities.



TECH strives for excellence and, to this end, boasts a series of characteristics that make this university unique:



Analysis

TECH explores the student's critical side, their ability to question things, their problem-solving skills, as well as their interpersonal skills.



Academic Excellence

TECH offers students the best online learning methodology. The university combines the *Relearning* methodology (the most internationally recognized postgraduate learning methodology) with Harvard Business School case studies. A complex balance of traditional and state-of-the-art methods, within the most demanding academic framework.



Economy of Scale

TECH is the world's largest online university. It currently boasts a portfolio of more than 10,000 university postgraduate programs. And in today's new economy, **volume + technology = a groundbreaking price**. This way, TECH ensures that studying is not as expensive for students as it would be at another university.



Learn with the best

In the classroom, TECH's teaching staff discuss how they have achieved success in their companies, working in a real, lively, and dynamic context. Teachers who are fully committed to offering a quality specialization that will allow students to advance in their career and stand out in the business world.

Teachers representing 20 different nationalities.



At TECH, you will have access to the most rigorous and up-to-date case analyses in academia"

03

Why Our Program?

Studying this TECH program means increasing the chances of achieving professional success in senior business management.

It is a challenge that demands effort and dedication, but it opens the door to a promising future. Students will learn from the best teaching staff and with the most flexible and innovative educational methodology.



“

We have highly qualified teachers and the most complete syllabus on the market, which allows us to offer you education of the highest educational level"

This program will provide you with a multitude of professional and personal advantages, among which we highlight the following:

01

A Strong Boost to Your Career

By studying at TECH, students will be able to take control of their future and develop their full potential. By completing this program, students will acquire the skills required to make a positive change in their career in a short period of time.

70% of students achieve positive career development in less than 2 years.

02

Develop a strategic and global vision of the company

TECH offers an in-depth overview of general management to understand how each decision affects each of the company's different functional fields.

Our global vision of companies will improve your strategic vision.

03

Consolidate the student's senior management skills

Studying at TECH means opening the doors to a wide range of professional opportunities for students to position themselves as senior executives, with a broad vision of the international environment.

You will work on more than 100 real senior management cases.

04

You will take on new responsibilities

The program will cover the latest trends, advances and strategies, so that students can carry out their professional work in a changing environment.

45% of graduates are promoted internally.

05

Access to a powerful network of contacts

TECH connects its students to maximize opportunities. Students with the same concerns and desire to grow. Therefore, partnerships, customers or suppliers can be shared.

You will find a network of contacts that will be instrumental for professional development.

06

Thoroughly develop business projects

Students will acquire a deep strategic vision that will help them develop their own project, taking into account the different fields in companies.

20% of our students develop their own business idea.

07

Improve soft skills and management skills

TECH helps students apply and develop the knowledge they have acquired, while improving their interpersonal skills in order to become leaders who make a difference.

Improve your communication and leadership skills and enhance your career.

08

You will be part of an exclusive community

Students will be part of a community of elite executives, large companies, renowned institutions, and qualified teachers from the most prestigious universities in the world: the TECH Technological University community.

We give you the opportunity to study with a team of world-renowned teachers.

04 Objectives

This extensive educational program is specially designed to train professionals in all those aspects to be taken into account when maintaining Ergonomics in the work environment and maximizing well-being within organizations of all sizes and sectors. In this way, the professional will acquire specific planning management and analysis skills that will allow them to become an expert in the field. All this, accompanied in addition to the best teaching material and the best teachers in the sector All this, accompanied by the best teaching material and the best teachers in the sector.



“

The main objective that TECH pursues with this program is to train you so that you are able to plan Occupational Risk Prevention specifically in cases of health emergency "

**TECH makes the goals of their students their own goals too.
Working together to achieve them.**

This **Postgraduate Certificate in Ergonomics** will enable the student to:

01

Analyze the concept of ergonomics
and applied psychosociology

02

Identify types of Ergonomics





03

Identify the types of ergonomic and psychosocial

04

risks and how they are classified Assess the factor of human error in ergonomic designs

05

Structure and Content

The Postgraduate Diploma in Ergonomics is a tailor-made program that is taught in a 100% online format so that you can choose the time and place that best suits your availability, schedules, and interests, and that contains the most complete and up-to-date content on the educational market. A program that takes place over 6 weeks and that aims to be a unique and stimulating experience that lays the foundations for your professional success in the field of risk prevention in work environments.



“

What you study is very important. The abilities and skills you acquire are fundamental. You won't find a more complete syllabus than this one, believe us".

Syllabus

The Postgraduate Certificate in Ergonomics of TECH Technological University is an intensive program that prepares you to face challenges and business decisions in the field of comprehensive Assignments management.

The content of the Postgraduate Certificate in Ergonomics is designed to promote the development of skills Communication Management that enable more thorough decision-making in uncertain environments. Thus, the program is configured so that the student knows in depth what Ergonomics means understood as a set of actions that tries to adapt processes, tasks, tools, spaces and the environment in general to the capacity and needs of people in order to preserve your health.

In this sense, the Postgraduate Certificate will delve into the Ergonomics concept, as well as its application to safety. In addition, it will delve into the type of existing ergonomics and the main methods to know the ergonomic risk borne by the worker.

All this, throughout 150 hours of training where the student will analyze a multitude of practical cases through individual and team work. It is, therefore, a real immersion in real business situations.

A plan designed for students, focused on their professional improvement and preparing them to achieve excellence. A program that understands your needs and those of your company through innovative content based on the latest trends , and supported by the best educational methodology and an exceptional faculty, which will give you the skills to solve critical situations in a creative and efficient way.

This Postgraduate Certificate takes place over 6 weeks and is made up of just 1 module:

Module 1

Ergonomics



Where, When and How is it Taught?

TECH offers students the opportunity to take this Postgraduate Certificate in Ergonomics entirely online. During the 6 weeks of the specialization, the student will be able to access all the contents of this program at any time, which will allow the students to self-manage their study time.

A unique, key, and decisive educational experience to boost your professional development and make the definitive leap.

Module 1. Ergonomics

1.1. Applying Ergonomics to Safety

- 1.1.1. Concept and Definition of Ergonomics
- 1.1.2. Fundamental Principles
- 1.1.3. Systems Ergonomics

1.2. Ergonomic Risk Assessment and Intervention

- 1.2.1. Method for Evaluating Ergonomic Risks
- 1.2.2. Global Evaluation Methods: LEST and RENUR
- 1.2.3. Ergonomic Redesign Principles

1.3. Methodology Applied to Prevention

- 1.3.1. Introduction to Methodology Applied to Prevention
- 1.3.2. Investigating Accidents and Diseases
- 1.3.3. Ergonomic Risk Management
- 1.3.4. Ergonomic Risk Evaluation

1.4. Methods of Globally Evaluating Working Conditions

- 1.4.1. Scope of Application
- 1.4.2. LEST Method
- 1.4.3. RENUR Method

1.5. Physical Loading Methods: RULA; REVA; NIOSH

- 1.5.1. Introduction
- 1.5.2. RULA Method
- 1.5.3. REVA Method
- 1.5.4. NIOSH Method

1.6. Ergonomic Redesign

- 1.6.1. Introduction
- 1.6.2. Ergonomic Analysis Instruments
- 1.6.3. Ergonomic Redesign Techniques
- 1.6.4. Adapting the Workplace

1.7. Human Error

- 1.7.1. Introduction
- 1.7.2. How to Evaluate Human Reliability
- 1.7.3. Classifying Human Errors
- 1.7.4. Strategies for Improvement. Failure and Error Tree

1.8. Work Center Design

- 1.8.1. Introduction
- 1.8.2. Workplace Design
- 1.8.3. Relationship Between Indoor Environment and Outdoor Environment

1.9. Actions on the Organization

- 1.9.1. Introduction
- 1.9.2. Level of Mechanization
- 1.9.3. Level of Automation
- 1.9.4. Participation and Levels of Participation

1.10. Working Hours

- 1.10.1. Introduction
- 1.10.2. Organizing Working Hours
- 1.10.3. Flexible Working Hours Reduced Working Hours



06 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





“

Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"



TECH Business School uses the Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world*”



This program prepares you to face business challenges in uncertain environments and achieve business success.



Our program prepares you to face new challenges in uncertain environments and achieve success in your career.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch to present executives with challenges and business decisions at the highest level, whether at the national or international level. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and business reality is taken into account.

“ *You will learn, through collaborative activities and real cases, how to solve complex situations in real business environments”*

The case method has been the most widely used learning system among the world's leading business schools for as long as they have existed. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They must integrate all their knowledge, research, argue and defend their ideas and decisions.

Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

Our online system will allow you to organize your time and learning pace, adapting it to your schedule. You will be able to access the contents from any device with an internet connection.

At TECH you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our online business school is the only one in the world licensed to incorporate this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



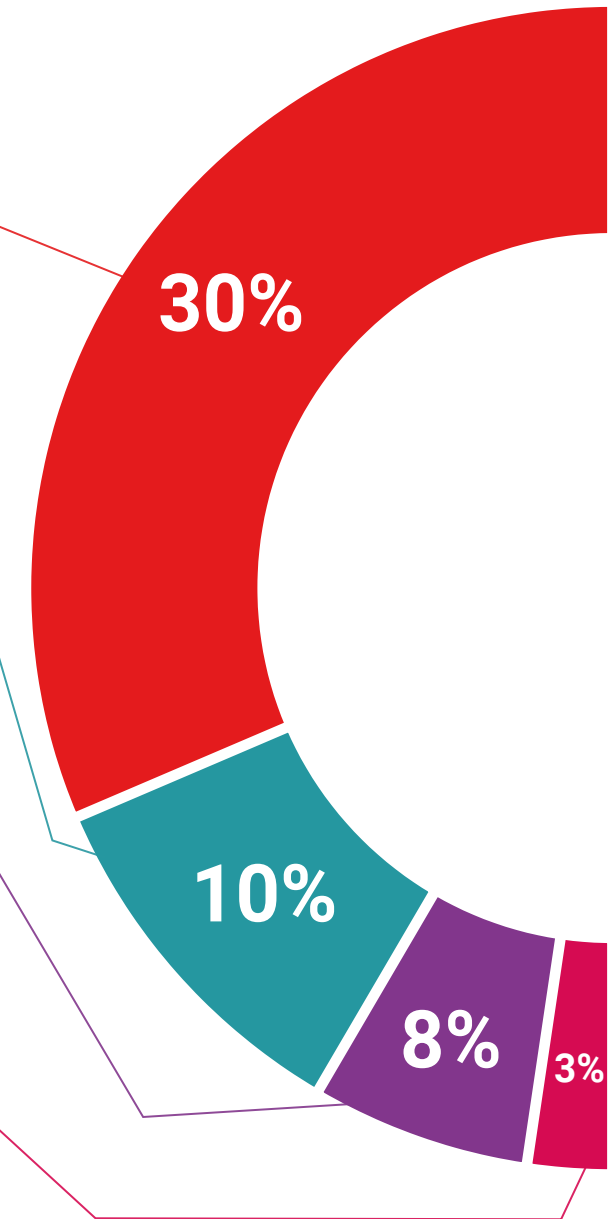
Management Skills Exercises

They will carry out activities to develop specific executive competencies in each thematic area. Practices and dynamics to acquire and develop the skills and abilities that a high-level manager needs to develop in the context of the globalization we live in.



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.



**Case Studies**

Students will complete a selection of the best case studies chosen specifically for this program. Cases that are presented, analyzed, and supervised by the best senior management specialists in the world.

**Interactive Summaries**

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



07

Our Students' Profiles

The Postgraduate Certificate in Ergonomics is a program aimed at professionals in the legal and managerial area who want to update their knowledge, discover new ways to ensure well-being at work based on Ergonomics, minimizing the risks inherent in each type of job. All this, taking into account the importance of preserving the safety and health of the company's employees. In this way, after completing the training, the professional will be able to position himself as a manager, auditor or trainer in the area of occupational risk prevention.



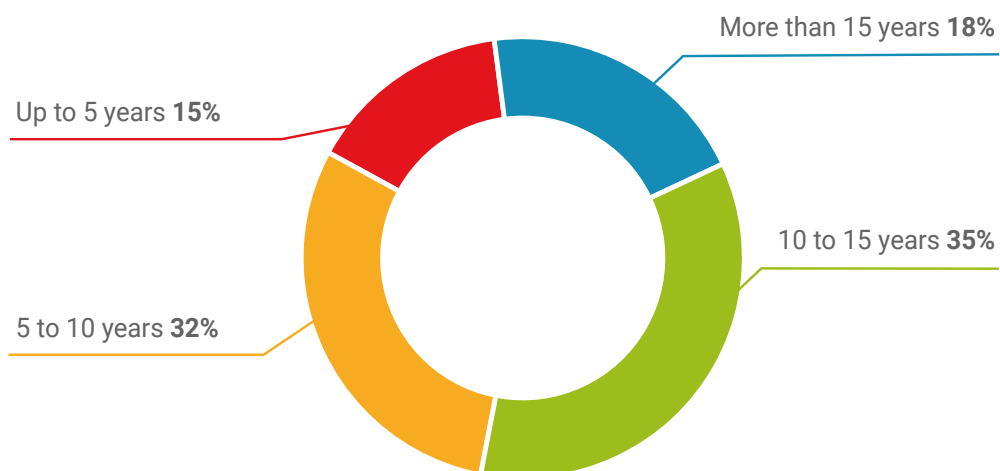
“

If what you want is to update your knowledge in Occupational Risk Prevention and act with the solvency and endorsement provided by the best teaching staff, then do not hesitate, this program is for you”

Average Age

Between **35** and **45** years old

Years of Experience



Training

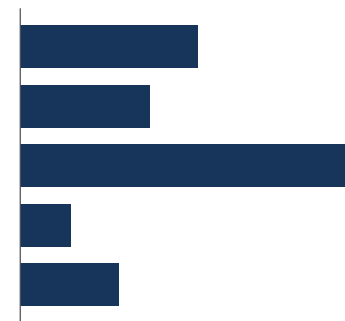
Economics and Business 22 %

Consulting 17 %

Labor Relationships 42 %

Social Sciences 6 %

Other 13 %



Educational Profile

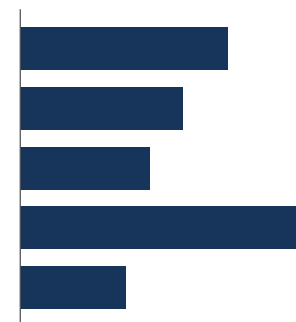
Auditors 23 %

Trainers 18 %

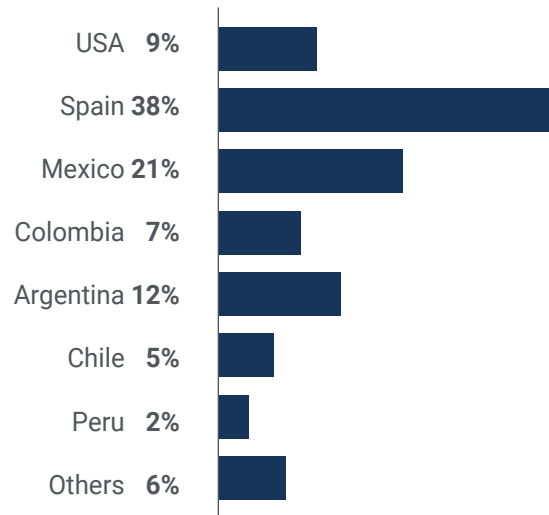
Entrepreneurs 15 %

Heads of OHP 32 %

Other 12 %



Geographical Distribution



Juan Luis Medina

CEO of a Textile Company

"I have always been aware of the importance of ergonomics in the workplace and, as I have a small company, I decided to train myself on this to offer the greatest comfort to my workers. This Postgraduate Certificate has allowed me to adapt the processes in my company and significantly improve the results"

08

Course Management

The program's teaching staff includes leading experts in occupational hazard prevention, who bring to this program the experience of their years of work. Additionally, other specialists of recognized prestige in related areas participate in its design and elaboration, completing the program in an interdisciplinary way, making it, therefore, a unique and highly nourishing experience at educational level for the students.



“

*We have the best teaching staff to
offer you a quality training program”*

Management



Ms. Dávila Martín, Beatriz

- Founder and CEO from at Davilex - Labor consulting company
- PR Technician HH in Asisa
- Teaching Organization Technician. UNIR
- Human Resources Director at Professional Detail, S.C.
- Degree in Labor Relations and Human Resources from the Complutense University
- Master's Degree in Occupational Risk Prevention from the Complutense University
- MBA from the Isabel I University of Castilla
- Master in Team Management and Management from the Isabel I de Castilla University
- Trainer of Trainers CourseDegree in Labor Relations and Human Resources from the Complutense UniversityTrainer of Trainers Course



09

Impact on Your Career

TECH is aware that studying a program like this entails great economic, professional and, of course, personal investment. The ultimate goal of this great effort should be to achieve professional growth.

For this reason, TECH puts all its efforts and tools at the disposal of students so they can acquire the skills and abilities required to achieve this change.





“

Generate a positive change in your professional career, acquiring the most updated knowledge on occupational hazard prevention”

Are you ready to take the leap? Excellent professional development awaits you.

The TECH Diploma in Ergonomics is an intensive program that prepares you to face challenges and business decisions at a preventive and occupational risk level.

The main objective is to promote personal and professional growth. Help students achieve success.

If you want to improve yourself, make a positive change professionally and network with the best, this is the place for you.

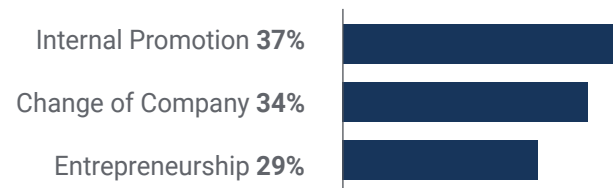
Achieve the professional change you seek with this high-level training.

Don't miss the opportunity to specialize with us. It is a unique opportunity to learn about the main novelties in the sector.

Time of change



Type of change



Salary increase

This program represents a salary increase of more than **25.22%** for our students



10

Benefits for Your Company

The Postgraduate Certificate in Ergonomics contributes to elevating the organization's talent to its maximum potential by educating high-level leaders. Participating in this program is a unique opportunity to access a powerful network of contacts in which to find future professional partners, customers or suppliers. In addition, thanks to this training, your company will be up to date in the prevention of occupational hazards, avoiding possible fines and compensation for accidents at work.



“

Gain a global vision of occupational hazards and bring more innovative strategies to the companies you work with”

Developing and retaining talent in companies is the best long-term investment.

01

Growth of talent and intellectual capital

The professional will introduce the company to new concepts, strategies, and perspectives that can bring about significant changes in the organization.

02

Retaining high-potential executives to avoid talent drain

This program strengthens the link between the company and the professional and opens new avenues for professional growth within the company.

03

Building agents of change

You will be able to make decisions in times of uncertainty and crisis, helping the organization overcome obstacles.

04

Increased international expansion possibilities

Thanks to this program, the company will come into contact with the main markets of the world economy.



05

Project Development

The professional can work on a real project or develop new projects in the field of R & D or business development of your company.

06

Increased competitiveness

This program will equip students with the skills to take on new challenges and drive the organization forward.

11 Certificate

The Postgraduate Certificate in Ergonomics guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



“

*Successfully complete this program and
receive your university qualification without
having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Ergonomics** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Ergonomics**

Official N° of Hours: **150 h.**





Postgraduate Certificate Ergonomics

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 8h/week
- » Schedule: at your own pace
- » Exams: Online

Postgraduate Certificate Ergonomics

