

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

ISO 11228 — Ergonomics Manual Handling

ISO Certification Programme



LAPT — London Academy of Professional Training

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Reference SSR-OCS-11228 • ISO Security Safety & Risk

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AT A GLANCE

REFERENCE	SSR-OCS-11228
AWARD	Certificate
ASSESSMENT	430 marks — 258 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1

Change Management in Ergonomics

5 chapters · 30 classes 85 marks

• 1 Understanding Ergonomics in Manual Handling — The Foundations — 6 classes

› 1.1 Define Ergonomics and Its Importance in Manual Handling

› 1.2 Identify Common Manual Handling Risks and Hazards

› 1.3 Analyze the Impact of Poor Ergonomics on Health and Productivity

› 1.4 Explore Ergonomic Principles for Safe Manual Handling

› 1.5 Implement Strategies for Improving Manual Handling Practices

› 1.6 Evaluate the Effectiveness of Ergonomic Interventions in the Workplace

• 2 Identifying Manual Handling Risks and Challenges — 6 classes

› 2.1 Analyze Workplace Layout for Manual Handling Hazards

› 2.2 Evaluate Employee Techniques in Manual Handling Tasks

› 2.3 Identify Common Manual Handling Challenges in Different Industries

› 2.4 Assess the Impact of Poor Ergonomics on Employee Health

› 2.5 Develop Risk Assessment Strategies for Manual Handling

› 2.6 Implement Solutions to Mitigate Manual Handling Risks

• 3 Implementing Change: Strategies for Ergonomic Enhancements — 6 classes

› 3.1 Assess Current Ergonomic Practices in Your Workplace

› 3.2 Identify Key Stakeholders for Ergonomic Change

› 3.3 Develop a Strategic Plan for Ergonomic Enhancements

› 3.4 Communicate the Vision for Ergonomic Improvements

› 3.5 Implement Feedback Mechanisms for Ongoing Ergonomic Evaluations

› 3.6 Evaluate and Celebrate Successes in Ergonomic Change Management

• 4 Engaging Stakeholders in Change Management for Ergonomics — 6 classes

› 4.1 Identify Key Stakeholders in Ergonomic Change Management

› 4.2 Analyze the Roles and Responsibilities of Stakeholders

› 4.3 Develop Effective Communication Strategies for Stakeholder Engagement

› 4.4 Foster Collaborative Relationships with Stakeholders

› 4.5 Implement Feedback Mechanisms to Involve Stakeholders

› 4.6 Evaluate Stakeholder Impact on Ergonomic Change Initiatives

• 5 Measuring Success: Evaluating the Impact of Ergonomic Changes — 6 classes

› 5.1 Define Success Metrics for Ergonomic Changes

› 5.2 Collect Data and Feedback on Ergonomic Implementations

› 5.3 Analyze the Impact of Ergonomic Changes on Workforce Well-being

› 5.4 Evaluate the Financial Implications of Ergonomic Improvements

› 5.5 Develop a Reporting Framework for Ergonomic Outcomes

› 5.6 Create an Action Plan for Ongoing Ergonomic Evaluation

• 1 Fundamentals of Ergonomics in Manual Handling — 6 classes

- › 1.1 Define Key Ergonomic Concepts in Manual Handling
- › 1.2 Identify Common Manual Handling Risks and Hazards
- › 1.3 Assess the Impact of Poor Ergonomics on Worker Health
- › 1.4 Explore Effective Ergonomic Principles in Manual Tasks
- › 1.5 Demonstrate Proper Manual Handling Techniques
- › 1.6 Implement Ergonomic Assessments in the Workplace

• 2 Assessment of Manual Handling Risks — 6 classes

- › 2.1 Identify Manual Handling Risks in the Workplace
- › 2.2 Analyze the Impact of Poor Ergonomics on Health
- › 2.3 Evaluate Manual Handling Techniques and Equipment
- › 2.4 Assess Individual Capabilities and Limitations
- › 2.5 Create an Action Plan for Risk Mitigation
- › 2.6 Implement Ergonomic Solutions and Monitor Effectiveness

• 3 Designing Ergonomic Workspaces — 6 classes

- › 3.1 Assess Current Workspace Ergonomics
- › 3.2 Identify Key Ergonomic Principles
- › 3.3 Design Workstation Layout for Efficiency
- › 3.4 Incorporate Adjustable Equipment in Designs
- › 3.5 Evaluate Ergonomic Solutions Through User Feedback
- › 3.6 Implement a Continuous Improvement Strategy for Ergonomics

• 4 Implementation of Ergonomic Solutions — 6 classes

- › 4.1 Assess Current Manual Handling Practices in the Workplace
- › 4.2 Identify Key Ergonomic Risk Factors Affecting Employees
- › 4.3 Explore Ergonomic Solutions and Tools for Manual Handling
- › 4.4 Develop a Plan for Implementing Ergonomic Interventions
- › 4.5 Train Employees on Ergonomic Practices and Solutions
- › 4.6 Evaluate the Effectiveness of Ergonomic Implementations

• 5 Leadership in Ergonomics: Cultivating a Safety Culture — 6 classes

- › 5.1 Define Safety Culture in Ergonomics
- › 5.2 Identify Key Leadership Traits for Ergonomic Advocacy
- › 5.3 Assess Current Manual Handling Practices in Your Organization
- › 5.4 Develop Strategies to Foster Employee Engagement in Ergonomics
- › 5.5 Implement Ergonomic Training Programs for Team Leaders
- › 5.6 Evaluate the Effectiveness of Ergonomic Initiatives in Your Workplace

• 1 Understanding Evaluation Principles in Ergonomics — 6 classes

- › 1.1 Define Key Evaluation Principles in Ergonomics
- › 1.2 Analyze Common Evaluation Methods Used in Ergonomic Assessments
- › 1.3 Identify Key Stakeholders in the Ergonomic Evaluation Process
- › 1.4 Assess the Impact of Ergonomic Practices on Workplace Performance
- › 1.5 Develop Continuous Improvement Strategies for Ergonomic Solutions
- › 1.6 Create an Action Plan for Implementing Ergonomic Evaluations

• 2 Assessment Techniques for Manual Handling Risks — 6 classes

- › 2.1 Identify Manual Handling Risks in the Workplace
- › 2.2 Evaluate Risk Assessment Frameworks for Manual Handling
- › 2.3 Apply Observational Techniques to Assess Manual Handling Practices
- › 2.4 Utilize Employee Feedback in Manual Handling Risk Evaluations
- › 2.5 Develop Action Plans Based on Assessment Findings
- › 2.6 Monitor and Review Manual Handling Practices for Continuous Improvement

• 3 Implementing Evaluation Strategies in Workplace Safety — 6 classes

- › 3.1 Identify Key Evaluation Metrics for Workplace Safety
- › 3.2 Develop a Framework for Safety Evaluation Strategies
- › 3.3 Analyze Data Collection Methods for Effective Evaluation
- › 3.4 Conduct Stakeholder Interviews to Gather Safety Insights
- › 3.5 Assess the Impact of Evaluation Strategies on Safety Culture
- › 3.6 Create an Action Plan for Continuous Improvement in Safety Practices

• 4 Data Analysis and Performance Metrics for Continuous Improvement — 6 classes

- › 4.1 Identify Key Performance Metrics for Manual Handling
- › 4.2 Collect and Analyze Data on Manual Handling Practices
- › 4.3 Evaluate Current Performance Against Established Standards
- › 4.4 Utilize Data Visualization Techniques for Performance Insights
- › 4.5 Develop Action Plans for Continuous Improvement
- › 4.6 Monitor and Review the Impact of Improvement Initiatives

• 5 Developing an Action Plan for Sustainable Ergonomic Practices — 6 classes

- › 5.1 Identify Key Ergonomic Challenges in the Workplace
- › 5.2 Analyze Current Manual Handling Practices and Their Impacts
- › 5.3 Set Measurable Goals for Ergonomic Improvements
- › 5.4 Develop Strategies for Implementing Ergonomic Solutions
- › 5.5 Create a Timeline for Action Plan Implementation
- › 5.6 Establish Metrics for Evaluating Continuous Improvement

• 1 Introduction to Manual Handling Regulations — 6 classes

- › 1.1 Define Manual Handling Regulations and Their Importance
- › 1.2 Identify Key Legislation Governing Manual Handling in the UK
- › 1.3 Explain the Role of ISO Standards in Manual Handling Practices
- › 1.4 Recognize Common Risks Associated with Manual Handling Tasks
- › 1.5 Evaluate Best Practices for Safe Manual Handling Techniques
- › 1.6 Develop an Action Plan for Implementing Manual Handling Standards

• 2 Understanding Ergonomic Principles in Manual Handling — 6 classes

- › 2.1 Identify Key Ergonomic Principles in Manual Handling
- › 2.2 Analyze the Impact of Poor Ergonomics on Health and Safety
- › 2.3 Evaluate Manual Handling Techniques Using Ergonomic Standards
- › 2.4 Assess Workplace Layout for Ergonomic Efficiency
- › 2.5 Develop a Personal Manual Handling Action Plan
- › 2.6 Apply Ergonomic Principles to Real-life Manual Handling Scenarios

• 3 Risk Assessment for Manual Handling Activities — 6 classes

- › 3.1 Identify Key Components of Manual Handling Risk Assessment
- › 3.2 Evaluate Common Manual Handling Risks in the Workplace
- › 3.3 Analyze Legal Requirements for Manual Handling Assessments
- › 3.4 Demonstrate Methods for Risk Control in Manual Handling
- › 3.5 Apply Risk Assessment Tools to Manual Handling Scenarios
- › 3.6 Develop an Action Plan for Improving Manual Handling Practices

• 4 ISO 11228 Standards and Best Practices — 6 classes

- › 4.1 Understand ISO 11228: Overview of Ergonomic Principles
- › 4.2 Identify Key Manual Handling Regulations in ISO 11228
- › 4.3 Analyze Best Practices for Safe Manual Handling
- › 4.4 Evaluate Risk Factors in Manual Handling Tasks
- › 4.5 Develop Strategies for Implementing ISO 11228 Standards
- › 4.6 Review Case Studies: Success Stories in Manual Handling Compliance

• 5 Leadership and Culture in Manual Handling Safety — 6 classes

- › 5.1 Define Leadership Roles in Manual Handling Safety
- › 5.2 Analyze the Impact of Culture on Manual Handling Practices
- › 5.3 Develop Strategies for Promoting a Safety-First Culture
- › 5.4 Implement Effective Communication Techniques for Manual Handling Safety
- › 5.5 Evaluate Case Studies of Successful Manual Handling Leadership
- › 5.6 Create an Action Plan for Enhancing Leadership in Manual Handling

• 1 Fundamentals of Risk Assessment in Manual Handling — 6 classes

- › 1.1 Understand Key Concepts of Risk Assessment in Manual Handling
- › 1.2 Identify Common Manual Handling Hazards in the Workplace
- › 1.3 Evaluate Risk Factors Associated with Manual Handling Tasks
- › 1.4 Analyze the Impacts of Poor Manual Handling Practices
- › 1.5 Develop Effective Control Measures for Manual Handling Risks
- › 1.6 Implement and Review Manual Handling Risk Assessment Strategies

• 2 Identifying Hazards and Risk Factors in Manual Handling — 6 classes

- › 2.1 Define Manual Handling Hazards and Risk Factors
- › 2.2 Identify Common Hazards in Manual Handling Tasks
- › 2.3 Assess Physical Risk Factors Associated with Manual Handling
- › 2.4 Evaluate Environmental Considerations in Manual Handling
- › 2.5 Analyze Human Factors Impacting Manual Handling Risks
- › 2.6 Develop a Hazard Identification Checklist for Manual Handling

• 3 Evaluating Risks and Prioritizing Actions — 6 classes

- › 3.1 Identify Risk Factors in Manual Handling Tasks
- › 3.2 Analyze the Impact of Ergonomic Risks on Workers
- › 3.3 Develop a Risk Evaluation Matrix for Manual Handling
- › 3.4 Prioritize Risks Based on Severity and Likelihood
- › 3.5 Formulate Action Plans to Mitigate Identified Risks
- › 3.6 Implement and Review Risk Control Measures in Practice

• 4 Implementing Control Measures and Safe Systems of Work — 6 classes

- › 4.1 Assess Current Manual Handling Practices for Risks
- › 4.2 Identify Key Control Measures for High-Risk Activities
- › 4.3 Design Effective Safe Systems of Work
- › 4.4 Implement Control Measures in the Workplace
- › 4.5 Train Employees on New Safe Systems of Work
- › 4.6 Evaluate the Effectiveness of Control Measures and Adjust Accordingly

• 5 Monitoring, Reviewing, and Communicating Manual Handling Risks — 6 classes

- › 5.1 Identify Key Risks in Manual Handling Activities
- › 5.2 Analyze Monitoring Techniques for Manual Handling
- › 5.3 Review Current Manual Handling Procedures and Protocols
- › 5.4 Develop Effective Risk Assessment Strategies
- › 5.5 Communicate Manual Handling Risks to Stakeholders
- › 5.6 Implement Continuous Improvement for Manual Handling Practices

• 1 Understanding Manual Handling Principles in Ergonomics — 6

classes

- › 1.1 Define Key Terms in Manual Handling and Ergonomics
- › 1.2 Identify Common Manual Handling Risks in the Workplace
- › 1.3 Explore Ergonomic Principles for Effective Manual Handling
- › 1.4 Demonstrate Safe Manual Handling Techniques
- › 1.5 Assess Manual Handling Equipment and Tools for Ergonomic Efficiency
- › 1.6 Develop a Personal Action Plan for Implementing Ergonomic Practices

• 2 Risk Assessment Techniques for Manual Handling Operations —

6 classes

- › 2.1 Identify Key Risk Factors in Manual Handling
- › 2.2 Analyze the Impact of Poor Manual Handling Practices
- › 2.3 Evaluate Risk Assessment Models for Manual Handling
- › 2.4 Develop Effective Manual Handling Risk Assessment Tools
- › 2.5 Implement Control Measures for Manual Handling Risks
- › 2.6 Review and Improve Manual Handling Risk Assessment Processes

• 3 Implementing Safe Manual Handling Practices — 6 classes

- › 3.1 Identify Common Manual Handling Hazards in the Workplace
- › 3.2 Assess the Risks Associated with Manual Handling Tasks
- › 3.3 Demonstrate Correct Manual Handling Techniques
- › 3.4 Develop an Ergonomic Manual Handling Policy
- › 3.5 Train Employees on Safe Manual Handling Practices
- › 3.6 Evaluate the Effectiveness of Manual Handling Training

• 4 Training and Development for Manual Handling Competency — 6

classes

- › 4.1 Assess Manual Handling Risks in the Workplace
- › 4.2 Identify Ergonomic Principles for Effective Manual Handling
- › 4.3 Demonstrate Proper Manual Handling Techniques
- › 4.4 Evaluate Common Manual Handling Aids and Equipment
- › 4.5 Develop a Training Plan for Manual Handling Competency
- › 4.6 Implement and Monitor Manual Handling Training Effectiveness

• 5 Evaluating the Effectiveness of Manual Handling Training — 6

classes

- › 5.1 Assess Current Manual Handling Training Programs
- › 5.2 Identify Key Performance Indicators for Training Effectiveness
- › 5.3 Develop Evaluation Tools for Manual Handling Skills
- › 5.4 Conduct Surveys and Feedback Sessions with Participants
- › 5.5 Analyze Evaluation Data and Insights for Improvement
- › 5.6 Implement Continuous Improvement Strategies for Training