Participatory Principles in Ergonomics, Health & Wellness

About this course

Additional course information
Faculty: Biographies (Daley)

Intended Audience: Licensed professionals including Physical and Occupational Therapists, Physical and Occupational Therapist Assistants, Athletic Trainer, Physician, Physician Assistant, Chiropractor, Occupational Health Nurse, Certified/Registered Kinesiologist, Exercise Physiologist, or Case Manager. Consideration of other health/safety personnel based on space and background.

Program Level (AOTA): Introductory
AOTA Classification Category: 2- Occupational Therapy Process
Delivery: Online (live, interactive)
Student Ratio: 20:1

General Teaching Method Overview: Webinar Lecture, Class Participation
Duration: 2 hours (1.75 contact hours)
Completion Requirements: Attend entire course session, class participation / engagement in learning activities, and completion of course evaluation.

CEU Credit: 2 Continuing Competency Units (CCUs) are available through FSBPT.

Participatory workplace programs engage workers as active team members focusing on the development and implementation of changes to help improve health, safety and productivity in the workplace. The approach recognizes workers as subject matter experts who can be integral in analyzing opportunities/problems and identifying solutions. This 2 hour program provides and overview of participatory ergonomics and wellness programs in the workplace, including an overview of the organizational behavior principles, common processes of participatory approaches and research related to project implementation and outcomes.

Learning Objectives:

At the end of the training, participants will be able to –

1. Discuss 3 factors influencing organizational behavior shifts toward participatory practices.
2. Discuss 3 key process elements in developing participatory ergonomics or health promotion programs.
3. Discuss 3 factors impacting participatory program effectiveness, including one barrier and one facilitator.
4. Recommend 2 participatory interventions based on case information.

WWPC is an AOTA Approved Provider and is authorized to offer .15 AOTA CEUs.
**Agenda/Outline:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Agenda Item</th>
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<tbody>
<tr>
<td>10 min.</td>
<td>Welcome, Introductions, Orientation, Objectives</td>
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| 25 min.    | 1. Organizational Behavior and Participatory Practices  
               a. Background  
               b. Business adaptations/needs and modern workforce  
               2. Participative Management                         |
| 50 min.    | 3. Participatory Ergonomics  
               a. Common components  
               b. Process/implementation  
               c. Scaling efforts to local needs  
               d. Tools and check points  
               e. Outcomes and effectiveness                      |
| 20 min.    | 4. Participatory Health  
               a. Local considerations and systems changes  
               b. Common program elements/examples  
               c. Practical considerations                      |
| 15 min.    | 5. Barriers and facilitators  
               6. Case  
               7. References                                      |

**Equipment:** None specific to training