

OHSCompliance Course Outline

ERGOTRAC - ERGOTRAC Ergonomics Awareness Training

Version: 2026-05-20

Purpose:

ERGOTRAC ergonomics awareness training helps employers address manual handling, workstation design, fatigue and

Audience:

Office teams, operational employees, supervisors, safety representatives and managers responsible for ergonomic

Learning outcomes:

- Recognise common ergonomic risk factors.
- Improve manual handling and workstation awareness.
- Support early reporting of discomfort and strain.
- Connect ergonomics to risk assessment reviews.

Typical evidence issued:

Attendance register and course completion evidence. Credit-bearing or accredited certification depends on the pr

Related safety file evidence:

- Ergonomic risk notes
- inspection records
- training attendance
- corrective action registers

Category: Food and hygiene

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