



HK*4240 Occupational Biomechanics and Ergonomics

Winter 2019

Section(s): C01

Department of Human Health and Nutritional Sciences

Credit Weight: 0.75

Version 1.00 - January 07, 2019

1 Course Details

1.1 Calendar Description

This course introduces the methods available for reducing musculoskeletal injuries in the workplace. Topics include: biomechanical, psychophysical, physiological, and integrated approaches to performing physical demands analyses, anatomy and etiology of low back injuries and upper limb disorders, principles of redesigning tasks to reduce the risk of injury, pre-employment screening and legislated guidelines. Students apply the course material to ergonomic assessments performed in industrial environments.

Pre-Requisite(s): ENGG*1210 or HK*3600

1.2 Timetable

- Lecture: Monday/Wednesday/Friday – 9:30-10:20 am, ANNU 156
- Laboratory: JTP 208B

1.3 Final Exam

Exam time and location is subject to change. Please see WebAdvisor for the latest information.

2 Instructional Support

2.1 Instructional Support Team

Instructor: Dr. Stephen Brown PhD

Email: shmbrown@uoguelph.ca
Office: ANNU 335
Office Hours: By appointment or drop-in.

2.2 Teaching Assistant(s)

Teaching Assistant: Dennis Larson
Email: larsond@uoguelph.ca
Office Hours: During lab hours or by appointment (email).

Teaching Assistant: Olena Klahsen
Email: oklahsen@uoguelph.ca
Office Hours: During lab hours or by appointment (email).

3 Learning Resources

3.1 Required Resource(s)

Ergonomics and Injury Prevention (Textbook)

“Ergonomics and Injury Prevention” by Jim Potvin

Available in the bookstore.

4 Learning Outcomes

4.1 Course Learning Outcomes

By the end of this course, you should be able to:

1. Identify occupational tasks that may cause injuries and/or fatigue.
 2. Identify the specific tissues that may be injured coupled with their injury mechanisms.
 3. Redesign operations to reduce the demands on heavily and/or repetitively loaded tissues.
 4. Have consideration for the unintended effects that ergonomic interventions may have.
 5. Understand why and how to optimize ergonomic interventions.
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5 Teaching and Learning Activities

5.1 Major Topics Covered

- Biomechanics of Injury

- Occupational Injuries
 - Low Back
 - Upper Limb
- Quantifying risk in manual material handling
 - Guidelines
 - Quantification Tools
- Quantifying risk in repetitive and/or prolonged upper limb tasks
 - Guidelines
 - Quantification Tools
- Workplace design and redesign
- Optimization of ergonomic interventions
- Vibration

6 Assessments

6.1 Marking Schemes & Distributions

Name	Scheme A (%)
Anthropometrics and Grip Strength Laboratory	5
Quantification of Manual Lifting Laboratory (Individual Write-up)	10
Arm Tasks & Demands Description Laboratory (Individual Write-up)	10
Ergonomics Group Project - Written Report	25
Ergonomics Group Project - Presentation	5
Midterm Exam	20
Final Exam	25
Total	100

6.2 Assessment Details

Anthropometrics and Grip Strength Laboratory (5%)

Date: Due one week after the lab is performed
Learning outcomes 3, 4, 5.

Quantification of Manual Lifting Laboratory (Individual Write-up) (10%)

Date: Due one week after the lab is performed
Learning outcomes 1, 2, 3, 4, 5.

Arm Tasks & Demands Description Laboratory (Individual Write-up) (10%)

Date: Due one week after the lab is performed
Learning outcomes 1, 2, 3, 4, 5.

Ergonomics Group Project - Written Report (25%)

Date: TBA
Learning outcomes 1, 2, 3, 4, 5.

Ergonomics Group Project - Presentation (5%)

Date: Presentations in last 4 classes
Learning outcomes 1, 2, 3, 4, 5.

Midterm Exam (20%)

Date: Wed, Feb 13, In class
Learning outcomes 1, 2, 3, 4, 5.

Final Exam (25%)

Date: Thu, Apr 18, 2:30 PM - 4:30 PM, TBA
Learning outcomes 1, 2, 3, 4, 5.

6.3 Ergonomics Group Project

- Students are asked to get into groups of 5 or 6 (no groups will be allowed to be larger or smaller than this). If at all possible, you should be with people who are in the same HK*4240 laboratory section.
- By **Wednesday January 23rd, 2019** you must submit a sheet in class with the names and signatures of each group member. You must then go out into the Guelph area and find a business or company that is willing to let your group come into their environment and perform an ergonomics analysis. You must let me know the name and contact for this business by **Friday February 8th**. Try to find an occupational task that places both the low back and the upper limbs at some risk of injury (this task can be anything from an industrial job, some manual job on campus, a task you perform as a component of your part-time job, etc.).
- **You must let me know your task to verify that it is appropriate for the project.**
- Your group will play the role of an ergonomics consulting company being hired by a company to improve the workplace. Each group will submit one "Ergonomics Report" to summarize their findings. This report is expected to be professional and it is **mandatory** that a second hard copy be submitted to the company you worked with. The students must **ADDITIONALLY** submit an electronic copy of their final report to the professor.
- Students are encouraged to use any of the assessment tools discussed in this course to strengthen their report. In addition, the group will present their project in class (last 4 classes).

- **Note:** everyone in a group will normally receive the same mark for the project. However, the instructor reserves the right to assign a higher or lower mark to individuals who have done much more or much less than their share of the allotted work, by consensus of their group.
 - **Report Format:**
 - Font - 11 pt Times Roman or Arial, Margins - 1 inch on all sides; Page numbering - mandatory; Spacing –1.5; Tables & Figures - clearly labelled, should fully explain the figure or table. Reports should also include a table of contents. Further details will be provided later.
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7 Course Statements

7.1 Policies

- In order to pass the course, students **MUST** pass the final exam.
 - Students must attend and complete all laboratories, laboratory individual write-ups, group project including the group project report and group project presentation in order to pass the course. If a laboratory is missed due to illness or other appropriately documented extenuating circumstance, arrangements must be made with the instructor and TA to complete a make-up lab.
 - **Late materials** - Labs and the group project report will be assessed a 10% deduction per day late
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8 Department of Human Health and Nutritional Sciences Statements

8.1 Academic Advisors

If you are concerned about any aspect of your academic program:

- Make an appointment with a program counsellor in your degree program. [B.Sc. Academic Advising](#) or [Program Counsellors](#)

8.2 Academic Support

If you are struggling to succeed academically:

- Learning Commons: There are numerous academic resources offered by the Learning Commons including, Supported Learning Groups for a variety of courses, workshops related to time management, taking multiple choice exams, and general study skills. You can also set up individualized appointments with a learning specialist. <http://www.learningcommons.uoguelph.ca/>
- Science Commons: Located in the library, the Science Commons provides support for physics, mathematic/statistics, and chemistry. Details on their hours of operations can be found at: <http://www.lib.uoguelph.ca/get-assistance/studying/chemistry-physics-help> and <http://www.lib.uoguelph.ca/get-assistance/studying/math-stats-help>

8.3 Wellness

If you are struggling with personal or health issues:

- Counselling services offers individualized appointments to help students work through personal struggles that may be impacting their academic performance. <https://www.uoguelph.ca/counselling/>
- Student Health Services is located on campus and is available to provide medical attention. <https://www.uoguelph.ca/studenthealthservices/clinic>
- For support related to stress and anxiety, besides Health Services and Counselling Services, Kathy Somers runs training workshops and one-on-one sessions related to stress management and high performance situations. <http://www.uoguelph.ca/~ksomers/>

9 University Statements

9.1 Email Communication

As per university regulations, all students are required to check their e-mail account regularly: e-mail is the official route of communication between the University and its students.

9.2 When You Cannot Meet a Course Requirement

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons please advise the course instructor (or designated person, such as a teaching assistant) in writing, with your name, id#, and e-mail contact. The regulations and procedures for [Academic Consideration](#) are detailed in the Undergraduate Calendar.

9.3 Drop Date

Courses that are one semester long must be dropped by the end of the fortieth class day; two-semester courses must be dropped by the last day of the add period in the second

semester. The regulations and procedures for [Dropping Courses](#) are available in the Undergraduate Calendar.

9.4 Copies of Out-of-class Assignments

Keep paper and/or other reliable back-up copies of all out-of-class assignments: you may be asked to resubmit work at any time.

9.5 Accessibility

The University promotes the full participation of students who experience disabilities in their academic programs. To that end, the provision of academic accommodation is a shared responsibility between the University and the student.

When accommodations are needed, the student is required to first register with Student Accessibility Services (SAS). Documentation to substantiate the existence of a disability is required, however, interim accommodations may be possible while that process is underway.

Accommodations are available for both permanent and temporary disabilities. It should be noted that common illnesses such as a cold or the flu do not constitute a disability.

Use of the SAS Exam Centre requires students to book their exams at least 7 days in advance, and not later than the 40th Class Day.

More information: www.uoguelph.ca/sas

9.6 Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The [Academic Misconduct Policy](#) is detailed in the Undergraduate Calendar.

9.7 Recording of Materials

Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a classmate or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

9.8 Resources

The [Academic Calendars](#) are the source of information about the University of Guelph's procedures, policies and regulations which apply to undergraduate, graduate and diploma programs.
