



Course Outline

Advanced Safety Training (AST) Module 3 – Workplace Ergonomics & Occupational Exposures

Course Objectives

This 30-minute course builds on Basic Safety Training and Advanced Safety Training modules 1 and 2 by providing further training in:

- Workplace Ergonomics to offset risks related to client handling, equipment handling and/or driving discomfort
- Occupational exposures to offset risks for infectious/communicable disease

The course helps to ensure FNHA meets compliance with the BC Occupational Health and Regulation parts 3.22 to 3.25 **Young or New Workers** regulation.

Prerequisites

Employees are required to take Basic Safety Orientation prior to taking this course.

Training/Learning Outcomes

After completion of this course, the participants will be able to:

- Utilize resources for preventing MSI injuries
- Describe basic principles of safe client lifting/transferring
- Locate information and training on safe lifting of equipment
- Describe safety measures to prevent injuries from prolonged sitting or driving
- Determine if you qualify for an immunization assessment
- Summarize the steps required for timely treatment of blood/body fluid exposures
- Explain what services are provided by the Occupational Health Nurse

Target Audience

This training is mandatory for new field employees, for existing employees transferred or promoted to a different work team or for existing employees who have not taken this training. Field employees are those who work in client-facing positions and/or travel for work primarily outside of the lower mainland (e.g., Oral Health, Environmental Health, Nursing, regional teams and data surveyors). Managers/supervisors will direct workers to take this and other Advanced Safety Training modules when they meet the above criteria.

Training Delivery

This training is currently available online.

Session Content

- Client handling guidelines
- Equipment handling guidelines
- Finding tools for estimating loads: Lift and Lower calculator, Push Pull Carry calculator
- Risks of prolonged driving
- Guidelines for alleviating driving discomfort
- Occupational Health & Wellness objectives
- Who needs immunization assessments
- Two types of health evaluations and when they are used
- Immunizations – who needs them and what immunizations are offered



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- How to protect yourself and others from airborne exposures
- Blood/body fluid exposure prevention and management

Course Evaluation

Participants are required to complete a short quiz following the course to evaluate learning outcomes. Pass mark is 80%.

TO REGISTER

Register for this session through the [Learning Space](#) in the Gathering Space Partner Portal, Talent Management.