

Introducing Ergonomics in Healthcare: Continuing Education for Nurses, Nursing Assistants and Healthcare Managers



A free online continuing education program designed to address the causes, impacts, and prevention strategies for nursing ergonomic hazards in the workplace.

“Musculoskeletal injuries are one of the most common occupational hazards for nurses. Injuries should not be considered as an “acceptable” or “inevitable” part of the job. Nurse education is one small part of the solution to prevent these workplace injuries. Changing the workplace culture is vital to ensure a safe work environment for nurses and all healthcare workers.”



Program Instructor
Barbara Mawn, RN, PhD
UMass Lowell Nursing Professor



About the Program

This free program consists of six self-paced online modules aimed at reducing risks for work-related musculoskeletal disorders. Participants will learn to use ergonomic principles, work practice, and administrative controls to identify and reduce hazards associated with patient handling and non-patient handling tasks. Program objectives:

- **Assess your workplace**—Identify sources of workplace ergonomic risk factors in your work environment; understand how these factors can contribute to musculoskeletal disorders.
- **Apply ergonomic principles into your daily work tasks**—Use ergonomic principles in performing patient handling and non-patient handling tasks to reduce musculoskeletal hazards.
- **Start a safe patient handling and mobility program**—Make the case for introducing a comprehensive program in your facility.
- **Earn continuing education credits**—This program meets the MA Board of Registration in Nursing requirements for 5 contact hours.

Faculty at UMass Lowell Department of Biomedical Engineering and the Solomont School of Nursing developed this program.

In 2015, nursing assistants and registered nurses were two of the top six occupations suffering musculoskeletal disorders.

Bureau of Labor Statistics, 2016

“Ergonomics in Healthcare...Everything you need to practice good ergonomics and to launch a Safe Patient Handling Program!”

Karen White, RN MPH
Director of Workplace Safety
Tenet Healthcare

www.uml.edu/cphnewCE

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