Roadmap to becoming an Ergonomics Advocate

A department will be eligible for up to $5000 total on approved chairs and keyboard trays once they have trained an active Ergonomics Advocate (ergo advocate). An active ergo advocate is as an individual who has successfully completed the UCLA Ergo Advocate 8 Hour Training Seminar and are actively performing documented preventative ergonomic evaluations within their department.

A. Initial Requirements

☐ Ergonomics Evaluation of Candidate’s Workstation by an EH&S IPD Specialist

☐ Completion of *Ergo Advocate Roles and Responsibilities Seminar* (1 hour)

☐ Completion of EH&S *Office Ergonomics Training Seminar* (4 hours)

☐ Completion of EH&S *Posture Awareness and Body Design Workshop* (1 hour)

☐ Completion of one *Ergo Evaluation and Report Writing Seminar* (1 hour)

☐ Completion of CARDINUS BruinErgo Online and Admin Training (1 hour)

Upon completion of the above steps the Ergonomics Program Manager or Injury Prevention Division (IPD) Manager will determine if the candidate has demonstrated the appropriate knowledge to function independently and/or if they require further training.

B. Continuing Education and Training Requirements

- One Joint Workstation Evaluation with an EH&S IPD Specialist every quarter

- Participation in EH&S Ergonomics E-Mail Distribution

- Participation in at least one EH&S Ergonomics Training Seminar per quarter