

NEUROVERSE GLOBAL

# Ergonomics & Safe Workplace Design

## Excellence Program

*A 5-Day Intensive Executive Training Program*

Training Course Code: NV-TR-13-011

Prepared for: [Client Organization]

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## Executive Summary

The Ergonomics & Safe Workplace Design program provides a comprehensive approach to optimizing work environments to enhance employee health, safety, and performance. It equips participants with the knowledge and practical tools required to identify ergonomic risks and implement effective design solutions. The program emphasizes the relationship between human capabilities and workplace demands, focusing on reducing musculoskeletal disorders, fatigue, and human error. Participants will learn how to apply ergonomic principles to improve comfort, efficiency, and overall productivity. Through practical assessments, real-world case studies, and design-based exercises, the course enables professionals to create safer, more efficient, and sustainable work environments

Program Element	Details
<b>Duration</b>	5 Days (40 Hours)
<b>Target Audience</b>	C-Suite Executives, Senior Leaders, Strategy Professionals
<b>Delivery Options</b>	5★ Hotel   Traveling (Global Centers)   Training Institute   Onsite at Your Location   Virtual Live   Hybrid
<b>Certification</b>	yes
<b>Class Size</b>	Optimum number of participants for highest interaction and engagement

We provide flexible and premium delivery formats tailored to your strategic priorities:

- **5★ Hotel Experience:** Executive retreat setting combining strategic learning, executive networking, and high-level team in luxury venues (e.g., Amman, Dead Sea, Aqaba).
- **Traveling (Global Centers):** Delivered at world-class international locations such as London, Istanbul, Dubai, Singapore, Georgia, or select European hubs, offering premium facilities and global networking opportunities.
- **Training Institute:** Hosted at leading accredited institutes equipped with advanced learning technologies and innovation-driven environments.
- **Onsite at Your Location:** Conducted at your corporate headquarters for a fully customized, confidential, and organization-focused experience.
- **Virtual Live:** High-definition, interactive online sessions with digital collaboration tools ideal for distributed leadership teams.
- **Hybrid Model:** A strategic blend of in-person engagement and synchronized virtual participation to maximize flexibility and international reach.

# Curriculum Structure

The **Ergonomics & Safe Workplace Design Program** is structured as a 5-day practical learning journey focused on human-centered design, risk reduction, and workplace optimization.

## Day 1: Introduction to Ergonomics & Human Factors

**Theme:** Understanding Human Capabilities and Limitations

Module	Key Activities
<b>Introduction to Ergonomics</b>	Principles of ergonomics; Importance in workplace safety
<b>Human Factors &amp; Performance</b>	Physical, cognitive, and organizational factors
<b>Types of Ergonomic Risks</b>	Repetitive motion, awkward postures, force, vibration
<b>Musculoskeletal Disorders</b>	Causes, symptoms, and prevention strategies

## Day 2: Ergonomic Risk Assessment

**Theme:** Identifying and Evaluating Ergonomic Hazards

Module	Key Activities
<b>Ergonomic Assessment Tools</b>	RULA, REBA, and checklist-based assessments
<b>Workplace Observation Techniques</b>	Task analysis; Posture evaluation
<b>Manual Handling Assessment</b>	Lifting, carrying, pushing, pulling risks
<b>Office &amp; Industrial Assessments</b>	Practical evaluation exercises

## Day 3: Workplace Design & Engineering Controls

**Theme:** Designing Safe and Efficient Work Environments

Module	Key Activities
<b>Workstation Design</b>	Adjustable workstations; Seating and layout optimization
<b>Equipment &amp; Tool Design</b>	Reducing strain; User-friendly tools
<b>Engineering Controls</b>	Automation; Mechanical aids; Redesign solutions
<b>Environmental Factors</b>	Lighting, temperature, noise, and workspace layout

## Day 4: Implementing Ergonomic Solutions

**Theme:** Applying Ergonomics in Practice

Module	Key Activities
<b>Control Measures</b>	Applying hierarchy of controls in ergonomics
<b>Training &amp; Awareness</b>	Educating employees on safe work practices
<b>Workplace Policies</b>	Ergonomics programs and guidelines
<b>Case Studies</b>	Real-world ergonomic improvement projects

## Day 5: Monitoring, Improvement & Certification

**Theme:** Sustaining Ergonomic Excellence

Module	Key Activities
<b>Monitoring Ergonomic Performance</b>	KPIs; Continuous assessment
<b>Health Surveillance</b>	Tracking MSDs and employee wellbeing
<b>Continuous Improvement</b>	Feedback systems; Program enhancement
<b>Capstone &amp; Certification</b>	Practical evaluation; Design project; Certification

## Delivery Options

NeuroVerse Global offers unparalleled flexibility in program delivery, ensuring that world-class strategic education is accessible regardless of location or logistical constraints. Choose the format that best suits your organizational needs:

Format	Description	Best For
<b>Executive Retreat</b> ***** <b>5* Hotel</b>	Multi-day experience at luxury venues in <b>hotels 5*</b> combining learning with strategic planning and team activities. Amman, Dead Sea, Aqaba	Board offsites, strategic planning, executive bonding
<b>Premier Training Institute</b>	Delivered at internationally accredited, state-of-the-art institutes equipped with advanced learning technologies, executive facilities, and innovation labs.	Executive education, certified programs, high-impact professional development
<b>Global Centers</b> <b>With Traveling</b>	Conducted at NeuroVerse world-class facilities in London, Istanbul, Egypt, Dubai, Singapore, Georgia, or Europe. Premium amenities and networking.	International exposure, cross-cultural learning, executive networking
<b>Onsite Premium</b>	NeuroVerse facilitator at your corporate headquarters or preferred location. Full materials, and immersive experience.	Leadership teams, confidential strategy sessions, team building
<b>Virtual Live</b>	Synchronous online sessions with interactive tools, breakout rooms, and digital collaboration platforms. HD streaming.	Distributed teams, cost optimization, time-constrained executives
<b>Hybrid Model</b>	Blend of in-person and virtual elements. Regional hubs with synchronized virtual participation for global teams.	Global organizations, flexible participation, maximum reach



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Make you Training in more than 35 Countries Around the World

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