



ERGONOMICS

REPETITIVE MOTION INJURIES (RMI)

The Ergonomic Training Program includes an explanation of the following:

- The CSUDH Ergonomic Program – written safety plan
- Exposure which have been associated with RMIs
- The Symptoms and consequences of injuries caused by repetitive motion
- The importance of reporting symptoms and injuries to the immediate Supervisor and to the department of RM / EHOS
- Methods and technology used in minimizing the effect of RMIs