



A new and interactive e-learning approach to Ergonomics

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AUSA Conference



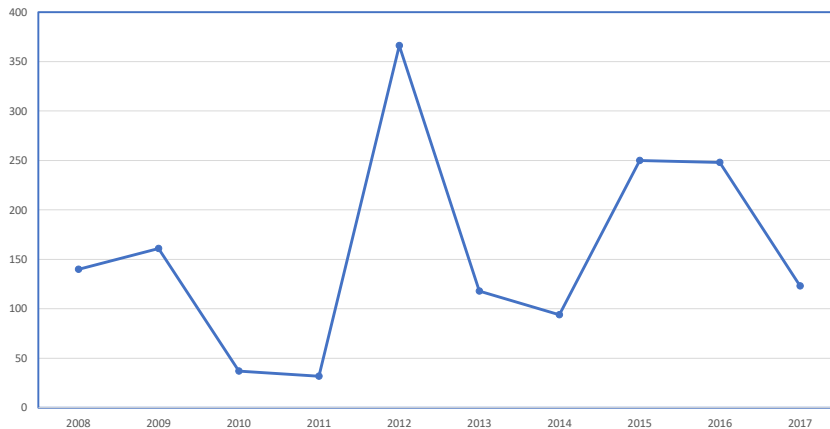
Ergonomics at Monash University

A Decade of Change

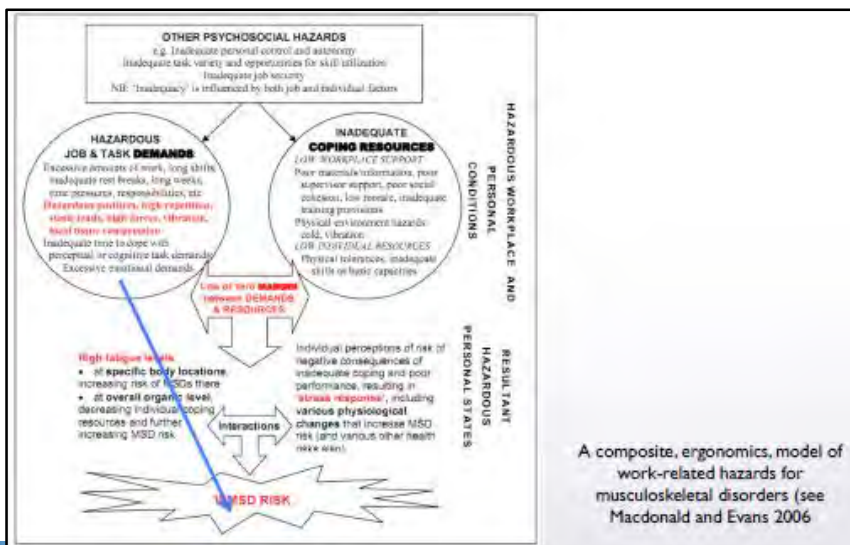


Training attendance

Manual Handling & Ergonomics training



Model for Work-related Musculoskeletal Disorders



Development of e-Learning Package

Brainstorming



Development of e-Learning Package

Scope project with e-Learning company

1. Action Mapping Workshop
2. Course Map
3. Script reviews
4. Additional resources
5. Video shoot



MONASH
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e-Learning Package

Key components

Part 1: Workstation set-up

- Interactive tool to set up workstation, provides immediate bespoke feedback to individual
- Allows person to make immediate changes based on feedback

Part 2: Task Design

- Introductory video
- Same interactive approach for assessing task design

Marketing & Deployment

Marketing Slogan – Call to Action



Marketing & Deployment

Promotional posters

- Emailed to Safety Officers to be placed on local OHS noticeboards
- Monash Insider – all staff e-Newsletter
- Promoted at OHS committee meetings



Ergonomics

STAND UP
TO SITTING DOWN

There is now considerable evidence to suggest that too much sitting can have an impact on your overall health. Watch this [video](#) to learn more.

To help you with incorporating more movement into your day and ensuring that you have an ergonomic workstation set-up we have developed some new online resources.

Online Resources

- Ergonomics Instructional [videos](#) - these provide an overview of what to consider when adjusting your workstation
- Workstation set-up [interactive tool](#) - this allows you to assess your own desk

Ergonomic Principles - eLearning Module

Implementation of e-learning Package

Step 1- Response to Ergonomic requests

Standard reply

- Canned e-mail to deliver consistent message
- For phone queries, OH&S team guides staff/students to online resources
- Additional assistance provided where required

Implementation of e-Learning Package

Step 2 – Tracking & Feedback

- Can easily track completion of e-Learning module in LMS
- Survey sent to staff/students who completed e-Learning to obtain feedback
- Google analytics for website interactions

Feedback so far

Survey results

"This was some of the best online training that I have completed! It was practical and actually had me checking heights and looking at the picture I asked a colleague to take of me at my desk. Really well done! Have you considered submitting this for an award?"

"I thought this was far better than any similar training that I have done in previous workplaces."

"Thanks for the module. It helped a lot!"

Feedback so far

"Dear Sally,

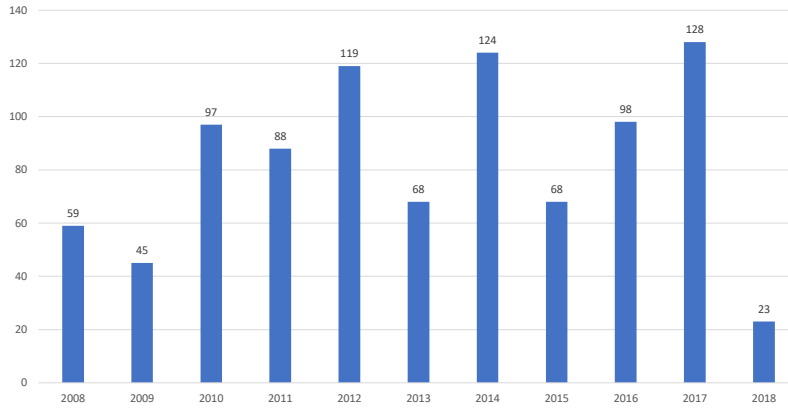
I don't know if you saw, but I also published a link in [my.monash](#) to the online ergonomic tool this week. It was pretty cool to use so I'm hoping this might push other staff to invest a few minutes and use it!"



The screenshot shows the my.monash portal dashboard. On the left, there is a 'Notices' section with a prominent notice: 'Help yourself stay healthy at work. Use this quick and easy online tool to check your workstation is set up properly.' Below this, there are sections for 'Interim HR recruitment & onboarding processes are in place while REX is offline', 'In other news', and 'Favourites & subscriptions'. The main area of the dashboard is a grid of service tiles including: Email, Calendar, Library, Moodle, ESS, Research, Teaching & learning, my.monash, Important dates, Expenses & purchasing, Google Drive, HR & employment, IT support, O&E, Monash Intranet, Staff directory, Timekeeping, Tools, Campus life, Maps & locations, MyGale, Shuttle bus, Travel & parking, Monash lens, and my.monash blog. At the bottom left, there is a 'Respect Now Always' banner.

Impact of e-Learning package

Number of Ergonomic Assessments per Year



Acknowledgements

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Pure Learning

Preface Films

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