

# JOB STRESS AND ERGONOMICS: Techniques for Improving the Work Environment

Sponsored by:  
Wisconsin AFL-CIO and

School for Workers  
University of Wisconsin-Extension

February 9-14, 1986



**WLEX**  
School for Workers  
UNIVERSITY OF WISCONSIN-EXTENSION  
422 Lowell Hall  
610 Langdon Street  
Madison, Wisconsin 53703



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ADDRESS CORRECTION REQUESTED

**JOB STRESS AND ERGONOMICS**  
February 9-14, 1986

## PROGRAM SCOPE AND OBJECTIVES

This will be a 4½-day institute on ergonomics and job stress. The program will introduce participants to the field of ergonomics (job design) as an approach to eliminating safety and health hazards at work. Emphasis will be placed on stress and ergonomic concepts and principles as they are actually applied in the workplace.

This year's program will provide separate workshops addressing stress and ergonomic concerns of office workers and industrial workers. In addition, each of these workshops will work on an exercise designed to get participants to apply principles and techniques learned to a realistic situation.

A variety of union approaches to solving work environment problems will be discussed including bargaining, joint committees, grievance/arbitration and legal remedies. Participants will leave the program with specific skills to begin solving their respective problems.

## GENERAL INFORMATION

**Enrollment:** Mail registration form and fee to School for Workers Registration, 422 Lowell Hall, 610 Langdon Street, Madison, WI 53703. Advance registration is required. Please make check payable to University of Wisconsin-Extension. The deadline for registering is January 24, 1986. A \$39 fee will be assessed for cancellations received after February 5, 1986 by 4:00 p.m. Fee covers: instruction, program materials, lodging, meals and coffee breaks.

Sunday Evening-Friday Noon

Single Occupancy	\$358 per person
Double Occupancy	\$301 per person

**Location:** All sessions of this program are to be held at the J. F. Friedrich Center, 1950 Willow Drive, Madison, Wisconsin, on the campus overlooking Lake Mendota.

**Parking:** Parking is available at a cost of \$10.00 per week. Parking permits are purchased upon arrival.

If you have any questions concerning this program, contact the School for Workers—phone (608) 262-2111.

Nonprofit Organization  
U.S. POSTAGE  
PAID  
Madison, Wisconsin  
Permit No. 1425



**Registration Form**

**JOB STRESS AND ERGONOMICS  
February 9-14, 1986**

Soc. Sec. No. \_\_\_\_\_  
(Not mandatory—used only to ensure accessibility and accuracy  
of your educational report)

Name \_\_\_\_\_

Address \_\_\_\_\_  
street

\_\_\_\_\_ city state zip

Union \_\_\_\_\_

Position \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_  
area code daytime number / evening number

**FEES:** Check appropriate rate below for each participant.  
A room cannot be reserved unless you check the  
appropriate rate.

**Sunday Evening—Friday Noon**

- Single Occupancy \$358 per person  
 Double Occupancy \$301 per person

A check for \$\_\_\_\_\_ is enclosed. Make check payable  
to UW—Extension and mail with this form. Deadline for reg-  
istering is January 24, 1986.

**Mail to:**

School for Workers Registration  
422 Lowell Hall  
610 Langdon Street  
Madison, Wisconsin 53703

*UW—Extension provides equal opportunities in employment and program-  
ming including Title IX requirements.*

If you are handicapped and desire special accommodations,  
please advise us before registration. Requests will be kept confi-  
dential.

**JOB STRESS AND ERGONOMICS  
February 9-14, 1986  
Madison, Wisconsin**

**Sunday, February 9**

Registration  
Orientation

**Monday, February 10**

What is Job Stress  
Stressors In and Out of the Workplace  
Identifying Stressors—An Exercise  
Shiftwork and Stress  
Managing Stress: Techniques for Coping

**Tuesday, February 11**

An Introduction to Ergonomics  
Ergonomic Analysis of the Physical Work  
Environment  
Repetitive Motion Hazards and Solutions  
Back Problems: An Ergonomic Assessment  
New Technology and the Work Environment

**Wednesday, February 12**

**WORKSHOPS**

- A. Office Workers  
—VDT's  
—Office Design  
—Work Station Design  
—Equipment Considerations  
—Sedentary Work Postures  
—Indoor Air Pollution  
—Stress

- B. Industrial Workers  
—Material Handling  
—Measuring Physical Stress  
—NIOSH Lifting Guidelines

Job Analysis as an Ergonomic Tool

Arbitrating Stress and Ergonomic Grievances

**Thursday, February 13**

**WORKSHOPS—Exercises**

- A. Office Grievance  
B. Industrial Grievance

Production Standards: Ergonomic and  
Job Stress Problems

Legal Approaches to Solving Work  
Environment Problems

**Friday, February 14**

Union and Joint Labor-Management  
Ergonomics Committees  
Contract Language Covering  
Working Conditions  
Dealing with the Employer