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| موضوع سخنرانی |
| Pre-test |
| کلیات راهکارهای اصلاحی ارگونومی و مفاهیم آنها |
| Introduction to Ergonomic Stressors |
| Ergonomic Solutions in Lifting, Carrying, Pulling and Pushing |
| پذیرایی |
| Ergonomic Solutions in Contact stress, Shoulder stress and Awkward posture |
| نماز و نهار |
| Ergonomic Solutions in Standing and Sitting Workstations |
| Ergonomic Solutions in Hand tool use and Repetitive work |
| Post-test |