



Ergonomics and Injury Prevention: The CORE-Curriculum 2025-2026

Committee on Ophthalmology Resident Ergonomics Education, COS Ergonomics and Injury Prevention Working Group

Please use this Guide to initiate the CORE-Curriculum.

October is National Ergonomics Awareness Month, so it is our hope you will begin the curriculum in October.

Proposed Schedule

Activities

October

- ☐ Review the CORE-Curriculum Toolbox at your next Program Committee meeting.
- ☐ Consider identifying a **Resident Ergonomics Champion** for the academic year to promote survey completion and ergonomics awareness.

October

- ☐ Complete pre-curriculum surveys: **MANDATORY**
- ☐ We request that Program Directors please email the TWO surveys to all PGY2 to PGY5 residents. In addition, please display the QR code at Grand Rounds and/or lectures to ensure completion by October 31st, 2025:
- ☐ **ONE Program Director survey**

After surveys have been completed

Roll out the CORE-Curriculum

- ☐ Track your activities and initiatives completed.
- ☐ Share your experiences, suggestions, and your own initiatives in the shared folder in the [Google Drive](#).

Activities to be completed between Oct-June	Details
Ergonomics Grand Rounds	Ergonomics Grand Rounds can be delivered by resident/faculty members, or by an invited guest speaker of your choice, or from the list provided in the Google drive .
Journal Club	<p>Papers have been included in the Google Drive for discussion; feel free to add others.</p> <p>Options:</p> <ul style="list-style-type: none"> <input type="checkbox"/> One Journal Club focused on ergonomics; or <input type="checkbox"/> Discussion of one paper related to ergonomics at each Journal Club
Ergonomics Infographic Poster	Please print poster size and display in the resident office, wet lab, clinics, procedure and laser rooms, and operating rooms as a visual reminder to adopt a better working posture.
Ergonomics Checklists	Share with residents and staff.
Physiotherapy or Occupational Therapy Clinic/Workshop	<p>Invite a physiotherapist from the university or community or an occupational therapist from the hospital to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Observe working postures of the residents <input type="checkbox"/> Provide individual/group feedback <input type="checkbox"/> Suggest stretches and exercises to reduce musculoskeletal symptoms
Ergonomics Quality Improvement (QI) Projects	<ul style="list-style-type: none"> <input type="checkbox"/> QI ideas are shared in the Google Drive. <input type="checkbox"/> Residents are encouraged to develop their own projects to present at the COS Annual Meeting and publish. Please share your projects in the Google Drive.
Sharing Folder in Google Drive	<ul style="list-style-type: none"> <input type="checkbox"/> Each activity has a folder in the Google Drive where content can be shared with others. <input type="checkbox"/> Please identify your program so we can recognize your efforts and incorporate your content into the resource pool.
Support	<p>For assistance, contact a CORE member:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dr. Harald Gjerde: haraldgjerde88@gmail.com <input type="checkbox"/> Dr. R. Rishi Gupta: guptarishi@gmail.com <input type="checkbox"/> Dr. Femida Kherani: kheranimd@gmail.com <input type="checkbox"/> Dr. Rookaya Mather: rookaya.mather@sjhc.london.com

CORE-Curriculum 2025-2026 Guideline for Programs Checklist



Program: _____

- ☐ Resident survey #1
- ☐ Resident survey #2
- ☐ Program Director survey
- ☐ Resident Ergonomics Champion: Could help promote ergonomics awareness and survey completion, facilitate discussion of ergonomics paper(s) at Journal Club, organize ergonomics Grand Rounds, and help arrange a physiotherapy or occupational therapy clinic/workshop.
- ☐ Grand Rounds
 - ☐ Date:
 - ☐ Speaker:
 - ☐ Topics covered:
- ☐ Journal Club
 - ☐ 1 Journal Club focused on Ergonomics and Injury Prevention OR
 - ☐ 1 article on Ergonomics discussed at each Journal Club
- ☐ Poster
 - ☐ Displayed in which of the following locations:
 - ☐ Clinic rooms
 - ☐ ORs
 - ☐ Minor procedure rooms
 - ☐ Laser rooms
 - ☐ Resident/staff offices
- ☐ Ergonomics Checklists shared with residents
- ☐ Physiotherapy/occupational therapy clinic/workshop for residents
- ☐ Ergonomics QI project(s) for residents:
 - ☐ Topic(s):
- ☐ Ideas/suggestions shared in the Google Drive