Ergonomics
and injury prevention
for ophthalmologists

Ergonomie et prévention
des blessures pour les
ophtalmologistes

Ergonomics and Injury Prevention: The CORE-Curriculum 2026-2027

Committee on **O**phthalmology **R**esident **E**rgonomics 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. ☐ Identify a **Resident Ergonomics Champion** for the academic year to promote survey completion and ergonomics awareness. **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.
May	☐ Complete post-curriculum surveys: **MANDATORY**
Support	For assistance, contact a CORE member: ☐ Dr. Harald Gjerde: haraldgjerde88@gmail.com ☐ Dr. R. Rishi Gupta: guptarishi@gmail.com ☐ Dr. Femida Kherani: kheranimd@gmail.com ☐ Dr. Rookaya Mather: rookaya.mather@sjhc.london.com

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	Papers have been included in the Google Drive for discussion; feel free to add others. Options: ☐ One Journal Club focused on ergonomics; or ☐ 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	Invite a physiotherapist from the university or community or an occupational therapist from the hospital to: ☐ Observe working postures of the residents ☐ Provide individual/group feedback ☐ Suggest stretches and exercises to reduce musculoskeletal symptoms
Ergonomics Quality Improvement (QI) Projects	☐ QI ideas are shared in the Google Drive. ☐ 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	☐ Each activity has a folder in the Google Drive where content can be shared with others. ☐ Please identify your program so we can recognize your efforts and incorporate your content into the resource pool.

CORE-Curriculum 2026-2027 Guideline for Programs Checklist



Program: _____

- ☐ Add the CORE curriculum to the resident program committee meeting agenda.
- ☐ Resident Ergonomics Champion
- ☐ 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
- ☐ Resident survey
- ☐ Program Director survey

Canadian Ophthalmological Society | Société canadienne d'ophtalmologie
EYE PHYSICIANS AND SURGEONS OF CANADA | MÉDECINS ET CHIRURGIENS OPHTALMOLOGISTES DU CANADA

cos-sco.ca