ERGONOMICS FOR SAFETY AND HEALTH PRACTITIONERS

A PROGRAM TO PROMOTE ERGONOMICS AWARENESS AMONG OCCUPATIONAL SAFETY AND HEALTH PRACTITIONERS

**Objective:**
1) To learn the principles of Ergonomics and their applications
2) To understand good working practices
3) To identify work tasks that may lead to pain or injury
4) To learn practical ergonomics solutions

**Expected participants:**
1) Safety and Health Officer/Executive
2) Safety, Health & Environment Officer/Executive
3) OSH/Ergonomics Consultant
4) Academician
5) Occupational Health Practitioners

**DATE** : 18TH APRIL 2018  
**TIME** : 8.45AM-5.00PM  
**VENUE** : CIESH EXCELLENT ACADEMY, SERI KEMBANGAN, SELANGOR  
(GPS COORDINATE: 2.982558, 101.661108)

**FEE** :
1) SINGLE REGISTRATION
   A) EARLY BIRD RATE, RM300.00/PAX  
   (APPLICABLE FOR FIRST 10TH PARTICIPANTS)  
   B) NORMAL RATE, RM500.00/PAX
2) GROUP REGISTRATION:  
   A) GROUP OF 3-RM870.00 (CODE: THEBESTTRIO)  
   B) GROUP OF 5-RM1,400.00 (CODE: THEGREAT5)

**CEP POINT** : 5 POINTS

**FACILITATOR**

**T. HARI KRISHAN**  
BEng (UPM), Msc (UPM), Grad I.E.M.  
Ergonomics Consultant;  
Ergonomics Trainer;  
Certified NLP Practitioner;  
Certified Time Line Therapy® Practitioner.

**REGISTER NOW**

**CONTACT:**
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**TENTATIVE SCHEDULE**

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<thead>
<tr>
<th>TIME (H)</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>0845-0900</td>
<td>Registration and breakfast</td>
</tr>
<tr>
<td>0900-1000</td>
<td>Introduction and Overview of Ergonomics</td>
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<tr>
<td>1000-1015</td>
<td>Morning break</td>
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<tr>
<td>1015-1115</td>
<td>Ergonomics Risk Factors</td>
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<tr>
<td>1115-1300</td>
<td>Hands on Exercise – Productivity and Posture</td>
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<td>1300-1430</td>
<td>Lunch break</td>
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<tr>
<td>1430-1530</td>
<td>Hands on Exercise – Identification of Risk Factors</td>
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<td>1530-1545</td>
<td>Evening Break</td>
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<tr>
<td>1545-1700</td>
<td>Implementing Ergonomics Controls</td>
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<td>END OF SESSION</td>
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