

ERGONOMICS RISK ASSESSMENT METHOD AT THE WORKPLACE (INITIAL)

ORGANIZED BY:



ABOUT THIS COURSE:

In compliance with **DOSH ERA GUIDELINES 2017** and **SOHELP** Requirement

OBJECTIVES:

- understand the fundamental of ergonomics assessment method corresponding to each ergonomics risk factors;
- identify appropriate method for assessment of each corresponding ergonomics risk factors;
- conduct simple ergonomics assessment of workers for each work activities at workplace based on DOSH ERA Guidelines at the workplace and ILO checklist for DOSH's SoHelp Program
- carry out simple survey of ergonomics-related injuries or musculoskeletal disorders among employees.

Be a **CERTIFIED TRAINED PERSON** under **DOSH GUIDELINES 2017**

REGISTER NOW

CONTACT:-

Nur Sabrina Mohd Nasir
HFEM Executive
Whatsapp: +60164221837
Email: sabrina@hfem.org

Date	: 13 th -14 th August 2018
Time	: 8.45am-5.00pm
Venue	: CIESH Excellent Academy, Seri Kembangan, Selangor (GPS Coordinate: 2.982558, 101.661108)
Fee	: RM 990.00/pax (HFEM Active Member) RM1,100.00/pax (Non HFEM Member)
CEP Point	: 10 Points

TRAINING SCHEDULE

DAY 1- 13TH AUGUST 2018

TIME (H)	TOPIC
0845-0900	Registration
0900-1000	Introduction and overview to ergonomics
1000-1015	Morning break
1015-1100	Sign, symptoms and health effects
1100-1300	Guidelines of Workplace Ergonomics Risk Assessment
1300-1415	Lunch and prayer break
1430-1530	Report writing of Initial Ergonomics Risk Assessment
1530-1545	Tea break
1545-1700	Group work

END OF SESSION

DAY 2- 14TH AUGUST 2018

TIME (H)	TOPIC
0845-0900	Registration
0900-1000	Introduction to Ergonomics Checkpoint
1000-1015	Morning break
1015-1115	Introduction to Ergonomics checklist
1115-1300	Introduction to Advanced Ergonomics Risk Assessment
1300-1415	Lunch & prayer break
1415-1530	Preparation of Initial ERA risk assessment
1530-1545	Tea break
1545-1700	Report writing of Initial Ergonomics Risk Assessment

END OF SESSION

TRAINER/FACILITATOR



**PROF. DR. SHAMSUL BAHRI
MD TAMRIN, PhD**
MAIN & TECHNICAL COMMITTEE-
DOSH ERGONOMICS GUIDELINES 2017



DR. NG YEE GUAN, PhD
TECHNICAL COMMITTEE-
DOSH ERGONOMICS GUIDELINES 2017