

# ERGONOMICS RISK ASSESSMENT METHOD AT THE WORKPLACE (LEVEL 1: 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**

<b>Date</b>	: 17 <sup>th</sup> -18 <sup>th</sup> October 2018
<b>Time</b>	: 9.00am-5.00pm
<b>Venue</b>	: CIESH Excellent Academy, Seri Kembangan, Selangor (GPS Coordinate: 2.982558, 101.661108)
<b>Fee</b>	: RM 990.00/pax (HFEM Active Member) RM1,100.00/pax (Non HFEM Member)
<b>CEP Point</b>	: 10 Points

## TRAINING SCHEDULE

DAY 1- 17<sup>TH</sup> OCTOBER 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- 18<sup>TH</sup> OCTOBER 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

**REGISTER NOW**

Link registration <https://bit.ly/2ARQCdw>

**Deadline for registration and payment for training course is not later than 1<sup>st</sup> October 2018**

## CONTACT PERSON:-

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