

2019

ERGONOMICS RISK ASSESSMENT TRAINING CALENDAR

No.	Program/Course	Duration (day)	2019											
			JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ERGONOMICS TRAINED PERSON COURSE														
1	Ergonomics Risk Assessment At The Workplace (Level 1:Initial)	2	29th-30th	27th-28th		24th-25th					4th-5th		27th-28th	
2	Ergonomics Risk Assessment At The Workplace (Level 2:Advanced)	SERIES OF ADVANCED ERA COURSE												
	Series 1	2			27th-28th						27th-28th			
	Series 2	2				9th-10th			2nd-3rd					
	Series 3	2						26th-27th		20th-21st				
	Series 4	2		20th-21st								9th-10th		

Series 1 Postural and manual handling
Rapid Upper Limb Assessment (RULA)
Rapid Entire Body Assessment (REBA)
Ovako Working Posture Analysis System (OWAS)
Quick Exposure Check (QEC)

Series 2 Repetitive Action
Occupational Repetitive Action (OCRA) Checklist
Assessment of Repetitive Task (ART)

Series 3 Manual handling
Revised NIOSH Lifting Equation (RNLE)
Manual Handling Assessment Chart (MAC)

Series 4 Environmental Ergonomics
Lighting, anthropometry and Office Ergonomics (ROSA)