

**2019**

## ERGONOMICS RISK ASSESSMENT TRAINING CALENDAR

No.	Program/Course	Duration (day)	2019											
			JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>ERGONOMICS TRAINED PERSON COURSE</b>														
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)	<b>PACKAGE OF ADVANCED ERA COURSE</b>												
	Package 1	2			27th-28th				17th-18th					
	Package 2	2				9th-10th				19th-20th				
	Package 3	2								27th-28th				

Package 1 Postural and manual handling  
 i) Rapid Upper Limb Assessment (RULA)  
 ii) Rapid Entire Body Assessment (REBA)  
 iii) Quick Exposure Check (QEC)  
 iv) Manual Handling Assessment Chart (MAC)  
 v) Assessment of Repetitive Task (ART)

Package 2 Environmental Ergonomics  
 i) Lighting assessment based on Guidelines on Occupational Safety and Health for Lighting at Workplace 2018  
 ii) Anthropometry and Rapid Office Strain Assessment (ROSA)

Package 3 Repetitive Action  
 i) Occupational Repetitive Action (OCRA) Checklist

Update: 11/6/2019  
 Any inquiry, kindly email to training@hfem.org.