

COURSE PROGRAMME

DAY 1

- 8.00am- 9.00am Registration
- 9.00am- 10.30am -Introduction to physical ergonomics
-Health effect due to exposure to ergonomics risk factor
-Sign and symptoms of ergonomics-related injuries and MSDs
- 10.30am- 11.00am Tea Break
- 11.00am- 13.00pm - Overview of Ergonomics Guidelines on Ergonomics Risk Assessment at Workplace -
- Initial Ergonomics Risk Assessment
- Ergonomics Risk Assessment Tools – Body Symptom Survey (Nordic, Cornell)
- 13.00pm- 14.30pm Lunch Break
- 14.30pm- 15.30pm Assessing Postures - RULA/REBA/WERA /ROSA
- 15.30pm- 15.45pm Tea Break
- 15.45pm- 17.00pm Assessing Repetitive Task / Manual Task – ART Tool, OCRA, ManTRA

DAY 2

- 8.30am- 10.30am - Assessing Forceful Exertion – MAC Tool, NIOSH Lifting Equation, Snook Table
- Assessing Forceful Exertion Continue
- 10.30am- 11.00am Tea Break
- 11.00am- 13.00pm - Assessing Vibration & Environmental Factors
- Ergonomics Control Measures
- Report Writing
- 13.00pm- 14.30pm Lunch Break
- 14.30pm- 15.30pm Applying ERA On-site
- 15.30pm- 15.45pm Tea Break
- 15.45pm- 17.00pm Group Activity/ Discussion – Analysis
Group Presentation

FOR MORE DETAILS, PLEASE CONTACT

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INDUSTRIAL ERGONOMIC AND MANUAL HANDLING FOR THE SAFER WORKPLACE

16 - 17 April 2018

Venue :

**UNIMAS Business School
Level 4, UNIMAS City Campus
Lot 77, Section 22
Kuching Town Land District
Jalan Tun Ahmad Zaidi Aduce
93150 Kuching**



COURSE OUTLINE

Introduction

This 2-days course will support the industry in implementing newly published Guidelines by Department of Occupational Safety & Health (DOSH) Malaysia on Ergonomics Risk Assessment (ERA) at Workplace. Participants will understand a full set of the guidelines and skill able to comply the procedures; designing best ergonomic practices to support workplace operation and requirements.



Objective

By the ends of this training, the participants will be able to:

- * Awareness on the importance of ergonomic practices
- * Awareness on the effects of poor ergonomic practices
- * Understanding on Guidelines of Ergonomics Risk Assessment (ERA) at Workplace by DOSH
- * Skill to conduct the assessment (Level 1 & Level 2)
- * Skill to manage ergonomics at workplace towards best ergonomic practices

Course Methodology

- * Lectures and discussion
- * Practical training

Course Module

- * Introduction to physical ergonomics
- * Health effect due to exposure to ergonomics risk factor
- * Sign and symptoms of ergonomics-related injuries and MSDs
- * Procedure to correctly fill in and manage self-assessment form and complaint form
- * Ergonomics risk factors
- * Level 1: Initial Era - Use of ergonomics checklist
- * Level 2: Advanced ERA - Methods for assessment for the risks (postural, manual handling, repetitive motion, vibration, environmental ergonomics)
- * Ergonomics control measures, improvement and management program
- * Report writing

Who should attend

Safety & Health Professionals Physical Therapists/Assistants Occupational Therapists/Assistants Human Resource Professionals

About Speaker

Yusof Kadikon is a Lecturer at Universiti Kuala Lumpur Malaysia France Institute. He graduated with Master of Engineering Management from UPM in 2011 with emphasis in Ergonomics and Human Factor Engineering

He is currently member International Associate Engineer (IAENG), Malaysia Society of Occupational Safety & Health (MSOSH), NRH-SHE and Human Factors and Ergonomics Society Malaysia HFEM).

He is currently Trainer at NIOSH on Ergonomics and Manual Handling at Work Place (EMHW), has various experience on ergonomics assessment and Safety and Health Officer Certificate Course (DOSH)

Course Fee

RM900 per person (exclusive 6% GST)

Closing Date

7 days before the course

