

## Ergonomic Risk assessment & Manual Handling Course Duration: 1 Day

Presented by: **UPIA SOLUTION (M) SDN BHD** (1122089-M)

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### Introduction

- Roots in the Greek word "ergon" which means "to work" and "nomos" which means "law/custom" in other word = To fit the task to the man
- An **ergonomic hazard** is a physical factor within the environment that harms the musculoskeletal system
- Include themes such as repetitive movement, manual handling, workplace/job/task design, uncomfortable workstation height and poor body positioning.

### Course Objectives

- Identify ergonomic risk factors that may cause harm to employees
- State definition of ergonomics
- Identify appropriate method for assessment of each corresponding ergonomics risk factors
- Describe Principle of Ergonomics
- Recommend further appropriate control measures towards risk reduction.
- **Overview Guidelines on Workplace Ergonomics Risk Assessment 2017 (DOSH)**
- **Overview Guidelines for Manual Handling at Workplace 2018**



### Class Session

**Module 1: Legal Requirement & DOSH Guideline Perspective**

**Module 2: DOSH Guidelines**

**Module 3: MSD (Musculoskeletal) Disease Symptoms & Risk Factors**

**Module 4: Principle to Reduce Ergonomics Hazard**

**Module 5: Conduct ERA**

**Module 6: Summary & Q&A**

### Registration Form

Registration Fees : RM 480/Pax for 1 Day Course

Remote Online Training: MS Team/Google Meet

Date : 24<sup>th</sup> September 2021

**Claimable  
under SBL-  
Khas  
(No Kursus:  
1000166215)**

Company	Participant Name	PIC/TEL/HP	Email Address

Authorized Signature & Name:

Company Stamp :

WhatsApp your registration form to 016-4007190

A large empty rectangular box intended for a company stamp.