



ESF Human Solutions Sdn Bhd

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Course Serial No. 10001375119

OCCUPATIONAL ERGONOMICS AND MANUAL HANDLING

2 Days Course (8.30am – 5pm)

COURSE OVERVIEW

In occupational safety and health regulations, the duty to provide a safe and healthy workplace environment by the employers encompasses many aspects of the workplace. The importance of ergonomics or the science of working things in a comfortable manner and making things efficient has to be better understood at the workplace.

It is essential for both employers and employees understand the scope of office safety and occupational ergonomics and as it could avoid illnesses related to poor workplace ergonomics. Back pain, muscular stress and musculoskeletal disorders or MSD are examples of such illnesses. The course aims to increase awareness and impart basic knowledge on occupational ergonomics and related ergonomic related disorders (e.g. carpal tunnel syndrome, back injury) to employees and employers. The training would assist the participants to evaluate their workplace and improve working conditions and ways of doing things so as to work comfortably and efficiently.

COURSE OBJECTIVES

- To deliver a better understanding on occupational ergonomics
- To increase awareness towards the ergonomic hazards that could give rise to related ergonomic illnesses
- To educate and emphasize the importance of ergonomic risk assessment and related issues that involve manual handling, repeated job, office ergonomics, posture, tools and work station designs etc.

COURSE CONTENTS

- Introduction to ergonomics (including regulations and DOSH guidelines)
- Ergonomic related disorders and risk factors – musculoskeletal disorders (MSD), nerve and back injury etc.
- Ergonomic workplace anal
- Manual handling of material and machinery & hand tools
- Ergonomic risk assessment and re-assessment
- Work station design (including computer ergonomics)
- Ergonomic solutions and risk control at the workplace

HOW YOU WILL LEARN – FACE TO FACE

The emphasis throughout the training is on detailed presentations followed by individual exercises, group work and interactive discussions.

WHO SHOULD ATTEND

Managers, executives, engineers, technicians, safety & health personnel and those who wish to enhance their knowledge on ergonomics

Note:

For more details, please reach out to us via 6012-396 2382 (Mobile or WhatsApp) for brochure or in-house program arrangement