



Initial Ergonomics Risk Assessment Method for OSH Practitioners

10 CEP Points

February 24 - 25, 2021

9.00AM – 5.00PM

via

Introduction

- In compliance with DOSH ERA GUIDELINES 2017 and SOHELP Requirements -

Ergonomics is the scientific discipline with designing according to the human needs, and the profession that applies theory, principles, data and methods to design in order to optimize human well-being and overall system performance. The field is also called human engineering or human factors. Workplaces may either take the reactive or proactive approach when applying ergonomics practices. Reactive ergonomics is when something needs to be fixed, and corrective action is taken. Proactive ergonomics is the process of seeking areas that could be improved and fixing the issues before they become a large problem. Problems may be fixed through equipment design, task design, or environmental design. Equipment design changes the actual, physical devices used by people. Task design changes what people do with the equipment. Environmental design changes the environment in which people work, but not the physical equipment they use.

This webinar is a comprehensive two-day package including group training sessions, latest evidence-based practice, basic anatomy and physiology, role play scenarios, specific practice in adjusting equipment and modifying work postures by making changes to workstation set up.

Objectives

- ◆ To understand the fundamental of ergonomics assessment method corresponding to each ergonomics risk factors.
- ◆ To identify appropriate method for assessment of each corresponding ergonomics risk factors.
- ◆ To conduct simple ergonomics assessment of workers for each work activities at workplace.
- ◆ To carry out simple survey of ergonomics-related injuries or musculoskeletal disorders among employees.

Target Participants

OSH Practitioners & Consultants, Safety & Health Officers, Safety Engineers, Safety & Health Committee Members, Occupational Health Nurses, Occupational Health Doctors, Business Owners, Human Resource Executives & Managers

Course Content

- 1) Introduction to physical ergonomics
- 2) Health effect due to exposure to ergonomics risk factors
- 3) Sign and symptoms of ergonomics-related injuries and MSDs
- 4) Ergonomics risk factors:-
 - Awkward posture
 - Static and sustained work posture
 - Forceful exertion
 - Repetitive motion
 - Hands-arm and whole-body vibration
 - Environmental risk factors
- 5) Use of ergonomics checklist (including hands-on practical)
- 6) Procedure to correctly fill in and manage self-assessment form (Appendix 1) and complaint form (Appendix 2).
- 7) Ergonomics control measures, improvement and management program
- 8) Guide to report writing for initial ERA

* Download and install ZOOM app on your laptop/desktop before the training.
* Username and Password will be provided upon confirmation of the training.

For enquiries, kindly contact:
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Tel: 06-603 1626/1616 Fax: 06-603 1628

Program Schedule

Time	Topic (Day 1)
0845-0900	ZOOM Log In
0900-1000	Introduction and Overview to Ergonomics
1000-1015	Morning Break
1015-1100	Sign, Symptoms and Health Effects
1100-1300	Guidelines of Workplace Ergonomics Risk Assessment
1300-1415	Lunch Break
1415-1545	Introduction to Ergonomics Checklist
1545-1700	Group Work Discussion
	End of Session

Time	Topic (Day 2)
0845-0900	ZOOM Log In
0900-1000	Case Study Discussion
1000-1015	Morning Break
1015-1300	Report Writing Workshop of Initial Ergonomics Risk Assessment
1300-1415	Lunch Break
1415-1500	Writing Test
1500-1515	Afternoon Break
1515-1700	Presentation of report writing by groups
	End of Session

FMM NS WEBINAR ON INITIAL ERGONOMICS RISK ASSESSMENT METHOD FOR OSH PRACTITIONERS

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via 

Registration & Payment

Participation Fee *(fee is inclusive of SST at 6%)*

Members : RM 890.40 per pax

Non-Members : RM 996.40 per pax

5% Discount for Group Registration of three (3) or more participants from the same company.



- ◇ Upon faxing/mailling the completed Registration Form to FMM, you are deemed to have read and accepted the terms and conditions. The program would also be deemed as confirmed unless informed otherwise.
- ◇ Cheque made payable to **Federation of Malaysian Manufacturers**. All registration together with the payment should be made **before the event date**. Certificate will only be issued upon full payment.
 - **Malayan Banking Berhad A/C No: 505176510151**
 - **FMM' SST Registration No: W10-1901-32000105**

CANCELLATION

- ◇ Must be made in writing with reasons to FMM
- ◇ Full payment charged for cancellation within 2 days prior to the programme.
- ◇ 50% payment charged for cancellation between 3-6 days.
- ◇ No payment charged for cancellation within 7 days prior to the programme.
- ◇ Participants who did **not turn-up will be charged full payment**.
- ◇ Replacement can be accepted at no additional cost.
- ◇ FMM reserves the right to cancel or reschedule the program.

Speaker's Profile

Professor Dr. Shamsul Bahri Md Tamrin is an Industrial Hygiene/Occupational Ergonomic lecturer in Environmental & Occupational Health, UPM. He had completed many research projects sponsored by The Ministry of Science and Innovation and Ministry of Higher which includes research in industrial ergonomics including intervention of ergonomics injuries among commercial vehicle drivers, improvement of school ergonomics and ergonomics intervention in agriculture especially related to oil palm industries. He is currently one of the consultants for various project with DOSH and he was among recipient of awards both National and International award especially related to ergonomics improvement among bus drivers. He had also consulted DOSH and various industries in occupational safety and health issues including noise exposure, audiometry, indoor air quality, epidemiological study on musculoskeletal disorders and developing the Malaysian Occupational Safety and Health Profile in 2008. He is one of MQA panellists on OSH curriculum for various private and government Universities. Addition to that, he is also the national committee on developing Ergonomics risk assessment guideline for DOSH and technical member in developing guideline for manual handling with NIOSH.

Closing Date: February 17, 2021

REGISTRATION FORM

FMM Negeri Sembilan Branch Fax : 06-603 1628

<u>Name</u>	<u>Designation</u>	<u>Email</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

Payment:

Full payment of RM _____ will be made via Cheque/bank draft Direct bank-in
 Please Tick (/) FMM Member FMM Membership No : _____
 NON- Member

Submitted By: Name : _____ Designation : _____

Company : _____

Address : _____

Tel : _____ Fax : _____

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