

Organised by

**10 CEP
Point**



FMM Institute (475427-W)
Penang Branch

**SBL
Khas**

Advanced Ergonomic Risk Assessment for postural risk assessment, manual handling and repetitive movement (using method:- REBA, RULA, ROSA, MAC, ART) based on DOSH Guideline 2017

13-14 December 2022

9.00 am – 5.00 pm

Royale Chulan Hotel, Penang

**SBL Khas Scheme
CLAIMABLE FROM PSMB**

INTRODUCTION

This course is the sequence of initial ergonomics risk assessment guideline 2017 developed by DOSH. This course will give participants the insight of reporting ergonomics risk assessment based on each of the significant risk factors including environmental ergonomics risks.

The advanced method will cover general method used to assess risk factors related to postural risk, office ergonomics, repetitive handling, manual handling issues. Participants will be trained using various video samples, including intratester reliability test in order to achieve the same level of understanding.

Training will cover the overall understanding of the ergonomics guidelines with emphasis on advanced ergonomics risk assessment and suggested method in preparing report. Participants will be trained to be the trained person in conducting and reporting the outcome for DOSH under Section 15 of OSH Act 1994.

Day 1

MASA/TIME	TOPICS
0830 – 0900	Registration and Ice breaking
0900 – 1000	Ergonomics Risk Assessment at the workplace: Recap (Initial Ergonomics Risk Assessment)
1000 – 1015	Tea Break
1015 - 1300	Postural Assessment a) Rapid Upper Limb Assessment b) Rapid Entire Body Assessment
13.00 – 14.00	Lunch
1400 - 1530	Video – Intra and intertester Reliability and reporting result
1530 – 1600	Rapid Office Strain Assessment (ROSA)
1600 - 1630	Tea Break
1630 – 1700	Rapid Office Strain Assessment (ROSA) -Exercise

Day 2

MASA/TIME	TOPICS
0900 – 1000	Forceful Exertion Manual Assessment Checklist a) Single lifting b) Team lifting c) Single Carrying d) Team carrying
1000 – 1015	Tea break
1015 – 1130	Forceful Exertion (Continue) Manual Assessment Checklist a) Single lifting b) Team lifting c) Single Carrying d)_Team carrying
1130 – 1300	Video – Intra and intertester Reliability and reporting result
1300 – 1430	Lunch break
1400 – 1530	Repetitive Movement Assessment (ART)
1530 – 1600	Tea break
1600 - 1700	Repetitive Movement Assessment (ART) (Continue) Video – Intra and intertester Reliability and reporting result

THE FACILITATOR

Facilitator

Associate Prof Dr Ng Yee Guan is currently an Associate Professor at Universiti Putra Malaysia. He is the President of Human Factor Ergonomics Society. He has completed and obtained his PhD in Occupational Health and Safety on February 2015. He currently teaches Industrial Hygiene as a core subject for the Bachelor of Science in Environmental and Occupational Health at UPM. He is also the Postgraduate Coordinator for the Faculty of Medicine and Health Sciences, UPM.

He is actively involved in non-profit professional organization such as Human Factors and Ergonomics Malaysia and Malaysian Industrial Hygiene Association (MIHA). His current research work and consultation focus primarily on Occupational Safety and Health, Industrial Hygiene (such as chemical exposure monitoring, indoor air quality, noise, vibration, etc), Ergonomics (specifically physical ergonomics and participatory ergonomics which includes specifically hands-arm vibration study, office ergonomics, lighting, ergonomics assessment method, Participatory Action-Oriented Training, etc. He also has strong foundation and passion for Industrial or Occupational Hygiene. Much of his work were as consultant in the field of physical and office ergonomics, noise exposure, indoor air quality, chemical exposure assessment and monitoring, etc. He looks forward to be involved intensively on research related to exposure assessment in terms of methods and effects.

ADMINISTRATIVE DETAILS

COURSE FEE **RM1378(FMM Member) / RM1484 (Non-Member)**/ per participant

ENQUIRIES Nazliza
 Tel:04-3992057
 E-mail: nazliza@fmm.org.my

Advanced Ergonomics Risk Assessment Method at the Workplace (using method :- REBA,RULA,ROSA,MAC,ART)

Royale Chulan Hotel, Penang

To : Ms Nazliza
(Email: nazliza@fmm.org.my)

1. Name : _____
Designation : _____
Email: _____

2. Name : _____
Designation : _____
Email: _____

3. Name : _____
Designation : _____
Email: _____

4. Name : _____
Designation : _____
Email: _____

Submitted By :

Name: _____

Designation: _____

Company: _____

Address: _____

Tel : _____

Fax: _____

Email: _____