

Basic Workshop on Ergonomic and Manual Handling

Trainer

Dr. Lim Jac Fang has a Bachelor of Medicine and Bachelor of Surgery from the University of Delhi. Currently, he is the Assistant Director, Occupational & Environmental Health Unit, Department of Health, Sabah. He obtained his Post-graduate Diploma in Occupational Health from Universiti Kebangsaan Malaysia (UKM) in the year of 2000 and registered with the Department of Occupational Health and Safety (DOSHS), Ministry of Human Resources, Malaysia as Occupational Health Doctor (OHD). He is also a certified Independent Medical Examiner (CIME) with the American Board of Independent Medical Examiners (ABIME). Apart from that, he is a member of Global Occupational Health Network, WHO, member of the National Institute of Occupational Safety and Health (NIOSH), Malaysia. In addition to presenting papers at local forums, Dr. Lim had also written an article "First Aid for Chemical Exposure" for Buletin NIOSH.

Organised by:



FMM Institute
Sabah Representative Office
Lot 143, 1st Floor, Block Q
Alamesra Plaza Permai
Sulaman Coastal Highway
88400 Kota Kinabalu.

SBL Scheme Claimable

Contents

- **Introduction to Ergonomics**
- **Anatomy / Biomechanics**
- **Manual Handlings**
- **Ergonomics Risk Factors (ERF) & Case Study**
- **Musculoskeletal Disorders (MSDs)**
- **Correct Lifting Technique & Case Study**
- **Job Hazard Analysis & Practical**
- **Legal Settings & Notification (NADOPOD) for Ergonomics**
- **Control Measures in Manual Handling & Case Study**
- **Ergonomics, Productivity & Quality**

Objective

- **Understand the basic principles of Ergonomics and Manual Handling.**
- **Identify Ergonomics Risk Factors.**
- **Discuss the importance of proper workstation design.**
- **Identify work related musculoskeletal disorders caused by poor ergonomic practices in the workplace.**
- **Initiate discussion and recommend control measures to overcome the ergonomic and manual handling issues in the workplace.**

IN-HOUSE TRAINING AVAILABLE

Who Should Attend

Frontline managers, supervisor, safety committee members and those who suffer from ergonomics related sickness.

Administrative Details

Registration :

- Completed registration form received by fax or mail to FMM Institute would be deemed as confirmed.

Payment:

- Cheques made in favour of **FMM Institute** should be forwarded to the FMM Sabah Representative Office.

Closing Date : 4 July 2013

Cancellation and Refunds:

- Must be in writing with reasons
- 7 days before the course - 100% refund
- 3-6 days before the course - 50% refund
- < 3 days before the course - No refund
- Replacement can be accepted at no additional cost.

Those who register but fail to turn up for the programme will be billed accordingly. FMM Institute reserves the right to cancel or reschedule the above course and all efforts will be taken to inform participants of the changes.

Date : July 25-26, 2013 (Thu & Fri)

Time : 8.30am – 4.30pm

Venue : FMM Institute

Sabah Representative Office. Lot 143
1st Floor, Block Q, Lrg Plaza Permai 1
Alamesra Plaza Permai
88400 Kota Kinabalu

**Fee : RM650.00 per pax (FMM member/Individual)
RM850.00 per pax (Non FMM member)**

(Fees include course materials, Certificate of Attendance, lunch and refreshments)

For further enquiries, please contact: Nelly/Florisa

Tel : 088-447 580 Fax : 088-447 570

E-mail : fmmsabah@fmm.org.my

Basic Workshop on Ergonomic and Manual Handling July 25-26, 2013

- Registration Form -

Dear Madam,

Please register the following participant(s) for the above programme

1 Name : _____
Designation : _____
Nationality : _____
I/C No : _____

2 Name : _____
Designation : _____
Nationality : _____
I/C No : _____

Submitted by:

Name : _____
Designation : _____
Company : _____
Address : _____

Tel no : _____
Fax no : _____
Email : _____

(if space is insufficient, please attach a separate list)