



Remote Online Learning

Limited to 25 participants

# Preventing Ergonomics Injuries

**Date: March 22-23, 2021**

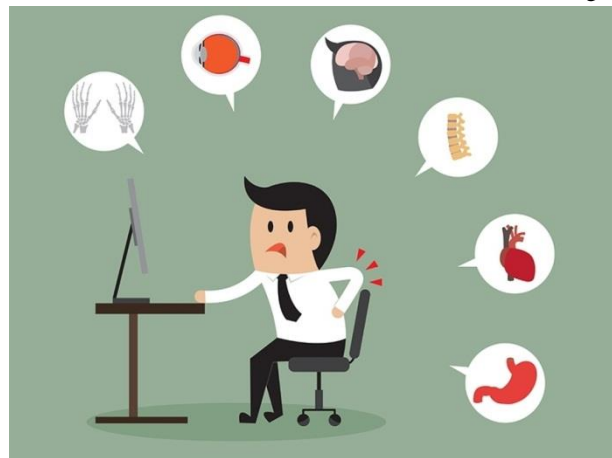
**Time: 9:00am – 5:00pm**

Date March 22-23, 2021 (Mon-Tue)  
Time 9:00am-5:00pm  
Duration 7 hours  
Location Remote On-Line Learning  
Platform TalentLMS and Zoom  
Fees FMM Member : RM954.00/pax  
(Inclusive of 6% service tax)  
Non-member : RM1113.00/pax  
(Inclusive of 6% service tax)  
Contact Person Beatrice Olivia, Cecilia Pang,  
Farrez Teh  
Tel 082-332784  
Email [beatrice@fmm.org.my](mailto:beatrice@fmm.org.my)

## FACILITATOR

**R.Anbalagan V.Ramasamy** holds a Bachelor of Science in Electrical and Electronics Engineering from Southern Pacific University, a Certified Safety Officer (JKKP IS 127/438/2/4358) and certified as Lead Assessor in ISO14001:2004 and OHSAS18001:2007. He is a certified and a competent Forklift person and a NIOSH certified Competent Trainer. FMM Perak and FMM Penang Course Facilitator. His Career has taken him across a well-known American MNC company a well-known Semiconductor Sub-con company. His working career of 25years has taken him from Maintenance Technician, Production Supervisor, Production Executive, Equipment Engineer, Technical Trainer, and Training/Safety Executive to EHS Manager. His career success includes setting up and facilitating of Small Group Work Team, Leading TPM Teams, Cost saving projects, Leading Preventive Maintenance Teams in setting up Preventive and Predictive Maintenance System, assisted in ISO9001 and TS16949 certification and recertification. Set-up ISO14001:2004, OHSAS18001:2007 Management Systems for Semiconductor, Fabrication, Assembling and Full recovery facilities. He has 5 years experience in conducting in-house and public programs in TNA, Environmental, Occupational Safety & Health Awareness, Forklift Safety / Competency, all Environmental, Safety and Health related trainings, HIRARC/ HIRADC / Aspect & Impact implementation, ISO14001 and OHSAS18001 Implementation.

**This program accepts 25 participants only on a first come, first served basis.**



<b>Overview</b>	This program is meant to educate the workers who are exposed to Ergonomic Hazards with knowledge to prevent the injuries caused by the Ergonomic Hazard. And also introduce JKKP Ergonomic Risk Assessment Guideline. The objective of the program is to prevent Ergonomic Injuries.
<b>Objective</b>	<ul style="list-style-type: none"> <li>Identify the musculoskeletal symptoms among the workers</li> <li>Describe what is Ergonomics;</li> <li>Describe why Prevention of Ergonomics injuries is important in the work place;</li> <li>Demonstrate to the participants on the importance of an effective Ergonomics program in the workplace;</li> <li>Describe correct steps in lifting, standing and sitting, using computers and VDUs in the workplace.</li> </ul>
<b>Methodology</b>	<ul style="list-style-type: none"> <li>The slide presentation will be made by the facilitator supported by video streaming</li> <li>Time will also be set aside for Q&amp;A Online</li> <li>Interactive learning using Zoom platform</li> <li>Pre- course and post- course assignments</li> </ul>
<b>Course Contents</b>	<ul style="list-style-type: none"> <li>Module 1 : Holistic Safety</li> <li>Module 2 : Manual Handling</li> <li>Module 3 : Ergonomic Injuries</li> <li>Module 4 : Ergonomic Risk Factors Assessment</li> <li>Module 5 : Preventing Ergonomics Injuries : Guideline</li> <li>Module 6 : Preventing Ergonomic Injuries : Control Measures</li> </ul>
<b>Target Audience</b>	OSH Practitioners, Safety & Health Officers, Engineers, S&H Committee members and workers who exposed to manual activities

**REGISTRATION FORM**  
**Preventing Ergonomics Injuries**  
**March 22-23, 2021 (Mon-Tue)**  
**[Remote Online Learning]**

**The Manager**  
**FMM Institute**

Tel: 082-332784

Fax: 082-332785

Email: fmmsarawak@fmm.org.my

Dear Madam,

Please register the following participant(s) for the above programme:  
(To be completed in **BLOCK LETTERS**)

Please tick (✓) accordingly:

PSMB Scheme:  SBL  Non Contributor

Fees:  FMM member RM954.00 / pax  
(Inclusive of 6% Service Tax)

Non Member RM1113.00 / pax  
(Inclusive of 6% Service Tax)

1. Name	Designation	E-mail
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Nationality	IC No.
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2. Name	Designation	E-mail
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Nationality	IC No.
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(if space is insufficient, please attach a separate list)

Enclosed cheque/bank draft No. \_\_\_\_\_ for RM \_\_\_\_\_

Being payment for \_\_\_\_\_ participant(s) made in favour of the "FMM Institute".

**Technical Information**

- After the program confirmed, participants will be **receiving the email containing a joining link of the on-line learning program.**
- Participant may join the presentation session **15 minutes before the starting time.**
- FMM Institute will **record the on-line learning** for future reference.
- **Please ensure each participant has access to a laptop or computer with working webcam and microphone or handphone with camera as well as a strong internet connection.**

Submitted by:

Name: \_\_\_\_\_

Designation: \_\_\_\_\_ E-mail: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Company: \_\_\_\_\_ FMM Membership No.: \_\_\_\_\_

Address: \_\_\_\_\_

My Corporate Identity No.: \_\_\_\_\_ Date: \_\_\_\_\_

*Completed registration form with cheque made in favour of FMM Institute should be forwarded to FMM Institute before **March 15, 2021**. Those who register but do not turn up for the programme will be billed accordingly. There will be no refund for cancellation within 2 days prior to the programme, 50% refund for cancellation between 3 - 6 days and full refund for cancellation 7 days prior to the programme. However, replacement will be accepted at no additional cost. FMM Institute reserves the right to cancel or reschedule the programme and all efforts will be taken to inform participants of any changes.*