



# ERGONOMICS AND MANUAL HANDLING TRAINING

The training includes correct set-up of the office environment, and control mechanisms to reduce ergonomic risk in workplace.

## [ TRAINING OBJECTIVES ]

- \* To understand what is Ergonomics and the components involved.
- \* To understand how Ergonomics factors can influence the health at work.
- \* To identify ergonomic risks and factors.
- \* To understand the methods that could be used for ergonomic risk assessment.
- \* To enable the organization to identify Ergonomics hazards related to the worker's activities and the control measures to be taken.

## [ COURSE CONTENTS ]

- \* Introduction to ergonomics
- \* Legal requirements and standards
- \* Awkward Posture, Neutral Posture and Static/Sustained Posture
- \* Health effect and Work-related Musculoskeletal Disorders (MSD)
- \* Ergonomics Risk Assessment (ERA) at the workplace
- \* Initial Ergonomics Risk Assessment vs Advance Ergonomics Risk Assessment
- \* Office workstation ergonomic
- \* Hierarchy of Control Based on Ergonomics Approach

## [ WHO SHOULD ATTEND ]

- Department Managers
- Section Heads
- Engineers
- Executives
- Line Supervisors
- Production Operators
- Safety & Health Committee Members and Other Employees

## Training Consultant - Ms Lily Ismail

Certified OSH Trainer with TTT certification. Expertise in handling major corporate project with top management, thought leaders and key decision makers at all level at matrix organization. Solid background in safety training & development, process improvement and programme implementation. Conduct safety walk-through / meeting with client to identify potential workplace hazards and developing effective mitigation controls. Setting up PPE Matrix with comprehensive assessment report.

**DURATION: ONE DAY**

**Safetyware**  
TRAINING & CONSULTANCY  
DIVISION



**100% HRDF Claimable + 5 CEP Points**

Kindly contact us for registration  
04-502 3882 (Chin Wen - 204)  
or email to [ehs.safetyware.com.my](mailto:ehs.safetyware.com.my)

Safetyware Ehs Consultancy Sdn Bhd

SAFETYWARE EHS CONSULTANCY SDN. BHD (954196-M)  
(A member of safetyware group)

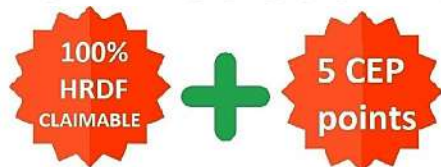
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**PROMOTION**  
Buy 1 Get  
Free 1 Seat

**DATE : 15th May 2019**  
**TIME : 9.00 am - 5.00 pm**  
**Venue : Novux Training Room,**  
**Jalan Ampang KL**

# Ergonomic at Workplace & Risk Assessment



## TRAINING DETAILS

**DATE** : 18th December 2018

**TIME** : 9.00am - 5.00pm

**VENUE** : MITIN Training Room Faber Tower 1, Level 18.

**FOR FURTHER INFORMATION, PLEASE CONTACT**

MsTheresa 04-5023882 ( 224 )/ Ms Chin Wen (204)

email to ehs@safetyware.com.my

## REGISTRATION FORM

No	Name of Participant(s)	I/C No.	Designation	Vegetarian

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

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

Contact Person : \_\_\_\_\_

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

Nature of Business : \_\_\_\_\_

Enclosed is the Cheque : (No: \_\_\_\_\_ ) of RM \_\_\_\_\_, crossed and made payable to Safetyware EHS Consultancy Sdn. Bhd.(Public Bank Bhd A/C No: 3-1766632-30)

### TERM AND CONDITIONS

1. This fee is inclusive of training materials and meals (2 Tea Breaks and 1 Lunch).
2. No cancellation and refund are allowed once Tax invoice is forwarded to you. If the registered participant is unable to attend, a substitute is allowed.
3. Cancellation after training state confirmed, you required to pay for the training and you will not entitled to payment refund.
4. Cheque should be crossed and made payable to Safetyware EHS Consultancy Sdn. Bhd. 1 WEEK BEFORE Training.
5. Safetyware EHS Consultancy has the right to change the dates, time, venue, trainer or cancel the training scheduled due to circumstances beyond its control.

## SAFETYWARE EHS CONSULTANCY SDN.BHD. (954196-M)

(A Member of SAFETYWARE Group)

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**Safetyware**

TRAINING & CONSULTANCY

DIVISION

Making Safety Happen

