


**HRDF
CLAIMABLE**
 (SBL Scheme)

CEP POINTS

ERGONOMIC AND MANUAL HANDLING AT THE WORKPLACE

OBJECTIVES

Upon completion of the course, participants will be able to:

- ◇ Understand the ergonomic management and the effect of improper handling of work.
- ◇ Understand the spatial relationships between the equipment and worker's movement in the area.
- ◇ Able to identify the method used for manipulating, securing and otherwise using hand tools, including the force required for gripping or actuating the tools.
- ◇ Understand the means of repetitive trauma or repetitive multiple trauma disorder, carpal tunnel syndrome, white finger and muscular diskette disorder

TARGET GROUPS

- ◇ Managers
- ◇ Safety and Health Officers
- ◇ Supervisors
- ◇ Safety and Health Committee Members
- ◇ OSH Practitioner
- ◇ Occupational Health Nurse
- ◇ Occupational Health Doctor

For more information, please contact:

- ◇ Ms Nurul Faten 03-8313 7000 (Ext: 7297)
- ◇ Mr Mohd Nazri 03-8313 7000 (Ext: 7312)

TOPICS COVERED

- ◇ Introduction to Ergonomics & Manual Handling
- ◇ Ergonomics Risk Factor
- ◇ Case Studies - Identify Risk Factor
- ◇ Workshop - Conducting Body Symptoms Survey
- ◇ Ergonomics Management Program
- ◇ Control Measures in Manual Handling
- ◇ Back Strengthening Program

DATE: 21 & 22 NOVEMBER 2018

DURATION: 2 DAYS

PROGRAM CATEGORY:

NON-COMPETENCY

COURSE FEE: RM 800.00