

ERGONOMIC & MANUAL HANDLING AWARENESS TRAINING

Perintis OSH Sdn Bhd



1 day



HRD
Claimable



In-House / Public
Training



Introduction:

Ergonomics is the science of designing the workplace, equipment, and tasks to fit the worker, aiming to reduce the risk of injury and improve productivity. Poor ergonomics and incorrect manual handling can lead to musculoskeletal disorders (MSDs), fatigue, and decreased efficiency. This training program raises awareness about ergonomics principles and safe manual handling practices.

Training Methodology:

Lecture with visual aids, role play & case studies, practical session on workplace assessment and manual handling demonstrations

Objectives:

- Explain the concept of ergonomics and its importance in the workplace
- Recognize common musculoskeletal disorders and risk factors
- Identify proper manual handling techniques to minimize injury
- Understand components of an ergonomics program including workstation design, lifting aids, and safe work procedures

Benefits:

- Explain how poor posture, repetitive tasks, and improper lifting contribute to injuries
- Demonstrate correct lifting, carrying, pushing, and pulling techniques
- Identify ergonomic solutions in workstation setup, seating, and tool use
- Understand how ergonomics programs improve safety, comfort, and productivity



What You Will Learn

Legal Requirements & Compliance

- OSH regulations, employer/employee responsibilities, compliance evaluation.

Duty of Care and Workplace Risk

- MSD prevention, safe manual handling, risk assessment, hazard identification, prevention through design and equipment.

Understanding Ergonomics

- Principles, common musculoskeletal disorders, workplace risk factors (repetition, force, posture, duration)

Manual Handling Awareness

- Safe lifting/pushing/pulling techniques, load assessment, use of mechanical aids, practical demonstrations

Program Implementation

- High-risk task identification, workstation adjustments, employee training, record-keeping, continuous improvement

Practical Assessment

- Risk co-pilot concept, HIRARC, JSA generation, risk scoring and control measures

Contact Us :



+60 13-725-9122



info@perintosh.com



11-1 Jalan 2A/27A, Seksyen 1 Wangsa Maju, 53300 Kuala Lumpur