

ERGONOMICS TRAINING AWARENESS

Perintis OSH Sdn Bhd



1-day



HRDC
Claimable



In-House



Introduction:

This course introduces participants to the principles of ergonomics and its importance in creating a safer and healthier workplace. Participants will learn to identify ergonomic risk factors, understand musculoskeletal disorders (MSDs), and apply practical ergonomic improvements to reduce workplace injuries and discomfort.

Training Methodology:

Interactive lectures, practical demonstrations, group discussions, workplace scenarios, quizzes, and hands-on ergonomic activities

Objectives:

- Understand the basic principles of workplace ergonomics
- Identify ergonomic hazards and risk factors
- Learn safe work practices and proper body mechanics
- Understand methods to reduce musculoskeletal disorders (MSDs)
- Promote ergonomic awareness and workplace improvement initiatives

Benefits:

- Increase awareness of ergonomic-related workplace risks
- Reduce risk of musculoskeletal disorders and workplace discomfort
- Improve employee well-being and work efficiency
- Promote safer work practices and posture awareness
- Support continuous workplace ergonomic improvements

Course Outline

Introduction to Ergonomics

- Understanding ergonomics principles, workplace importance, common ergonomic issues, and its relationship with safety and productivity

Legal Requirements & Responsibilities

- Overview of ergonomic-related OSH requirements, employer and employee responsibilities, and ergonomic awareness practices

Understanding Musculoskeletal Disorders (MSD)

- Types of MSDs, common symptoms, contributing ergonomic factors, and long-term effects of poor ergonomics

Ergonomic Risk Factor

- Understanding awkward posture, repetitive movements, manual handling activities, prolonged positions, and workplace ergonomic risks

Safe Work Practices & Body Mechanics

- Proper lifting techniques, correct posture, safe movement practices, and stretching awareness during work activities
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Workplace Ergonomic Improvement

- Basic workstation adjustments, workflow improvement, proper equipment usage, and workspace organization practices

Ergonomics in Daily Work Activities

- Ergonomic awareness for office, operational, and industrial work activities including manual handling practices

Practical Application & Discussion

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