

## INTRODUCTION

Ergonomics is a way of designing workstations and safe work practices to accommodate the capabilities of workers. Ergonomic design reduces risk factors known to contribute to occupational ergonomic injuries and illnesses, the most common is musculoskeletal disorder (MSD). In this training, trainer will demonstrate the 10 principles of ergonomics and control measures to reduce the ergonomics associated illness.

## OBJECTIVE

**Participants will be benefit by being able to:**

- Identifying ergonomic hazards in the workplace, such as repetitive motions, awkward postures, and forceful exertion.
- Understanding the basic principles of ergonomics and its importance in creating a safe and healthy work environment.
- To understand health effects associated with ergonomics risk factor
- Determine 10 principle of ergonomics and control measures in workplace.

## COURSE CONTENTS

### Introduction

- OSHA 1994 Objectives
- What is Ergonomics
- Type of Ergonomics
- Importance of Ergonomics at work

### Ergonomics risk factor & Health Effect

- Ergonomics Risk Factor
- Awkward posture/ poor posture, Excessive Force, Repetitive Task, Static Posture, Forceful Exertion, Contact Stress, Vibration (whole body/ hand-arm), Environmental Factor
- Health effect of ergonomics
- Musculoskeletal Disorder (back pain, stiff neck), Herniated Disc, Carpal Tunnel Syndrome, Epicondylitis (Tennis Elbow), White Finger

### 10 Ergonomics principle

- Discuss 10 Ergonomics Principle
- Proper manual lifting technique
- Ergonomics Intervention and control

### Site visit

Site visit at production  
Group Discussion & Presentation  
Case study

## TARGET GROUP

Production operator, supervisor, safety personnel  
\* Maximum 25 pax per group

## METHODOLOGY

Theory Presentation

Case study

Exercise & Discussion

HRDF SBL-KHAS  
Claimable



## ABOUT SPEAKER

**Trainer: Chua Hwai Hock**

### Education

- Bachelor of Science (Hons) – Industrial Chemistry, UPM

### Qualification

- Registered HRD Corp. Trainer (TTT/11630)
- Registered Ergonomics Trained Person (Initial & Advanced)
- Certified Environmental Professional in
- Industrial Effluent Treatment System (CePIETSO-PCP/00338)
- Scheduled Waste Management (CePSWaM/01473)
- Scrubber Operation (CePSO/00150)
- Over 10 years of experience in manufacturing Industrial effluent treatment system, environment pollution control system setup and upgrade

## FOR MORE DETAIL, PLEASE CONTACT

### YN Safety and Health Consultancy Services

Name : Elaine Tan  
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Other Safety and Health Consultancy Services are provided.  
Please contact to get more details.