

INTRODUCTION

Department of Occupational Safety & Health (DOSH) had released the first version of a new guidelines called Guidelines on Ergonomics Risks Assessment at Workplaces. The purpose of this guidelines to provide a systematic plan and an objective approach in identifying, assessing and controlling ergonomics risk factors associated with work task and activities in the workplaces. As mentioned in the guidelines, the person authorised to conduct the ergonomics risk assessment is a "Trained Person" who has undergone the required training modules. This workshop is an approved Ergonomics Trained Person Course for Initial ERA and the contents fulfil the requirement as mentioned in the guidelines.



AIM FOR THE WORKSHOP

This THREE (3) days workshop is designed to enhance the knowledge of the participants in driving improvement in OSH performance industry specifically in the area of ergonomics.

This workshop intended to expose the participants to the practical applications of the Guidelines on Ergonomics Risk Assessment at Workplaces in industries. For this workshop, the focused is on how to conduct Advanced Ergonomics Risk Assessment.

The Woods @ Pandan, 1-2A, Jalan Pandan 3/3,
Pandan Jaya, 55100 Kuala Lumpur
+6018-396 4186
info@ergoprma.com
www.ergoprma.com



ERGONOMIC TRAINED PERSON (ETP) ADVANCED ERGONOMICS RISK ASSESSMENT (AERA) COURSE

AERA22001

LEARNING OBJECTIVES

- Describe the Guidelines on Ergonomics Risk Assessment at Workplace 2017
- Understand the purpose and the benefits of the guidelines
- Apply a systematic plan and an objective approach in
- identifying, assessing and controlling ergonomics risk factors in the workplaces
- Assess ergonomics risk by using suitable ergonomics risk assessment tools
- Plan and Conduct Advanced Ergonomics Risk Assessment
- Write Advanced Ergonomics Risk Assessment report
- Sharpen individual Speaking & Presentation skills.



RM1100 PER PAX

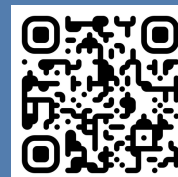
3 DAYS TRAINING

HRD CORP
HUMAN RESOURCE DEVELOPMENT CORPORATION
CLAIMABLE

DATE:
STATE:



CEP



SCAN HERE
TO REGISTER



AIDANORIDAYU SUTI

TRAINER PROFILE

- Trainer
- Part Time Lecturer
- Ergonomics Trained Person
- HFEM Member
- MSOSH Member (New) Trainer

WORK EXPERIENCES

- ErgoWorks Sdn Bhd (May 2011 – April 2019) Last position: Senior Technical (Ergonomics) Engineer
- Consist College (April 2019 – Recent),
- Part Time Lecturer In Ergonomics
- Freelance Assessor (April 2019 – Recent)

EDUCATION

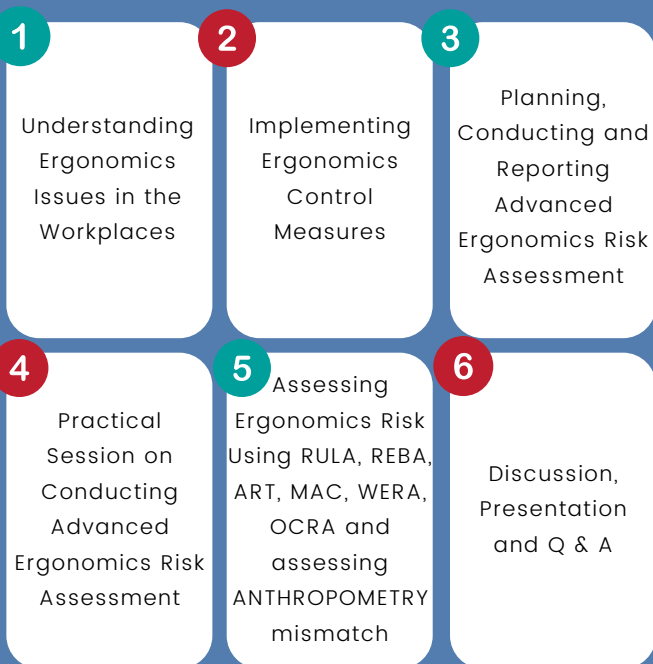
B. NG. (HONS.) MECHANICAL, UNIVERSITI INDUSTRI SELANGOR (UNISEL)

AREA OF EXPERTISE

- IErgonomics Risk Assessment (according to ERA Guidelines by DOSH 2017)
- Assessment for SOCSO ergonomics-related disease
- Office Ergonomics
- Plant Ergonomics
- Technical Writing
- Ergonomics Coaching (Hands-on and Telephonic)
- Lecturing / Training

CERTIFICATES AND COMPETENCY

- Ergonomics Trained Person (Initial and Advanced Ergonomics Risk Assessment)
- Train the Trainer
- Teaching permit
- Occupational Ergonomics
- Oil and Gas Safety Passport (OGSP)
- BOSET



DAY 1

TIME	TOPIC
08.15 am 08.45 am	Registration Overview of Guidelines on Ergonomics Risk Assessment at Workplace 2017
10.45 am 10.15 am	Tea Break Revision of Initial ERA - Body Symptom Survey (Nordic Cornell) Initial ERA Checklist
11.00 am 01.00 pm 02.00pm	Assessing Postures - RULA & REBA Lunch Assessing Repetitive Task / Manual Task - ART Tool
03.30 pm 04.00 pm	Tea Break Assessing Repetitive Task / Manual Task Continue
05.30 pm	End of Day 1

DAY 2

TIME	TOPIC
08.30 am	Assessing Forceful Exertion - MAC Tool, RAPP
10.00 am 10.15 am	Tea Break Assessing Forceful Exertion Continue
01.00 pm 02.00 pm	Lunch Assessing Workstation Configuration (ROSA, Anthropometry)
03.30 pm 03.45 pm	Tea Break Assessing Workstation Configuration Continue
05.00 pm	Introduction to Assessing Vibration and Environmental Factor
05.30 pm	End of Day 2

DAY 3

TIME	TOPIC
08.30 am	Ergonomics Control Measure
09.15 am 10.00 am 10.15 am	Advance ERA Report Tea Break Group Activity / Discussion - Conducting Advance ERA
01.00 pm 02.00 pm	Lunch Group Activity / Discussion Continue
03.30 pm 03.45 pm 05.00 pm 05.30 pm	Tea Break Group Presentation Summary & Closing End of Day 3