



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 TWO (2) 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 Initial Ergonomics Risk Assessment.

On Day 1, the focus will on understanding of the guidelines in general. On the other hand, on Day 2, in-class practical session on application of this guidelines will be held by using video case studies

ERGONOMIC TRAINED PERSON (ETP) INITIAL ERGONOMICS RISK ASSESSMENT (IERA) COURSE

IERA22001



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RM650 PER PAX
2 DAYS TRAINING

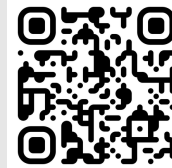
HRD CORP
HUMAN RESOURCE DEVELOPMENT CORPORATION

CLAIMABLE

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
- Write Initial Ergonomics Risk Assessment report
- Plan and Conduct Initial Ergonomics Risk Assessment
- Sharpen individual Speaking & Presentation skills.

Date: 2 - 3 March 2022
State: Kuala Lumpur



**SCAN HERE
TO REGISTER**

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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)

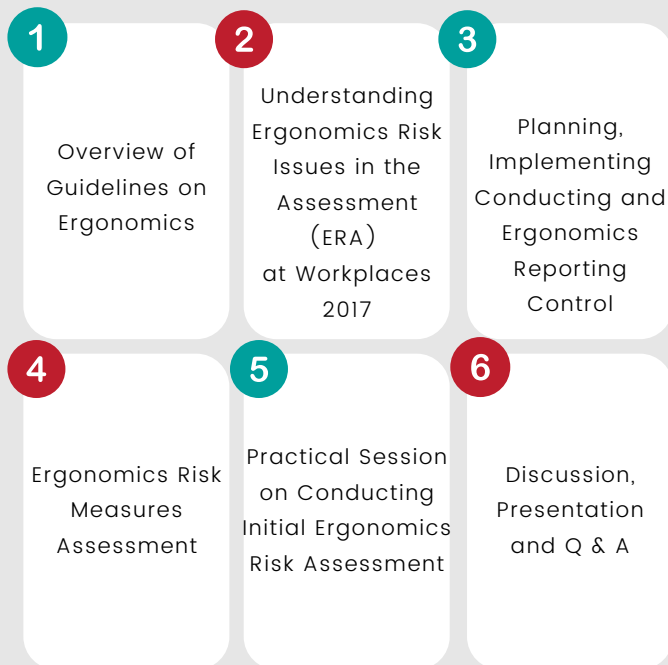
AREA OF EXPERTISE

- Ergonomics 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



COURSE CONTENT

DAY 1

TIME	TOPIC
9.00 am - 10.30 am	Introduction to Ergonomics
10.30 am - 10.45 am	Tea Break
10.45 am - 12.00 am	Ergonomics Risk Factors, Principles of Ergonomics & Risk of Injuries
12.00 am - 01.00 am	Provision of Safety & Health Act on Ergonomics
01.00 am - 02.00 pm	Lunch and Break
02.00 pm - 2.30 pm	Introduction to Guidelines ERA
2.30 pm - 04.00 pm	Planning and Conducting ERA
04.00 pm - 04.15 pm	Tea Break
04.15 pm - 05.15 pm	Ergonomics Control Measure

DAY 2

TIME	TOPIC
9.00 am - 9.45 am	Conducting Musculoskeletal Assessment
9.45 am - 10.30 am	Conducting Ergonomics Risk Factors Assessment
10.30 am - 10.45 am	Tea Break
10.45 am - 11.30 am	Initial ERA Results & Reports
11.30 am - 01.00 pm	Group Discussion – Case Study on Initial ERA
01.00 pm - 02.00 pm	Lunch and Break
02.00 pm - 03.00 pm	Group Discussion Continue
03.00 pm - 04.00 pm	Group Presentation
04.00 pm - 04.15 pm	Tea Break
04.15 pm - 05.15 pm	Initial ERA Report Writing Test