

## Ergonomics Awareness Training Outline

Repetitive action, prolong standing, manual handling of works are ergonomics risk factor which in long term may affect one's long term health. Ergonomics issue underlining of adapting the workstation activity to each individual capability as everyone are different in capability such as strength and height. This training is design to bring awareness of employee towards ergonomics risk factor and how they can adapt to minimize the risk in order to prevent health issue such as backpain, muscular disorder disease, fatigue and other health complication.

### WHAT WILL YOU LEARN?

- Understanding on ergonomics risk factor
- Understanding on how to prevent ergonomic risk factors

### OVERVIEW OF TRAINING

- Sign & symptoms of MSI
- Risk Factor - Force
- Risk factor- Repetition
- Risk factor- work posture
- Risk Factor – local contact stress
- Risk factor – duration & magnitude
- Potential health effect
- Treatment
- Move, exercise & stretching
- Work at proper height
- Reducing excessive motions
- Keep things in easy reach area
- Minimizing pressure points
- Best Practices

### WHO SHOULD ATTEND?

- Manager/ Department head
- Security guards/ Safety & Health committee
- Safety Officer/ Environment Officer
- Any interested employee



#### DO USE YOUR LEGS

Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.



#### DON'T USE YOUR BACK

Don't lift the load with your rear end high and your head low. Use your leg muscles, not your weaker low back muscles.



# Double Effect Sdn Bhd

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Time	Topics	Hour
0900 - 0915	Ice Breaking session	0.25
0915 – 0945	Type of ergonomics risk factor – force & repetition	0.50
0945 - 1000	Type of ergonomics risk factor – work posture	0.25
1000 - 1015	Group activity 1	0.25
1015 - 1045	Potential health effect	0.50
1045- 1100	Risk Factor – local contact stress	0.25
1100-1130	Risk factor – duration & magnitude	0.50
1130 - 1145	Video presentation on Ergonomics awareness	0.25
1145 - 1230	Move, exercise & stretching	0.75
1230 - 1330	Lunch Break	0.5
1330 – 1430	Reducing excessive motions	1.00
1430- 1500	Work at proper height	0.50
1500 - 1630	Keep things in easy reach area & Treatment	1.50
1630- 1700	Evaluation of Understanding & Q&A	0.50

## About the Trainer

Mr. Ang Chong Beng has graduated from University Sciences of Malaysia with Bachelor degree in Chemical Sciences in year 2005. He then pursue into joining the industry in production, Quality Assurance, Program management, Environment, Health and Safety. He poses a valid green book recognize by DOSH as Safety & Health Officer, as radiation protection officer (RPO) by AELB and certified first aider. As certified trainer by HRDF, he had completed the Train the trainer module and activity engaged in training field. He also involved in ISO 9001, ISO 14001, OHSAS 18001 and ISO 45001 Management system consultancy and knowledgeable in RBA (formerly known as EICC). He has also vast experience in Scheduled waste management, air pollution control and industrial effluent treatment system.