

Training Outline



Ergonomics Training Series

Ergonomic Training, Workplace Assessment and Body Symptom Survey

Ergonomic Assessments

Applying a scientific, evidence-based approach to your ergonomics process is important. The goal is to identify ergonomic risk factors, quantify them, and then make measurable improvements to the workplace, ensuring that jobs and tasks are within workers' capabilities and limitations.

The best approach for doing that is to make ergonomics an ongoing process of risk identification and risk reduction based on objective, scientific analysis of your workplace

Assessment Method Learning

Rapid Entire Body Assessment (REBA)

This tool uses a systematic process to evaluate whole body postural MSD and ergonomic design risks associated with job tasks. A single page form is used to evaluate required body posture, forceful exertions, type of movement or action, repetition, and coupling. A score is assigned for each of the following body regions: wrists, forearms, elbows, shoulders, neck, trunk, back, legs and knees. After the data for each region is collected and scored, tables on the form are then used to compile the risk factor variables, generating a single score that represents the level of MSD risk.

Rapid Upper Limb Assessment (RULA)

This diagnostic tool assesses biomechanical and postural load requirements of job tasks/demands on the neck, trunk and upper extremities. A single page form is used to evaluate required body posture, force, and repetition. Based on the evaluations, scores are entered for each body region in section A for the arm and wrist, and section B for the neck and trunk. After the data for each region is collected and scored, tables on the form are then used to compile the risk factor variables, generating a single score that represents the level of MSD risk.

Body Symptom Survey Learning

The Ergonomics Body Symptom Survey Program is running to meet the objective of preventing the occurrence of work-related musculoskeletal disorders, primarily those in the back, upper and lower extremities. The program deploys various strategies as follows;

1. Informs employees about musculoskeletal disorders and the risk factors that can cause or aggravate them.
2. Promotes continuous improvement in workplace ergonomic protection.
3. Encourages new technology and innovation in ergonomic protection.
4. Identifies design principles that prevent exposure to risk factors.
5. Ensures ongoing and consistent management leadership and employee involvement.

This program will benefit to employee as part of Ergonomic Protection Plan within the organization. It would later enable to equip the facilitation of health program through effective monitoring

Symptom surveys and special tests can offer a means for detecting problems that may be missed in more general medical exams and reports. Workers completing a symptom survey form can identify parts of their bodies that are experiencing increased levels of discomfort as a result of poor job design.

Course Objectives;

1. To understand values of applied ergonomics in plant working environment.
2. To gain knowledge and learn skills on how to assess workplace through ergonomics screening
3. To understand the onset of work-related musculoskeletal injuries through signs and symptoms
4. Strategy on managing chronic musculoskeletal injuries based on body symptoms survey results

Course Content

Introduction to applied ergonomics.

- Meaning of ergonomics
- The importance of ergonomics in the industry
- Ergonomics and OSH Act 1994
- The concept of work and injury interaction

Health effects due to poor ergonomics practices.

- Musculoskeletal injuries related to manual handling and activities in plant working environment
- Body symptoms survey for chronic musculoskeletal disorders

Identify problematic work practices and practical improvement.

- Identify good and bad work practices
- Example of low cost practical solutions

Practical: Methodology to perform ergonomics screening

- ✓ Practical: Prevention strategies for musculoskeletal injuries

Additional Value

Special offer for Management System Smart Tool*;

- ✓ **e-ERGONOMIC** use for assessing the risk at workplace through dynamic approach;

* Terms and Condition applied

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Why Us

Why OSH-ISIS Shall Be Your Preferred Partner

OSH ISIS provide a professional services motivated to design management system through dynamic platform for industry stakeholders.

More view on our system (click for viewing;



Simplified Management System






Hyperlinked Management System

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OSH-ISIS Provide Solution for:



OSH Training	OSH Smart Tool	OSH Consultancy	OSHE&Q Facilitation
	https://youtu.be/Nk4OVIOkcUA	e-HIRARC Program. A smart tool for assessing risk and danger at workplace	Sample: http://osh-isis.com/hirarc.xlsx
	https://youtu.be/ojkhfwsJyvE	Integrated Safety Inspection System. An integration program to comply OSH-related laws and OHSAS 18001	Sample: http://osh-isis.com/isis.xls
	https://youtu.be/D8Xotr76_cw	An effective management of OSH legal	