

Training Outline



Ergonomics Training Series

Basic Ergonomics

Course Overview:

Application of ergonomics knowledge covers all aspects of work improvement in the working environment such as safety, health, environment, efficiency and work standards. In the objective of the OSH Act 1994, it is mentioned the promotion of “working environment to fit the physiological and psychological needs of the workers”, in simple term it means applied ergonomics.

Course Objectives:

1. To understand the values of applied ergonomics.
2. To understand the adverse health effects of poor practice of ergonomics.
3. To identify, assess and control ergonomics risk factors.

Target Audience:

Safety & Health Officer, Industrial Engineers, Production Engineers, Maintenance Engineers, Other Engineering Groups, Industrial Hygienists, Hygiene Technicians.

Course Contents:

- 1. Introduction to applied ergonomics.**
 - ✓ Meaning of ergonomics.
 - ✓ The importance of Ergonomics in Industry
 - ✓ Ergonomics and OSH act 1994
 - ✓ The concept of primary tools
- 2. Health effects of poor practice of ergonomics.**
 - ✓ What are ergonomic risk factors?
 - ✓ How these injuries develop?
 - ✓ How to detect early symptoms of ergonomic related chronic injuries?

- ✓ Case studies: measuring level of injuries and symptoms of chronic musculoskeletal disorders.

3. **Identify, assess and control.**

- ✓ Basic ergonomics assessment form.
- ✓ Practical work improvements.
- ✓ Case studies and presentation.

4. **Planning for ergonomics at workplace**

- ✓ Basic ergonomics management for safety committees
- ✓ Cases studies.

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/Nk4OVIO_kcUA	e-HIRARC Program. A smart tool for assessing risk and danger at workplace	Sample: http://osh-isis.com/hirarc.xlsx
	https://youtu.be/ojkhfwsJv_vE	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	