

## ERGONOMICS AND MANUAL HANDLING

### OBJECTIVES

- Understand various risk factors involved in manual handling works
- Document worker's ability of manual handling
- Understand the connection between the environments, method of work and backache incidents
- Apply the principles of ergonomics to prevent backache incidents

### COURSE CONTENTS

- Back pain incidents control programme
- OSHA 1994 and SOCSO statistics
- Anatomy and Physiology of Human Backbone
- Identifying Risk Factors at Work
- Documentation of Physical Working Capacity and Capability for Manual Handling Work
- Task Analysis
- Workplace and Work Technique Assessment
- Economic Impact to Organisation as result of workers suffering backaches

### WHO SHOULD ATTEND

Administration Managers, OSH Practitioners, Safety / Factory / Production Managers Safety & Health Officers, S&H Committee Members, Occupational Health Doctors / Nurses Production / Maintenance Engineers

### METHODOLOGY

Lecturing, discussion & activities

### RESOURCE PERSON

**Dr. Avinash Khan** is a graduate of International Medical University. Currently, he is Assistant Director of Occupational Health at Department of Occupational Safety & Health (DOSHS) since February 2011. Along with enforcing the Occupational Safety & Health Act 1994 and Factory and Machinery Act 1967, his job scope includes OSH audits with emphasis on workers' health, investigation of work-related diseases, Safety and Health Officer training, implementation of OSH management systems and consultation with various industries on OSH-related issues. He believes his passion for pursuing better OSH practices among both employers and employees will help transform the Malaysian OSH landscape.

#### Duration

2 days

#### SSTC Member

RM 583.00

#### Non SSTC Member

RM 636.00

#### SME

#### Training Grant

RM190.80

\*all rates are inclusive  
of 6% GST

For more information or registration, contact:

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