

ERGONOMICS IN THE OFFICE

OBJECTIVES

- Understand work risk factors involved in the use of computers
- Identify the connection between health problems and the use of computers
- Evaluate the office workstation layout and working environment
- Apply control measures to improve current workstation layout and environment

COURSE CONTENTS

- OSHA 1994
- Introduction to Office Ergonomics
- Art of Seating
- Working with computers
- Visual comfort
- Stretching and Exercise Techniques

WHO SHOULD ATTEND

Administration Managers, OSH Practitioners, Safety Managers, Safety & Health Officers, Safety & Health Committee Members, Occupational Health Doctors/Nurse.

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 (DOSH) 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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