



## ERGONOMICS IN THE OFFICE

SABAH SKILLS & TECHNOLOGY CENTRE

### 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 K. Chand** 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 636.00

**Non SSTC Member**  
RM 689.00

**FSI's Member**  
RM 662.50

Fee is inclusive of refreshment, lunch, course materials and certificate of attendance

\*Rates inclusive of 6% GST

#### Sabah Skills & Technology Centre

No. 8, Jalan 1C, KKIP Selatan, Industrial Zone 1 (IZ1), KKIP, 88460, Kota Kinabalu, Sabah

Tel: 088-496613/4 (Ms. Jennifer/ Eveynne) Fax: 088-499615,

Email: [jennifer@sstc.org.my](mailto:jennifer@sstc.org.my) / [eveynne@sstc.org.my](mailto:eveynne@sstc.org.my)

Website : <http://sstc.org.my>