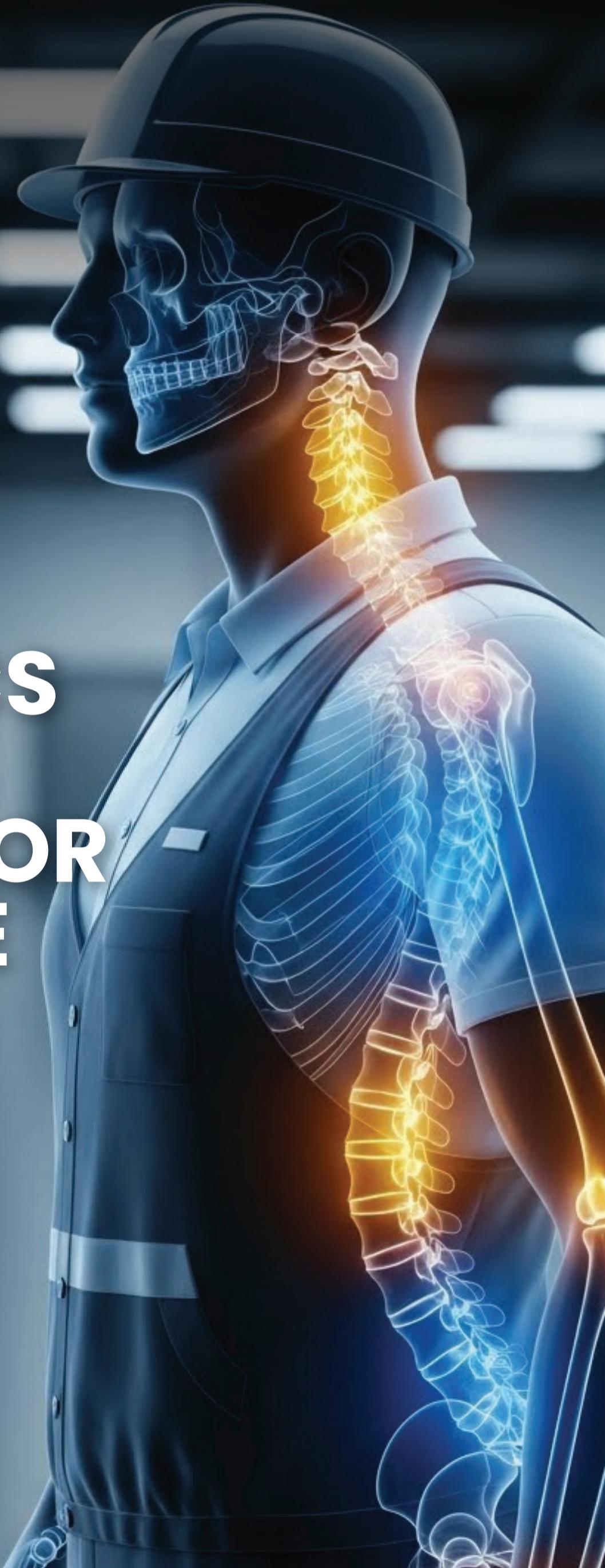


ERGONOMICS & MANUAL HANDLING FOR WORKPLACE SAFETY



**GROW YOUR TALENT,
GROW YOUR ORGANISATION.**



About this course

This course is designed to provide participants with comprehensive knowledge and practical skills in ergonomics and manual handling based on the latest DOSH Malaysia guidelines. The course aims to reduce workplace injuries related to poor posture, repetitive tasks, and unsafe manual handling practices. Participants will learn how to identify ergonomic and manual handling hazards, perform risk assessments, and apply effective control measures.

Who Should Attend?

Managers, Safety & Health Officer, Supervisor, SHC Members or workers involved in lifting, carrying, pushing, pulling or repetitive manual tasks

Learning Outcomes

By the end of this programme, participants will be able to:

1. Understand ergonomic principles and their importance in workplace safety.
2. Recognize ergonomic and manual handling hazards in different work settings.
3. Conduct basic ergonomic and manual handling risk assessments



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RICHWORKS™
CORPORATE TRAINING

ERGONOMICS PRINCIPLES, LEGAL FRAMEWORK & RISK ASSESSMENT



MODULE 1, 2

1. Introduction to Ergonomics and Its Importance
2. Legal Framework and DOSH Guidelines



MODULE 3, 4

3. Ergonomic Risk Factors and Musculoskeletal Disorder (MSDs)
4. Ergonomic Risk Assessment (ERA)



MANUAL HANDLING SAFETY, ASSESSMENT & RISK CONTROL



MODULE 5, 6

5. Introduction to Manual Handling
6. Manual Handling Risk Assessment



MODULE 7, 8

7. Safe Manual Handling Techniques
8. Risk Control and Workplace Ergonomic Improvement



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SCAN QR CODE FOR DETAIL INFO



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