

LIMITED SEATS AVAILABLE
REGISTER NOW!



ERGONOMICS, MANUAL HANDLING & OSH TRAINING.

26 - 27 July 2023

9am - 5pm

Iconic Hotel Penang

WHAT WILL YOU LEARN

On the first day, you will learn the principles of ergonomics and how to apply them in various settings. You will gain an understanding of good working practices that promote ergonomics and prevent pain or injury. Through the course, you will learn how to identify work tasks that may contribute to discomfort or harm and explore practical solutions to improve ergonomics in those situations. Additionally, you will have the opportunity to learn back strengthening exercises, which can enhance your physical well-being and support proper posture. By the end of the course, you will be equipped with the knowledge and skills to create a safer and more comfortable work environment while also taking care of your own health and well-being.

On the Second day, you will learn about the basic legal requirements and compliance under the Occupational Safety and Health Act (Amendment) 2022. You will gain an understanding of the significant changes in the Act compared to the previous version (OSHA 1994), as well as the duties of employers, manufacturers, designers, principals, and employees. Additionally, you will learn methods to identify hazards, conduct risk assessments, and devise actions to prevent or reduce accidents. The course will cover the purpose of safety periodic inspections and audits, along with determining appropriate corrective actions. You will also understand the importance of establishing an emergency response plan at the workplace. Recognizing the needs and expectations of employees, understanding their rights, and identifying their training needs will be emphasized. Furthermore, you will gain insights into the key success factors of an effective Safety & Health Committee and how to foster a culture of safety in the workplace. Lastly, the course will cover the various penalties associated with contravening the requirements of the Act.

Upon completion of the of the training, participants will receive an online Certificate of Completion from MRC.

THE TRAINER

01



Mr. Yusof Bin Kadikon

Ergonomic Consultant, a trainer at NIOSH on Ergonomics and Manual Handling at Work Place (EMHW), has various experience on ergonomics assessment and Safety and Health Officer Certificate Course (DOSH) & Ergonomic Trained Person Trainer. He holds a Master of Engineering Management from UPM with emphasis in Ergonomics and Human Factor Engineering.

02



Mr. Asogan Nadaraj

A certified Trainer endorsed by Pembangunan Sumber Manusia Berhad (PSMB) and National Institute of Occupational Safety and Health (NIOSH) authorized to conduct Occupational Safety and Health Training in Construction and General Industry.

WHO SHOULD ATTEND

SAFETY HEALTH
COMMITTEE

OSH COMMITTEE
MEMBERS

FACTORY / PRODUCTION /
SAFETY MANAGERS

SAFETY & HEALTH
OFFICERS

SUPERVISORY
PERSONNEL

TECHNICIANS

OSH
CONSULTANT

OTHERS WHO
ARE INTERESTED
IN OSH

EXECUTIVE/
MANAGEMENT

WORKERS
REPRESENTATIVE

HOW TO REGISTER?

Please log on to www.myrubbercouncil.com and register online **HERE**

+ **RSVP by 21st July 2023**

+ **Complimentary
for MRC Members**

CONTACT DETAILS:

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