

Ergonomics at the Workplace

Course Code: ASKEWP

Course synopsis: Most injuries that happen at work are caused by physical stress and strain, such as sitting in the same position for a long time, making repetitive movements, and overuse. These injuries can cause stress and strain on your muscles, nerves, tendons, joints, blood vessels, and spine.

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks. It focuses on how things are set up in your office work space.

This course is recommended for anyone who works and performs office based job or manual handling job (Intended for workers of all categories, from worker on the ground to Managers in the office)

Course Objectives: By the end of the course, you would have a clear understanding of Ergonomics, Benefits and Ready to apply Ergonomics at Workplace as well as all aspects of life.

Course Outline:

- Introduction of Ergonomics
- Importance and Elements of Ergonomics
- Risk Factors involved and identifiers
- Analysing Standards
- Consequences Poor Ergonomics
- Definition of Musculoskeletal Disorders
 - Various MSDs
 - Causes of Each Disorders
 - Cure & Management
- Office Ergonomics
 - Common Bad Practices
 - Corrective measures
- Risk factors and Bad Practices in Manual Handling
- Preventive Measures
- Recommended Practices and Standards

Course Duration: 1 day (8 hours), 9:00am - 5:00pm

Course Fee: \$374.50 (Inc. GST) per participant

Course Date: Refer to Training Calendar <http://asktraining.com.sg/calendar>



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