

Training Workshop : Understanding Ergonomics

★ **4 SDU / CPD Points** ★ <pending approval>

19 Nov 2018 (9:00am to 1:15pm)

Block 465, North Bridge Road, #02-5071, Singapore 191465

(3 min walk from Lavender MRT / ICA Building)

Synopsis

The workshop provides an in depth understanding on ergonomics. Participants will learn Good ergonomics practices and the application of sound ergonomics principles to reduce workplace illness and injuries, thus increasing productivity.

Date :	19 Nov 2018	Time:	9:00am to 1:15pm (4 contact hrs)	Fee:	\$120.00 per pax (No GST)
Venue :	Block 465, North Bridge Road, #02-5071, Singapore 191465 (3 min walk from Lavender MRT / ICA Building)			Enquires:	6535 5338 / 8821 8265 info@aceehss.com
Certification:	A certificate of participation will be issued to individual participant.			SDU / CPD Pts	4 (pending approval)

Target Participants:	<ul style="list-style-type: none"> ▪ WSH professionals ▪ Engineers ▪ Top / Middle Management ▪ Supervisors
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Outline and Learning Outcomes

Registration:	0845 to 0900	
Outline:	What is Ergonomics?	Duration: 0900 to 0915
Learning Outcomes:	Participants shall gain knowledge of the following: <ul style="list-style-type: none"> ▪ Overview of Ergonomics. ▪ Importance of Ergonomics. 	
Outline:	Musculoskeletal Disorders (MSDs)	Duration: 0915 to 1030
Learning Outcomes:	Participants shall gain knowledge of the following: <ul style="list-style-type: none"> ▪ Overview of Musculoskeletal Disorders. ▪ Relationship between Ergonomics and Musculoskeletal Disorders. ▪ Injuries and illness caused by Musculoskeletal Disorders. ▪ Risk factors, prevention and control of the risks related to Musculoskeletal Disorders. 	
Break:	1030 to 1045	
Outline:	Ergonomics Programme	Duration: 1045 to 1230
Learning Outcomes:	Participants shall gain knowledge of the following: <ul style="list-style-type: none"> ▪ Systematic approach to manage ergonomic hazards and issues at the workplace. ▪ Components of Ergonomics Programme <ul style="list-style-type: none"> ➢ Management commitment ➢ Employee Involvement ➢ Training and Education ➢ Hazard Identification ➢ Workplace Monitoring, Reporting and Medical Management ➢ Programme Implementation ➢ Evaluation and review 	
Outline:	Case Studies and Discussion	Duration: 1230 to 1315
Learning Outcomes:	Participants shall enhance their learning via case studies, discussion and sharing of real life experiences.	



Training Workshop: Understanding Ergonomics
Reply to Email: info@aceehss.com / Fax: 6234 0829

REGISTRATION FORM <Training Workshop : Understanding Ergonomics>

Course Dates:	19 Nov 2018		
Time:	9:00am to 1:15pm		
Venue:	Block 465, North Bridge Road, #02-5071, Singapore 191465 (3 min walk from Lavender MRT / ICA Building)		
Fee:	\$120.00 per participant (NETT, No GST)	SDU / CPD Pts	4 (pending approval)

Company Contact Details

Company Name:			
Address:			
Contact Person:			
Designation:			
Tel:		Fax:	Mobile:
Email:			

Participant 1 Details

Name :		NRIC / ID / Passport No.:	
Designation:			
Tel:		Fax:	Mobile:
Email:			

Participant 2 Details

Name :		NRIC / ID / Passport No.:	
Designation:			
Tel:		Fax:	Mobile:
Email:			

PAYMENT

All training fees are to be paid via cheques or bank transfer before course commencement.

Cheque payable to : **Ace EHS Singapore Pte Ltd** Bank Transfer: **OCBC Bank 539-886010-001**
Mailing Address : **Bukit Timah Post Office, PO Box 250, Singapore 915809**

TERMS AND CONDITIONS

1. No cancellation upon confirmation. Full course fee is chargeable upon confirmation.
2. Training arrangements such as course dates, times and venues are subjected to changes in the event of unforeseen circumstances.

CONFIRMATION

Please return the completed form via [Email: info@aceehss.com](mailto:info@aceehss.com) or Fax: 6234 0829

Name		Signature		Company Stamp (if applicable)	
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