BASIC ERGONOMICS FOR A BETTER WORKPLACE

7 DECEMBER 2026 | 9.00AM - 5.00PM | MEF ACADEMY CENTER, PJ

Course Overview

Ergonomics is essential for creating safer, healthier, and more productive workplaces across all industries. Employees in manufacturing, logistics, healthcare, construction, retail, offices, and service sectors are often exposed to ergonomic risk factors such as repetitive movements, awkward postures, manual handling, and prolonged sitting or standing, which can lead to work-related musculoskeletal disorders (WMSDs) and reduced productivity.

This one-day programme provides participants with practical knowledge to identify ergonomic hazards, understand common musculoskeletal injuries, and implement effective workplace improvements. Through real-life examples and practical guidance, participants will learn how to enhance workstation design, work practices, and the work environment to reduce injury risks and improve overall workplace performance.

Who Should Attend

Safety and Health committee members, SHO and material handlers

Learning Objectives

With the knowledge and skills acquired at the end of the training programme, the trainees will be able to understand the ergonomics risk factors associated to the job that can affect the musculoskeletal and mitigation to improve work condition.



Course Registration

RM1000
(Price Inclusive of 8% SST)
HRDC Claimable*

7 DECEMBER 2026 - BASIC ERGONOMICS FOR A BETTER WORKPLACE – Fill out form

adminmefa@mef.org.my
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Course Structure

	Day 1	
8:30-9:00	**Registration of participants**	
9:00 -10:30	**i)**	**Introduction to Ergonomics** • **What is ergonomics?** • **How can ergonomics improve productivity?** • **How can ergonomics implementation improve work condition?**
10:30 – 10:45	**BREAK**	
10:45 – 13:00	**ii)**	**Stressors and risk factors** • **Understanding the neutral posture and reach envelope** • **Understanding risk factors i.e., static and sustained work posture, forceful exertion, contact stress, repetitive motion,awkward posture, vibration and environmental risk factors.**
13:00 – 14:00	**LUNCH**	
14:00 – 15:30	**iii)**	**Common injuries** • **Work related musculoskeletal disorder** • **Work related lower limb musculoskeletal disorder** • **Work related upper limb musculoskeletal disorder**
15:30 – 15:45	**BREAK**	
15:45 – 17:00	**iv) Mitigation to improve work and work environment**	
	• **Action plan for implementation for workstation.** • **Material and tools handling** • **Work environment**	

Trainer Profile



ANIS FAHMY BIN PAUZI
- Senior OSH Consultant

A master's of science degree holder in OSH management awarded by Universiti Utara Malaysia. He started his career with NIOSH Malaysia in 1998. His job description includes training, audits, consultancy for industries, private sectors and government agencies. In 2003 he joined Malaysian Employers Federation as an Associate Consultants- OSH and was entrusted to advice member companies of the Federation on OSH legal compliance. His main function includes representing MEF in various technical committee in the Industrial Safety Standard Committee, Department of Standard Malaysia. For the last 22 years he is a member of the technical committee for safety of machinery and technical committee for ergonomics and technical committee occupational setting. He was involved in various publication such as Guidelines on Occupational Safety and Health Act 1994 – published by the DOSH, "Garis Panduan Keselamatan dan Kesihatan Pekerjaan" – Ministry of Health, Malaysian Standard on Occupational Health and Safety Management Systems ISO 45000 and various industrial standard related to OSH.

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