

# Managing Hazards at Workplace

Zero compromise towards safety.



**20-21 APRIL 2022**

**• 9AM-5PM •**

**UCSI EMPLOYEES ARE  
ENCOURAGED TO ATTEND**

This course is designed to impart the understanding of occupational hazard at workplace. It will provide areas of employee responsibilities in implementing and complying good behavioural of procedures at work during endemic and post pandemic of covid. It will also outline the importance of ergonomic in employees daily life thus providing an understanding of psychosocial hazard in workplace and good environment setup in accordance to DOSH guideline. You will also be made aware of procedures of claim pertaining to injury occurred at workplace or on the way to workplace through SOCSO

# PROGRAMME OUTLINES

## 1. Covid-19

- Definition of covid19 in workplace
- Latest practice covid 19 in workplace
- Post covid infection
- Long covid

## 2. Ergonomics

- Definition of ergonomic
- Legislation scope for ergonomic
- Principle of ergonomic
- Ergonomic risk factor

## 3. Psychosocial hazard

- Types of Psychosocial Hazards and Their Control
  - Fatigue
  - Shift Work
  - Stress
  - Bullying in the Workplace
  - Workplace Violence
  - Working Alone
- Psychosocial risks during COVID-19 pandemic

## 4. Office safety according DOSH guideline

- Noise
- Lighting
- Vibration
- Sitting at work
- Working with video display terminal
- Standing at work

## 5. Exercises in workplace,

- Wrist hand and arm Stretch
- Neck, shoulder, and chest Stretches
- Full Torso Stretch
- Low body stretch

## 6. The procedure to claim from SOCSO.

- Background of SOCSO
- Employment Injury
- Benefit under Employment Injury
- Claim Procedure to SOCSO

## A BIT ABOUT ME



## TS KHAIRUL FAHZAN BIN SALLEH

He has than 10 years of working experience in TVET education and has experience in various fields - electrical, medical electronic, OSH and ergonomic. Passionate in developing technical skill and OSH. Some of his credentials are listed as per below,

- Competent person Safety and Health Office (SHO) recognized by DOSH (Department of Occupational and Safety & Health)
- Trained person for Ergonomic (ETP) initial and advanced recognize by DOSH
- Certified BTEC Level 3 (EastWood Park UK) in Electrical Safety
- Certified TTT (NIOSH) The National Institute for Occupational Safety and Health
- Certified TTT by HRD Corp Malaysia
- Currently pursuing his PHD in Industry Safety (completing in September 2022)