

Fitwork: Ergonomics Excellence in Compliance with OSHA

24 May 2024 | 9 AM - 5 PM |

Venue: Edelweiss Room, Level 2, Le Quadri Hotel

Overview

Safety is an operational function, while an accident is an operational failure. Unsafe working conditions, unsafe acts of personnel or a combination of both causes most of all accidents and injuries. An unsafe condition is created by improper control of the physical, mechanical, and environmental exposures of the workplace. An unsafe act is a violation of an accepted work practice or method. Careful control of conditions and acts will prevent accidents and injuries and improve operational efficiency.

Therefore, this training will outline minimum standards for the Occupational Safety and Health for workers in the office. The purpose of this guide is to provide practical advice on the principal office hazards that should be controlled in order to prevent accidents and work-related disease. It is important to create a comfortable working environment so that workers feel less exhausted and stressed in places where they have to spend long hours. Creation of a comfortable working environment is also believed, will enable workers to put their abilities to use more effectively and revitalize workplaces.



**Irwin Teguh
Satya Hidayat**

Program Objective

- Participant should know how to identify the hazard and know how to do report when they see the hazard
- To understand the types of incidents in the workplace
- To understand the method to prevent accident at the workplace

For more information, kindly contact Ridhwan from GHR (Ext 2417) and submit TRF to muhammadridhwan@ucsigroup.com.my