



<b>COURSE TITLE</b>	: Ergonomic Trained Person for Advanced Ergonomics Risk Assessment	<b>COURSE CODE</b>	: ERA2
<b>COURSE DURATION</b>	: 4-day(s) / 24.75-hour(s)	<b>COURSE LEVEL</b>	: Intermediate
<b>COURSE CATEGORY</b>	: Competency		
<b>HRD CORP SCHEME</b>	: Claimable		
<b>COURSE FEE</b>	: RM1,696.00 (inclusive of 6% SST)	<b>EXAMINATION FEE</b>	: RM300.00
<b>TOTAL FEE</b>	: RM1,996.00 (inclusive of 6% SST)		

**1. OBJECTIVE(S):**

At the end of the course, the participant will be able to:

- i. Understand the fundamental of ergonomics assessment method corresponding to each ergonomics risk factor.
- ii. Select appropriate method for assessment of each corresponding ergonomics risk factor.
- iii. Perform advanced ergonomics risk assessment of workers for each work activity at workplace based on DOSH ERA Guidelines at Workplace.
- iv. Suggest appropriate risk control methods.
- v. Produce advanced ERA Report.

**2. TARGET GROUP(S):**

- i. Safety and Health Officers / Executives.
- ii. OSH / Ergonomics Consultant.
- iii. Safety and Health Committee members.
- iv. Academician.
- v. Occupational Health practitioners.
- vi. Ergonomics Team Members / Focal Persons.

**3. ENTRY REQUIREMENT(S):**

- i. Attended and passed Ergonomics Trained Person for Initial Ergonomics Risk Assessment (ERA1).
- ii. Able to read and write in Malay / English.
- iii. Malaysian citizen.



**4. TOPIC(S):**

- i. Overview of ERA Guideline & Initial ERA.
- ii. Introduction to Advanced ERA.
- iii. Selection of ERA Method.
- iv. ERA Tools & Instruments.
- v. Postural, Force & Repetition Assessment Method.
- vi. Workstation Design, Vibration & Environmental Assessment.
- vii. Advanced ERA Report Writing.
- viii. Ergonomics Control Measures.

**5. LIST OF REFERENCE BOOK(S):**

- i. Occupational Safety and Health Act 1994.
- ii. Guidelines on Ergonomics Risk Assessment at Workplace 2017.

**6. LIST OF TEACHING AID(S):**

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Discussion.
- iii. Case study.
- iv. Demonstration.
- v. Group presentation.



**COURSE TITLE: ERGONOMIC TRAINED PERSON FOR ADVANCED ERGONOMICS RISK ASSESSMENT**

**DAY ONE**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	NIOSH
0900 - 1030	1.00	Overview of ERA Guideline & Initial ERA	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Introduction to Advanced ERA	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Selection of ERA Method	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1700	1.25	ERA Tools & Instruments	
	<b>6.50</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 - 1030	1.50	Postural Assessment Method <ul style="list-style-type: none"> <li>• RULA method</li> <li>• REBA method</li> <li>• Other methods</li> </ul>	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Force Assessment Method <ul style="list-style-type: none"> <li>• MAC tool</li> <li>• RAPP tool</li> <li>• Other methods</li> </ul>	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Repetition Assessment Method <ul style="list-style-type: none"> <li>• OCRA method</li> <li>• Other methods</li> </ul>	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1700	1.25	Continuation	
	<b>6.50</b>	<b>END OF DAY TWO</b>	

 	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	COURSE SCHEDULE		
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### DAY THREE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 - 1030	1.50	Workstation Design Assessment • ROSA method • Anthropometry	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Continuation	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Vibration Assessment • Whole body vibration • Hand arm vibration	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1700	1.25	Environmental Assessment • Noise • Extreme Temperature • Lighting	
	<b>6.50</b>	<b>END OF DAY THREE</b>	

### DAY FOUR

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 - 1030	1.50	Advanced ERA Report Writing	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1200	1.25	Ergonomics Control Measures • Ergonomics Management Program • Engineering Control • Administrative Control • PPE	
1200 - 1300	1.00	Report Writing Preparation & Presentation	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Continuation	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1600	0.25	Examination Briefing	ECD
1600 - 1730	1.50	Paper 1 - Multiple Choice Questions	ECD
	<b>5.25</b>	<b>END OF THE COURSE</b>	

**Note:** Participant is required to submit individual report within 6 weeks after completion of the course.