

**Course Overview:**

This is training package on Ergonomics and Manual Handling. It was design in according to the ergonomics and manual handling management, knowledge and prevention of ergonomic effect from daily working activities and manual handling. Ergonomic is a science dealing with the application of information on human physical and psychological characteristics to the design of the work handling environment. Most of all employees exposed to ergonomic and manual handling risk required to be trained in order to minimize the possibility of them to get ergonomics effect. Knowledge & skill on the right method of handling things such as machineries, computers, lifting, setting and prolong standing is very important in order to produce high performance and efficiency on output or production with minimum effect of human ergonomics effect.

**Course Objective:**

Upon completion of the course, participants will be able to:

- Understand the ergonomic management and the effect of improper handling of work,
- Understand the spatial relationships between the equipment and worker's movement in the area.
- Able to identify the method used for manipulating, securing and otherwise using hand tools, including the force required for gripping or actuating the tools.
- Understand the means of repetitive trauma or repetitive multiple trauma disorder, carpal tunnel syndrome, white finger and muscular diskette disorder.

**Course Outline:****Who Should Attend:**

- Factory / Production / Purchasing Managers, Executives and Workers
- Management / Human Resources Managers, Executives and Workers
- Engineers and Technicians
- Safety and Health Officers
- Safety and Health Committee / Leaders
- Supervisors or Union Representatives
- All other worker involving in daily manual handling task

**Training Language:**

English-Arabic

**Training Methodology:****Theory Session**

- Dynamic & highly engaging presentation
- Interactive and fun
- Attention-grabbing audio-visual aids, real scene photographs, video clips, multimedia presentation

**Practical session**

- Hands-on experience
- Participant centered