



## ERGONOMIC AWARENESS



**OCTOBER**  
07 OCT 2026 (1 Day)



Mile 9, Jalan Labuk Lama,  
90000 Sandakan, Sabah



RM 972.00 Inclusive 8% SST



**SPEAKER:**  
Zariman Zainuddin

Register here:



Plant Manager, Mill Manager,  
Maintenance Manager, Steam Boiler  
Engineer Grade 1&2, Steam Boiler  
Operator Grade 1&2, Safety & Health  
Officer, Steam Boiler Operator Grade  
1&2, Plant Supervisor.etc

Contact us now to discuss your  
team's training needs.



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## **TRAINING OUTLINE & AGENDA**

|                          |                                        |
|--------------------------|----------------------------------------|
| <b>TITLE</b>             | <b>: ERGONOMIC AWARENESS ( 1 DAY )</b> |
| <b>TRAINING PROVIDER</b> | <b>: MATRIX SKILLS ACADEMY SDN BHD</b> |
| <b>DURATION</b>          | <b>: 1 Days</b>                        |
| <b>SPEAKER</b>           | <b>: En. ZARIMAN ZAINUDDIN</b>         |

### **Course Overview:**

This training introduces ergonomic principles based on Guidelines on Ergonomics Risk Assessment at Workplace to reduce workplace injuries and improve productivity.

Participants will be able to:

- Identify ergonomic hazards
- Understand MSD risks
- Improve workplace ergonomics

## **TRAINING AGENDA**

|              | <b>TIME</b>   | <b>DESCRIPTION</b>                                                                         |
|--------------|---------------|--------------------------------------------------------------------------------------------|
| <b>DAY 1</b> | 8.00 - 9.00   | REGISTRATION DAY & PRE-TEST                                                                |
|              | 9.00 – 10.30  | INTRODUCTION TO ERGONOMICS<br>-DEFINITION AND IMPORTANCE<br>-TYPES OF ERGONOMICS HAZARDS   |
|              | 10.30 – 10.45 | TEA BREAK                                                                                  |
|              | 10.45 – 12.30 | ERGONOMICS RISK FACTORS<br>-FORCE, POSTURE, REPETITION, DURATION<br>-MANUAL HANDLING RISKS |
|              | 12.30 – 13.30 | LUNCH BREAK                                                                                |
|              | 13.30 – 15.00 | MUSCULOSKELETAL DISORDERS ( MSDs )<br>-CAUSES AND SYMPTOMS<br>-PREVENTION STRATEGIES       |

|  |               |                                                                                                       |
|--|---------------|-------------------------------------------------------------------------------------------------------|
|  | 15.00 – 15.15 | TEA BREAK                                                                                             |
|  | 15.15 – 16.30 | ERGONOMIC ASSESSMENT & IMPROVEMENT<br>-BASIC ERGONOMIC ASSESSMENT<br>-WORKPLACE IMPROVEMENT SOLUTIONS |
|  | 16.30 – 17.00 | POST-TEST & CLOSING                                                                                   |