



INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

KURIKULUM KURSUS
COURSE CURRICULUM

TEL: 03 - 8911 3800 FAX: 03 - 8926 3900
URL: www.niosh.com.my



COURSE TITLE	: Ergonomic Trained Person for Advanced Ergonomics Risk Assessment	COURSE CODE	: ERA2
COURSE DURATION	: 4-day(s) / 24.75-hour(s)	COURSE LEVEL	: Intermediate
COURSE CATEGORY	: Competency		
HRD CORP SCHEME	: Claimable		
COURSE FEE	: RM1,728.00 (inclusive of 8% SST)	EXAMINATION FEE	: RM300.00
TOTAL FEE	: RM2,028.00 (inclusive of 8% 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	
	6.50	END OF DAY ONE	

DAY TWO

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

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	
	6.50	END OF DAY THREE	

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
	5.25	END OF THE COURSE	