



Ergonomics

27 – 28 February 2020

Introduction

This course serves to help participants understand and apply ergonomics or human factors principles to the workplaces.

Aches are common at the workplace especially when the job requires the body to be in the same position for long hours. Moreover, poor body posture adds on to these discomforts commonly found in working individuals.

Knowing how to apply ergonomics at work can help prevent musculoskeletal disorders and improve productivity. You will be taught how to do conduct ergonomics evaluation for offices and industrial sites and give recommendations for workplace design among other interesting modules.

Course Objectives

- 1) Understand the principles of Ergonomics
- 2) Understand anthropometry and its application in workplace design
- 3) Understand and apply tools and methodologies to assess risk factors in office and industrial settings
- 4) Understand and apply methodologies in evaluating manual handling.
- 5) Understand and apply the Singapore Standard SS514 Code of Practice for Office Ergonomics

Course Outline

- 1) Musculoskeletal Systems and Disorders
- 2) Ergonomics Risk Assessment
- 3) Anthropometry
- 4) Ergonomics Programme Development
- 5) Office Ergonomics
- 6) Manual Handling

Target Audience

- Occupational Therapists
- Physiotherapists
- Occupational Health & Safety Professionals
- Industrial Nurses
- Staff from Safety Network

Course Details

Date	: 27 – 28 February 2020 <i>(Half-day follow-up on 27 March 2020 - for Occupational Therapists only)</i>
Duration	: 2 days
Time	: 9.00 am – 5.00 pm 9.00 am – 1.00 pm <i>(follow-up session)</i>
Venue	: Therapy Skills Training Lab Academia Level 1 20 College Road, S (169856)

Fee (incl of 7% GST)	SingHealth staff/ SAOT or SPA Member	Regular
2 days	S\$415	S\$460
2.5 days (OTs only)	S\$520	S\$580

Teaching Faculty

Patrick Ker is a Senior Principal Occupational Therapist at Singapore General Hospital. He holds a Master of Science & Technology in Ergonomics and pioneered the development of ergonomic consultation services in SGH. His clinical practice also includes providing treatment for people with musculoskeletal disorders.

With a rich experience in ergonomics, Patrick was involved in the development of the Singapore Standard Code of Practice for Office Ergonomics and the Code of Practice for Manual Handling. He was also involved in developing ergonomic guidelines for the hotel and logistic industries. He regularly conducts ergonomics and workplace health consultation, evaluations and training within SGH and in various organisations such as statutory boards, companies and schools.

Registration

Miss Joyce Lee
Email: joyce.lee.g.l@sgh.com.sg



Quick Links

- [FAQs](#)
- [PGAHI Programmes](#)
- [Training Calendar and Directory](#)



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Submit your registration form to **Joyce Lee** at joyce.lee.g.l@sgh.com.sg by **31 January 2020!**

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the terms & conditions of PGAHI.

Quick links: [FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

PARTICIPANT'S PARTICULARS	
Name <i>(to be reflected on cert)</i> :	
Contact no.:	
Email:	
Profession: <input type="checkbox"/> AHP <i>(please indicate)</i> : _____ <input type="checkbox"/> Doctor <input type="checkbox"/> Nurse <input type="checkbox"/> Others: _____	
Department:	
Organisation:	
PRN/ MCR/ Nursing no. <i>(if applicable)</i> :	SAOT/ SPA Membership no. <i>(if applicable)</i> :

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before **31 January 2020**. There will be no refund of course fee for cancellation on or after **31 January 2020**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

For **cheque payment**, please issue a **crossed cheque** payable to “**Singapore General Hospital Pte Ltd**” and mail the cheque attention to **Joyce Lee, SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856**.

For **invoice to organisation**, please complete the below billing details:

BILLING DETAILS
Bill to:
Billing address:
Attention invoice to <i>(name & department)</i> :
Email of addressee:
Contact no. of addressee:

I consent to Singapore General Hospital and its related corporations (collectively ‘SingHealth’), their agents and SingHealth’s authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.