



# Ergonomics

**21 – 22 February 2022 (Main session)**

**25 March 2022 (Follow-up session)**

## Introduction

Ergonomics (or human factors) is the scientific discipline concerned with the understanding of interactions among humans and other elements of a system. It involves the application of theories, principles, data and methods to design in order to optimize human wellbeing and overall system performance.

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

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) Comprehend anthropometry and its application in workplace design
- 3) Apply tools and methodologies to assess risk factors in office and industrial settings
- 4) Employ methodologies in evaluating manual handling.
- 5) Use 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

## 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.

## Course Details

Date	: 21 -22 February 2022 (Main session) 25 March 2022 (follow-up session)
Time	: 1.00 pm – 5.30 pm
Duration	: 3 half days
Class size	: 25 pax
Device required	: Laptop/ Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date)

Fee (incl of 7% GST)	SingHealth Staff SAOT or SPA Member	Regular
Main session only	\$450	\$510
Main session + Follow-up	\$500	\$570

## Follow-up session

Participants are required to do a case presentation at the follow-up session. Participants who completed the case presentation will be given a Certificate of Completion. Participants who attended the main session only will be given a Certificate of Attendance.

## Target Audience

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

## Registration

To register, scan the following QR code or click on the web link. Registration closes on **31 Jan 2022, Monday**.



<https://form.gov.sg/6163b910a8ffec00135718fc>

Upon registration, you agree to PGAHI [Terms & Conditions](#).

## Quick Links

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