



# Ergonomics

**6 September 2024 (Main session)**

**4 October 2024 (Extended Learning 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) Apply tools and methodologies to assess risk factors in office and industrial settings
- 3) Employ methodologies in evaluating manual handling.
- 4) Comprehend anthropometry and its application in workplace design
- 5) Use of Singapore Standard SS514 Code of Practice for Office Ergonomics

## Course Outline

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

## Teaching Faculty

**Adj Assoc Prof 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 & Time	: <b>Main session (Face-to-Face)</b> 6 September 2024   9.00 am – 5.00 pm Venue: Therapy Skills Training Lab, Academia Level 1 20 College Road, S(169856)
	: <b>Extended Learning Session (Live Online)</b> 4 October 2024   1.00 pm – 5.00 pm (Meeting details will be provided by a later date)
Duration	: <b>Main session: 7 hours</b> <b>Extended learning session: 4 hours</b>
Class size	: <b>25 pax</b>
Training Mode	: <b>Blended Learning</b>
Device required	: <b>Laptop/ Desktop for Extended Learning Session</b> (with microphone, speaker and webcam)

Fee (inclusive of 9% GST)	SingHealth Staff SAOT or SPA Member	Regular
Main session only	\$630	\$700
Main session + Extended learning	\$750	\$830

## Extended Learning Session

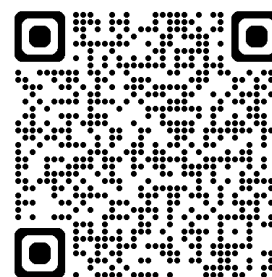
Participants attending the extended learning session will present a case study from their own clinical practice. A Certificate of Achievement will be given upon successful completion of case presentation. Participants who attended the main session only will be given a Certificate of Attendance.

## Target Audience

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

## Registration

To register (internet access is required), scan the following QR code or click on the web link. Registration closes on **16 August 2024 (Friday)**



<https://form.gov.sg/6632fe413346fc31f0a3bd82>

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

## Quick Links

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