MAWA EVENTS

Address: No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

Phone: +601116373203 | **Email:** info@mawaevents.net

ERGONOMICS & MANUAL HANDLING IN THE WORKPLACE

"Improve Safety, Reduce Injuries, and Enhance Productivity through Ergonomic Best Practices"

Schedule

Date	Venue	Fees (Face-to-Face)
20 – 21 Oct 2026	Doha – Qatar	USD 1995 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

Introduction

Musculoskeletal disorders and injuries from poor posture or unsafe lifting techniques remain among the most common causes of workplace absenteeism, lost productivity, and compensation claims. Ergonomics and manual handling strategies are vital to creating safe, healthy, and efficient work environments.

This 2-day hands-on training course equips participants with the knowledge and tools to assess ergonomic risks, implement best practices, and apply safe manual handling techniques. It empowers workers and supervisors to reduce injury risks and support a strong safety culture.

Objectives

By the end of this course, participants will be able to:

- Understand ergonomic principles and their application in the workplace
- Identify risk factors associated with poor posture and repetitive tasks
- Apply safe lifting, carrying, and movement techniques
- Conduct ergonomic assessments and recommend workplace adjustments
- Promote behavioral safety and prevent strain-related injuries

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Why Attend

- Learn techniques to reduce workplace injuries and discomfort
- Increase worker efficiency and reduce fatigue through ergonomic design
- Improve employee morale and retention with a healthier workplace
- Understand how to comply with international safety standards and guidelines
- Promote proactive safety and wellness practices

Target Audience

This program is designed for:

- Safety officers and workplace health professionals
- Supervisors and team leaders in operations, logistics, and production
- Facility managers and HR professionals responsible for workplace wellness
- Warehouse, manufacturing, and field workers
- Anyone involved in physically demanding job roles

Individual Benefits

Key competencies that will be developed include:

- Safe manual handling and lifting techniques
- Ergonomic risk identification and mitigation
- Understanding of workplace posture, workstation design, and movement safety
- Prevention of common injuries such as strains, sprains, and repetitive stress disorders
- Conducting ergonomic assessments and suggesting improvements

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Fewer manual handling incidents and lost-time injuries
- Higher employee engagement and lower absenteeism
- Improved compliance with health and safety legislation
- Reduced compensation costs and insurance claims
- Stronger safety culture across teams and departments

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings – Ergonomics concepts, regulatory guidance, and safe practices
- Case Studies – Analysis of real workplace injuries and ergonomic interventions
- Workshops – Ergonomic assessments, lifting practice, and workstation evaluations
- Peer Exchange – Group discussions on common ergonomic challenges
- Tools – Ergonomic checklists, manual handling guides, and risk evaluation templates

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Course Outline

DETAILED 2-DAY COURSE OUTLINE

Training Hours: 7:30 AM – 3:30 PM **Daily Format:** 3–4 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00

Day 1: Ergonomics in the Workplace

- Module 1: Introduction to Ergonomics (07:30 – 09:30) • What is ergonomics and why it matters • Legal and health implications of poor ergonomics
- Module 2: Identifying Ergonomic Hazards (09:45 – 11:15) • Risk factors: repetition, force, posture, environment
- Module 3: Workshop – Ergonomic Risk Assessment (11:30 – 01:00) • Conducting ergonomic evaluations in different work settings
- Module 4: Workplace Adjustments & Design Principles (02:00 – 03:30) • Workstation layout, seating, tool design, and workflow alignment

Day 2: Manual Handling Safety & Behavior Change

- Module 1: Principles of Safe Manual Handling (07:30 – 09:30) • Lifting techniques, carrying loads, and injury prevention
- Module 2: Team Lifting and Equipment Use (09:45 – 11:15) • Using trolleys, hoists, and other aids safely
- Module 3: Workshop – Lifting Practice & Observation (11:30 – 01:00) • Hands-on lifting and feedback session
- Module 4: Embedding Ergonomics into Culture (02:00 – 03:30) • Training, coaching, and continuous improvement strategies

Certification

Participants will receive a Certificate of Completion in Ergonomics & Manual Handling in the Workplace, validating their ability to implement ergonomic principles and apply safe manual handling techniques to reduce injuries and improve workplace performance.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

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