GLOBAL HORIZON PLUS
TRAINING CENTER



Workplace Ergonomics for Health, Safety, and Productivity

Kuala Lumpur -

07-12-2026

Workplace Ergonomics for Health, Safety, and Productivity

Course code: HM336 From: 07-12-2026 Venue: Kuala Lumpur - Course Fees: 5000 £

Introduction

This course is designed to equip participants with the knowledge and tools to apply ergonomics principles in the workplace. It explores how to prevent injuries, improve safety, and enhance productivity by creating ergonomically sound environments across office, industrial, and remote work settings.

Course Objectives of Workplace Ergonomics for Health, Safety, and Productivity

Upon completing this program, participants will be able to:

- Understand core ergonomic principles and risk factors.
- Assess workstations and workflows for ergonomic hazards.
- Apply ergonomic solutions to different workplace settings.
- Improve employee comfort, morale, and productivity.
- Integrate ergonomics into health and safety programs.

Course Methodology of Workplace Ergonomics for Health, Safety, and Productivity

- Lectures and Expert Insights: Leading industry experts will share their insights and best practices.
- Case Studies: Analyze real-world talent acquisition challenges and solutions.
- Group Discussions: Engage in meaningful discussions and share experiences with peers.
- Role-Playing and Simulations: Practice recruitment scenarios to enhance skills.
- Hands-on Workshops: Gain practical experience in using recruitment tools and techniques.

Organizational Impact of Workplace Ergonomics for Health, Safety, and Productivity

This training program will have a positive impact on organizations by:

- Reduced workplace injuries and workers compensation claims.
- Improved productivity and work quality.

- Enhanced employee satisfaction and retention.
- Lower absenteeism and fatigue-related errors.
- A more proactive approach to health and safety compliance.

Personal Impact of Workplace Ergonomics for Health, Safety, and Productivity

Participants will experience personal growth and development, including:

- Better understanding of physical and cognitive ergonomics.
- Ability to identify and resolve ergonomic risks in real-time.
- Increased comfort and performance in your own workspace.
- Enhanced skills in health and safety management.
- Tools to promote a culture of wellness and efficiency.

Who Should Attend

This training program is ideal for:

- Health and Safety Officers
- HR and Facility Managers
- Office Managers and Supervisors
- Industrial Engineers and Operations Leaders
- Employees involved in workstation setup or safety audits

Course Outlines

Day 1

Introduction to Ergonomics and Human Factors

- What is Ergonomics? Origins and Applications
- Importance of Ergonomics in Health and Safety
- Ergonomic Injuries: MSDs, Eye Strain, Repetitive Stress
- Human Anatomy and Movement in the Workplace
- Self-Assessment of Ergonomic Habits

Day 2

Identifying and Assessing Ergonomic Risks

- Common Ergonomic Hazards in Different Work Environments
- Conducting Ergonomic Risk Assessments (Checklists & Tools)
- Analyzing Posture, Force, Frequency, and Duration
- Ergonomic Risk Assessment Simulation

Day 3

Ergonomic Solutions and Workstation Design

- Engineering and Administrative Controls
- Ergonomic Furniture, Tools, and Layouts
- Desks, Chairs, Monitors, Keyboards
- Industrial Ergonomics: Manual Handling, Tools, Reach Zones
- Designing or Modifying an Ergonomic Workstation

Day 4

Ergonomics and Productivity Enhancement

- Impact of Ergonomics on Focus, Output, and Efficiency
- Cognitive Ergonomics: Reducing Mental Load and Distraction
- Ergonomic Principles in Workflow and Job Design
- Managing Fatigue, Breaks, and Movement at Work
- Case Study: Ergonomics and ROI Business Impact Examples

Day 5

Implementing and Sustaining an Ergonomics Program

- Integrating Ergonomics into OHS Policies and Culture
- Training and Engaging Employees in Ergonomics
- Monitoring and Continuous Improvement of Workspaces

- Using Technology and Wearables in Ergonomics
- Ergonomic Improvement Plan Presentation