



London TDM

# Health, Safety, and Environment (HSE) Training

**Course Venue:** Malaysia - Kuala Lumpur

**Course Date:** From 15 March 2026 To 19 March 2026

**Course Place:** Royale Chulan Hotel

**Course Fees:** 6,000 USD

## Introduction

In today's fast-paced work environments, understanding ergonomics and human factors is essential for enhancing workplace productivity, health, and safety. This 5-day professional course is designed to equip participants with the knowledge and skills to assess, design, and improve workplace settings to optimize human well-being and overall performance.

## Objectives

- Understand the principles of ergonomics and human factors.
- Learn to identify and assess ergonomic risks in the workplace.
- Develop skills to design ergonomic interventions and solutions.
- Explore the impact of ergonomic improvements on employee productivity and health.
- Gain insights into emerging trends and technologies in ergonomics.

## Course Outlines

### Day 1: Introduction to Ergonomics and Human Factors

- Definition and importance of ergonomics in the workplace.
- Historical development of ergonomic principles.
- Understanding human capabilities and limitations.
- Introduction to the human-machine interface.
- Case studies of effective ergonomic practices.

### Day 2: Ergonomic Risk Assessment

- Identifying physical and cognitive ergonomic hazards.
- Tools and techniques for ergonomic assessment.
- Conducting workplace evaluations and audits.
- Data collection and analysis in ergonomic assessments.
- Prioritizing and managing ergonomic risks.

### Day 3: Designing Ergonomic Solutions

- Principles of ergonomic workplace design.
- Modifying workstations for ergonomic efficiency.
- Ergonomic solutions for different industries.
- Incorporating user feedback in design improvements.
- Evaluating the effectiveness of ergonomic interventions.

### Day 4: Ergonomics, Health, and Productivity

- Relationship between ergonomics and employee health.
- Impact of ergonomics on productivity and performance.
- Cost-benefit analysis of ergonomic improvements.
- Implementing ergonomic training programs.
- Monitoring long-term impacts of ergonomic initiatives.

## **Day 5: Future Trends in Ergonomics**

- Emerging technologies in ergonomics and human factors.
- Ergonomics in flexible and remote work environments.
- Role of artificial intelligence in ergonomic assessments.
- Integrating ergonomics into organizational culture.
- Developing a sustainable approach to ergonomic practices.