

## **e-Learning on Ergonomic Risk Factors and Musculoskeletal Disorders (MSDs)**

The Musculoskeletal Disorders (MSDs) Awareness training course was co-developed by Ministry of Manpower and Workplace Safety and Health Council. This course aims to promote awareness and to provide basic information on work and non-work related musculoskeletal disorders, workplace manual handling hazards, and prevention and control methods of manual handling hazards.

### About the Ergonomic Risk Factor and MSDs Training Course

The course is divided into 3 sections:

Section 1: What are musculoskeletal disorders? (10 mins)

Section 2: What are the risk factors of musculoskeletal disorders? (25 mins)

Section 3: How can we minimise the likelihood of developing musculoskeletal disorders? (15 mins)

### Learning Outcomes

At the end of this course, learners will be able to:

- Understand the types of MSDs and stages of developing MSDs
- Identify ergonomics risks in different occupations
- Identify risk factors in various work activities
- Recommend solutions to reduce risks of developing MSDs