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SEMINAR ON ERGONOMICS IN CONSTRUCTION

**11 Sept 2025
9am – 5pm**

Master Builders Association Malaysia (MBAM)
Training Hall
Lot 92404 Persiaran Harmoni
Putra Heights, Subang Jaya 47650 Selangor

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Why Ergonomics Matters in Construction

Construction is physically demanding. Long hours, heavy lifting, awkward movements, and repetitive tasks are daily realities that contribute to:

- ✓ Musculoskeletal Disorders (MSDs)
- ✓ Fatigue and Lost Productivity
- ✓ Costly Injury Claims

Ignoring ergonomics can lead to serious human and financial consequences. **Ergonomics is not an option—it's a necessity:**

By integrating ergonomic practices, contractors can:

- ✓ Reduce workplace injuries
- ✓ Improve worker well-being
- ✓ Improve worker efficiency & boost productivity
- ✓ Lower costs related to accidents & absenteeism

Who Should Attend?

This seminar is highly relevant for all stakeholders in the construction industry, especially those responsible for safety, productivity, and workforce welfare, including:

- ✓ Safety & Health Officers
- ✓ Site Safety Supervisors
- ✓ Site Supervisors
- ✓ Project Managers
- ✓ Designers
- ✓ Engineers
- ✓ Contractors
- ✓ OSH practitioners involved in construction

Seminar Highlights:

Recognizing the urgent need to raise awareness and drive change, the MBAM Seminar on Ergonomics in Construction brings together experts from:

- ✓ **DOSH**
Understand ergonomic compliance, regulatory updates and Ergonomic Guidelines in Construction
- ✓ **SOCISO**
Explore data and trends in work-related injuries
- ✓ **Medical Doctor**
Get medical insights into long-term effects of poor ergonomics
- ✓ **Safety Practitioner**
Learn practical strategies to apply on construction sites
- ✓ **Academician**
Discover the latest research and innovations in ergonomics

This is more than just a seminar — it's a must attend event for every contractor committed to a safer, smarter, and more sustainable construction industry.

REGISTRATION FEE

Category	Fees
MBAM Member	RM 400.00/pax
Non MBAM Member	RM 500.00/pax

Training fee is inclusive of 8% SST, Certificates, Training Materials, Assessment, Meals & Refreshments
Payment to be made to MASTER BUILDERS ASSOCIATION MALAYSIA Maybank, Account no: **014 114 430 810**

NO REFUND AND CANCELLATION is allowed upon receipt of invoice from MBAM. However, a replacement of participant is allowed with prior notification to MBAM Secretariat.

For any absent participant who is claiming from HRD Corp grant, the full fee will be charged to the company accordingly.

MBAM reserves the rights to change the content, venue, date and time of Seminar if necessary



MASTER BUILDERS ASSOCIATION MALAYSIA
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Website: www.mbam.org.my

ENQUIRIES:

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