



OSH INTERNATIONAL VIRTUAL SEMINAR

HUMAN-CENTRED SAFETY 5.0: REIMAGINING WORK FOR A HEALTHIER FUTURE

JOIN NOW

21 & 22 October 2026
09:00AM to 5:00PM



DISCUSSION & INSIGHT



Human-Centred Safety

Discover how people-focused safety strategies improve workplace health, performance, and risk prevention.



Smart Safety Technology

Explore the role of AI, IoT sensors, and motion capture in predicting risks and transforming modern safety management.



Workplace Wellbeing & Productivity

Learn how ergonomics, fatigue management, and flexible work design create healthier, sustainable, and high-performing workplaces.

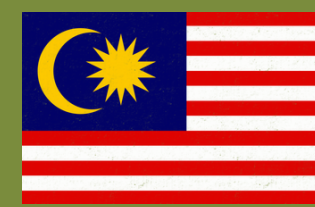
REIMAGINING WORKPLACE SAFETY FOR A HEALTHIER FUTURE

Explore practical insights, emerging technologies, and human-centred approaches to improve workplace safety, wellbeing, and productivity.

HRDC PROGRAM NO
10001665894

8 SPEAKERS SESSIONS

8 Expert Speakers from 3 Countries



REGISTER NOW



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20 CEP

10+ 5 + 5 CEP

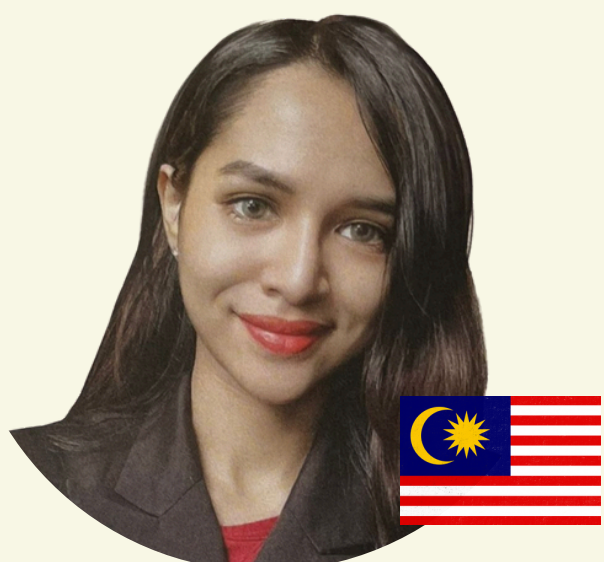


HUMAN-CENTRED SAFETY 5.0



OUR SPEAKERS & SESSIONS

Don't pass up opportunities



MS NURUL JASMINE BINTI
SHAIFFUL ANUAR

*SESSION 1 - TEAMWORK BEYOND HSE:
PROBLEM-SOLVING IN RESOLVING
WORKER ERGONOMIC ISSUES*



DR TAM JENN ZHUENG

*SESSION 2 - MOTION CAPTURE: OVER
HEAD LIFTING*



ASST. PROF. TS DR MOHD
ZUBAIRY BIN SHAMSUDIN

*SESSION 3 - REIMAGINING REAL WORK: A
HUMAN PERFORMANCE PERSPECTIVE
FOR SAFETY 5.0*



PROF. T. S.
VEERAGOUDHAMAN

*SESSION 4 - SUSTAINABLE
PRODUCTIVITY & PHYSIOTHERAPEUTIC
ERGONOMICS*



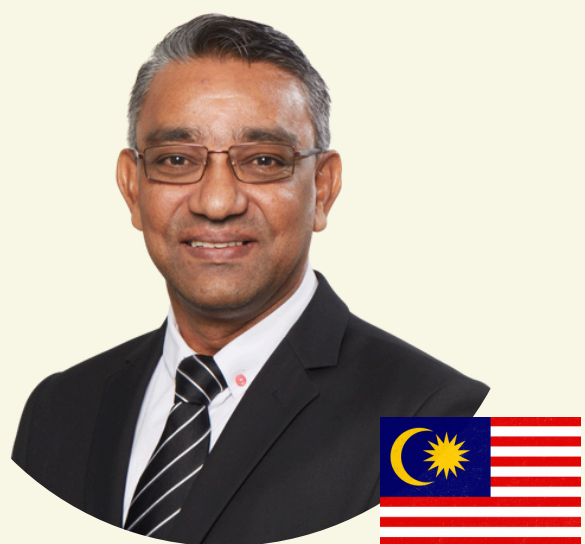
MR REYNALDI ARHENDRA

*SESSION 5 - NAVIGATING SAFETY 5.0 IN
INDONESIA: OVERCOMING REAL WORLD
OSH CHALLENGES & ELEVATING THE
PRACTITIONER'S GLOBAL VALUE*



TS. SENTHELNATHAN
KAINDASAMY

*SESSION 6 - PROACTIVE & PREDICTIVE
SAFETY : UTILIZING AI AND IOT SENSORS
TO PREDICT AND PREVENT RISKS*



MR MOHD SHAMSUL SHAH
BIN ABDULLAH

*SESSION 7 - REDESIGNING THE
WORKPLACE & FLEXIBLE WORK FOR
WORK-LIFE SUSTAINABILITY*



MR HENDRA MESSA

*SESSION 8 - HUMAN FATIGUE
MANAGEMENT*

INTRODUCTION

As workplaces evolve with rapid technological advancements and changing work environments, occupational safety and health must also adapt to meet new challenges. Human-Centred Safety 5.0 emphasizes placing people at the centre of safety strategies while integrating technology, ergonomics, and human performance to create safer and healthier workplaces.

This two-day seminar, themed “Human-Centred Safety 5.0: Reimagining Work for a Healthier Future,” brings together safety practitioners, ergonomists, physiotherapists, and industry experts to explore innovative approaches in workplace safety and well-being, including ergonomic problem-solving, fatigue management, flexible work design, and the use of emerging technologies such as AI and IoT to predict and prevent workplace risks.

Participants will gain practical insights and real-world knowledge to enhance teamwork, improve productivity, and build sustainable, human-focused workplaces for the future.

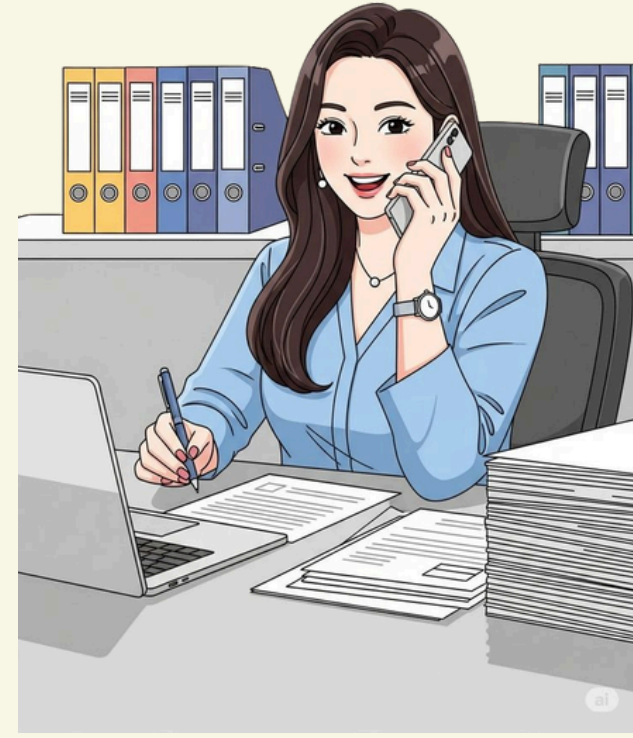
OBJECTIVE

- Understand Human-Centred Safety 5.0 and its impact on healthier, sustainable workplaces
- Strengthen teamwork and ergonomic problem-solving
- Explore human movement and motion capture for high-risk activities
- Apply human performance principles to improve safety outcomes
- Integrate physiotherapeutic ergonomics for sustainable productivity
- Utilize AI and IoT technologies for proactive safety management
- Implement strategies for work-life sustainability, flexible work, and fatigue management
- Gain insights into regional and global OSH challenges and enhance professional value

WHO CAN PARTICIPATE?



SAFETY OFFICERS



HR PROFESSIONALS



PHYSIOTHERAPISTS



ERGONOMISTS



CORPORATE LEADERS



**ANYONE WHO
INTERESTED IN OSH**

DAY 1 (21 OCT 2026)

8.00 AM - 9.00 AM	REGISTRATION, DOA RECITAL AND WELCOME AND KEYNOTE SPEECH
9.00 AM - 10.30 AM	SESSION 1 - TEAMWORK BEYOND HSE: PROBLEM-SOLVING IN RESOLVING WORKER ERGONOMIC ISSUES SPEAKER - MS NURUL JASMINE BINTI SHAIFFUL ANUAR
10.30 AM- 10.45AM	MORNING BREAK
10.45 AM- 12.45PM	SESSION 2 - MOTION CAPTURE: OVER HEAD LIFTING SPEAKER - DR TAM JENN ZHUENG
12.45PM - 2.00 PM	LUNCH BREAK
2.00PM - 3.30PM	SESSION 3 - REIMAGINING REAL WORK: A HUMAN PERFORMANCE PERSPECTIVE FOR SAFETY 5.0 SPEAKER - ASST. PROF. TS DR MOHD ZUBAIRY BINSHAMSUDIN
15.30PM - 15.45 PM	TEA BREAK
15.45PM - 17.30 PM	SESSION 4 - SUSTAINABLE PRODUCTIVITY & PHYSIOTHERAPEUTIC ERGONOMICS SPEAKER - PROF. T. S. VEERAGOUDHAMAN
17.30 PM	END OF DAY 1

DAY 2 (22 OCT 2026)

8.00 AM- 9.00 AM	REGISTRATION FOR 2 ND DAY AND RECAP OF 1 ST DAY
9.00 am - 10.30 am	SESSION 5 - NAVIGATING SAFETY 5.0 IN INDONESIA: OVERCOMING REAL WORLD OSH CHALLENGES & ELEVATING THE PRACTITIONER'S GLOBAL VALUE SPEAKER - MR REYNALDI ARHENDRA
10.30 am - 10.45am	MORNING BREAK
10.45 am - 12.45pm	SESSION 6 - PROACTIVE & PREDICTIVE SAFETY : UTILIZING AI AND IOT SENSORS TO PREDICT AND PREVENT RISKS SPEAKER - TS. SENTHELNATHAN KAINDASAMY
12.45pm - 2.00 pm	LUNCH BREAK
2.00pm - 3.30pm	SESSION 7 - REDESIGNING THE WORKPLACE & FLEXIBLE WORK FOR WORK-LIFE SUSTAINABILITY SPEAKER - MR MOHD SHAMSUL SHAH BIN ABDULLAH
15.30pm - 15.45 pm	TEA BREAK
15.45pm - 17.00 pm	SESSION 8 - HUMAN FATIGUE MANAGEMENT SPEAKER - MR HENDRA MESSA
17.00 PM	END OF DAY 2

SEMINAR

PACKAGE PRICELIST



20 CEP

HRDC CLAIMABLE

RM 600

SEMINAR - 10 CEP

FREE SEAT FOR 2
ONLINE TRAINING.

1) ERGONOMICS FOR
OFFICE STAFFS A
GUIDE TO ACTIVE
WORKING IN MODERN
OFFICE (5 CEP) -
23/11/2026

2) ESSENTIAL OF
ERGONOMICS (5 CEP)
- 14/12/2026



20 CEP

SELF PAID

RM 400

SEMINAR - 10 CEP

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ONLINE TRAINING.

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23/11/2026

2) ESSENTIAL OF
ERGONOMICS (5 CEP)
- 14/12/2026

For more information

CONTACT US AT: 018-4088363

STEP TO REGISTER FOR THE OSH VIRTUAL SEMINAR 2026

STEP 1: ACCESS THE REGISTRATION FORM

- Click the registration link or scan the attached QR code in the brochure

Registration link: <https://forms.gle/HLg21MWkiSSdUt7MA>

STEP 2: COMPLETE THE GOOGLE FORM

- Fill in all required participant details accurately.

STEP 3: SELECT YOUR PAYMENT METHOD

1. Self-Paid Participants

- Make payment to the attached account number in the google form.
- Upload the payment slip in the Google Form.

2. HRDC Claimable Participants

- Fill in company and HR information in the form.
- Our team will email your HR representative the necessary documents for grant application.
- Once HRDC approval is received, the participant's seat will be confirmed.



STEP 4: CONFIRMATION & WHATSAPP GROUP

- Upon successful payment or HRDC approval, participants will be added to a dedicated WhatsApp group where all seminar details will be shared.

TERMS AND CONDITIONS

💰 Non-Refundable

- All payments made are non-refundable, regardless of attendance status.

📖 Continuing Education Points (CEP)

- Participants will receive **10 CEP upon attending the full 2-day OSH Seminar.**
- **To be eligible for the full 20 CEP**, participants must also attend the following **2 free online training sessions:**
- **Ergonomics for Office Staff – A Guide to Active Working in Modern Office (5 CEP) – 23/11/2026**
- **Essentials of Ergonomics (5 CEP) – 14/12/2026**
- **! Failure to attend** the above online sessions will result in participants receiving only 10 CEP (for the seminar).

⚠️ Changes & Modifications

- ErgoPsy Sdn Bhd reserves the right to modify event dates, content, speakers, or terms & conditions due to unavoidable circumstances.



Terms and
Conditions

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