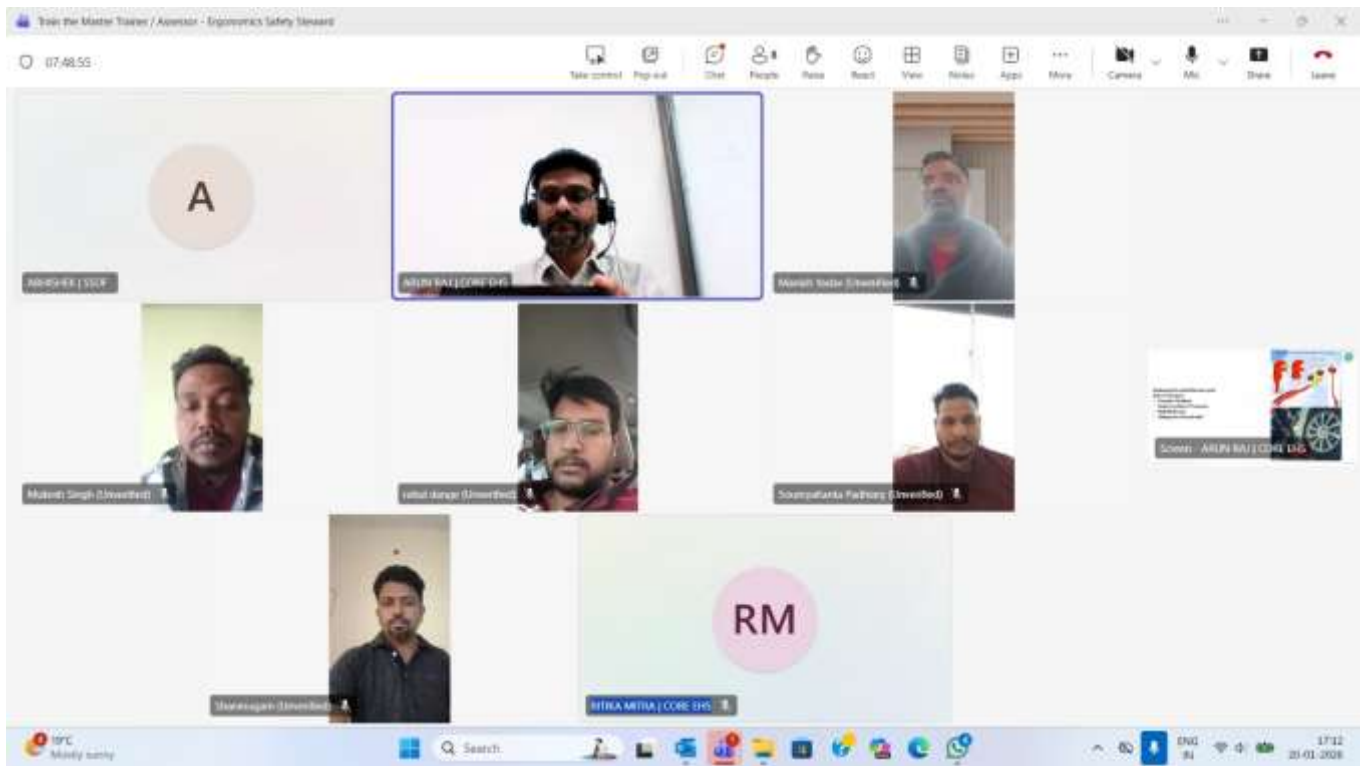


## EMPOWERING MASTER TRAINERS AND MASTER ASSESSORS IN ERGONOMIC SAFETY



The Training of Master Trainers (TOMT) and Training of Master Assessors (TOMA) for the *Ergonomic Safety Steward* programme under the PMKVY scheme concluded successfully, marking an important milestone in strengthening ergonomic competence and leadership across workplaces.

Day 1 focused on building a strong conceptual foundation in ergonomics and occupational health. The sessions covered core topics such as ergonomic principles, workplace design, ergonomic hazards, musculoskeletal disorders (MSDs), and identification of ergonomic risk factors. Participants gained insights into hazard identification, risk analysis, and the moral and financial importance of ergonomics in promoting worker well-being. The day also introduced structured approaches to ergonomic risk evaluation and laid the groundwork for developing effective ergonomic interventions.

Day 2 translated these principles into practical application. Participants engaged in hands-on learning on ergonomic risk assessment tools and checklists, workstation and task-based evaluations, manual handling assessments, and development of ergonomic control measures. The sessions also addressed prioritisation of interventions, monitoring effectiveness of controls, documentation, reporting, and continuous improvement methodologies. Emphasis was placed on the critical role of master trainers and assessors in ensuring quality, consistency, and credibility of training and assessment delivery.



Across both days, participants actively engaged in discussions, case-based exercises, and practical demonstrations, reinforcing the importance of proactive ergonomic interventions and evidence-based decision-making. The programme reflected a shared commitment to building skilled trainers and assessors who can drive ergonomic safety leadership and contribute to healthier, safer, and more productive workplaces.