

**SOEM-MMA SEMINAR**  
**“OCCUPATIONAL HEALTH ASPECTS OF COMPUTER USE”**

**REGISTRATION FORM**

Date : 7th August 2010 (Saturday)  
Venue : Hotel Istana, Kuala Lumpur  
Tel : 03-2141 9988



Registration Fees (inclusive of seminar materials, lunch and tea)  
**Kindly make your own arrangements for accommodation**

RM 150.00 : SOEM / MMA Members, Government Doctors, Medical Assistants,  
Nurses, Safety & Health Officers and Medical Students  
RM 200.00 : Non-MMA Members & Other Categories (S.H.O's etc – Private)

Full Name: Dato'/Prof/Dr/Mr/Ms \_\_\_\_\_

Full Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NRIC No: Old: \_\_\_\_\_ New: \_\_\_\_\_

Tel. No: Off: \_\_\_\_\_ House: \_\_\_\_\_ H/Phone: \_\_\_\_\_

Fax No: Off: \_\_\_\_\_ House: \_\_\_\_\_

E-mail address: \_\_\_\_\_

*Please tick at the corresponding box;*

I am a SOEM Member/MMA Member/Govt. Doctor/Army Doctor/Medical Assistant/  
Nurse/Safety & Health Officer/Medical Student/Industrial Hygienist [ ]  
I am a Doctor who is Non-MMA Member [ ]  
I require vegetarian meals [ ]

Enclosed is a cheque/bank draft for RM \_\_\_\_\_ made in favour of “MMA Society of Occupational  
& Environmental Medicine” and mail it to:  
Society of Occupational & Environmental Medicine, Malaysian Medical Association,  
4th Floor, MMA House, 124, Jalan Pahang, 53000 Kuala Lumpur.

Participants who wish to deposit payment into our account, the bank details are as follows:-

Name of Bank : CIMB Bank Berhad  
Branch : Jalan Tun Perak  
A/C No : 1408-1192307050  
MMA Reg. No : 238 (Selangor)

**Please fax us a copy of the transaction advice slip for our record purpose and state the name of  
the company, contact no, to enable us to acknowledge receipt.**

**For further information please contact:**

SOEM-MMA Secretariat (Attn: Ms. Hema) – Tel: 03-4041 1375 Fax: 03-4041 8187, 4041 9929  
E-mail: soem@mma.org.my & Website: www.soem-mma.org



**SOCIETY OF OCCUPATIONAL & ENVIRONMENTAL MEDICINE**  
**MMA (SOEM-MMA)**  
**In Collaboration With**  
**SOCIAL SECURITY ORGANISATION**

A Seminar on Ergonomics

**OCCUPATIONAL HEALTH ASPECTS OF COMPUTER USE**



Date: 7th August 2010 (Saturday)

Venue: Hotel Istana, Kuala Lumpur



The workplace is now mostly equipped with computers, with more and more workers in Malaysia nowadays spending most of their time working on computers. Work-related injuries are increasingly common among computer users especially amongst employees who chronically spend long hours at a computer workstation. Chronic exposure to stressors such as repetitive tasks and static, awkward postures associated with computer work result in a complex symptom of musculoskeletal disorders and visual problems. This seminar addresses a variety of topics on the risk factors, prevention, treatment options, ergonomics, computer vision syndrome, screening, responsibilities and awareness of office managers and employers, with some of the latest research findings.

On completion of the seminar, participants will be able to:

- Demonstrate a greater understanding of the health and safety guidelines in relation to the use of Visual Display Units (VDUs)
- Develop greater awareness of the problems associated with VDUs
- Demonstrate confidence and skill in performing a screening evaluation for VDU users
- Demonstrate an understanding of Computer Vision Syndrome and other hazards of office ergonomics



# Programme

0800 – 0845	<b>REGISTRATION</b>
0845 – 0900	<b>OPENING REMARKS</b> Dr. M. Loganathan <i>Chairman, Society of Occupational and Environmental Medicine</i>
0900 – 0945	<b>The Epidemic of the 21st Century: Computers and Occupational Health</b> Dr. G. Jayakumar
0945 – 1030	<b>Handling the Problematic Hand: Diagnosis and Management</b> Dr. Abed Onn
1030 – 1100	<b>TEA BREAK</b>
1100 – 1145	<b>Health Hazards of Computer and Other Devices</b> Dr. Arka Sen
1145 – 1230	<b>Evaluating Computer Work-Screening and DOSH Guidelines</b> Assoc. Professor Dr Retneswari Masilamani
1230 – 1400	<b>LUNCH</b>
1400 – 1445	<b>Assistive Technology and Computer Workstation Design</b> Dr. Arka Sen
1445 – 1530	Computer Health Risks and Case Studies To be confirmed
1530 – 1615	Computer Vision Syndrome Dr. Arka Sen
1615	<b>TEA and ADJOURN</b>

# Panel of Speakers

**1. Assoc. Professor Dr Retneswari Masilamani**

Immediate Past Chairman of SOEM-MMA. She is an Occupational Physician and Head of the Department of Social and Preventive Medicine, Faculty of Medicine, University of Malaya.

**2. Dr. Arkendu Sen**

Ophthalmologist and lecturer at the Tan Sri Jeffrey Cheah School of Medicine, Monash University, Sunway Campus.

**3. Dr. G. Jayakumar**

Occupational Physician and Chief Executive Officer of Surya College, Penang.

**4. Dr. Abed Onn**

Occupational Physician and Consultant.



*Take care of your body with steadfast fidelity.  
The soul must see through these eyes alone,  
and if they are dim, the whole world is clouded.*

*-Johann Wolfgang Von Goethe-*



**Target Group**

: Specialists, Medical Officers, Allied Healthcare (Medical Assistants, Nurses etc) & Safety and Health Professionals

**Registration Fee**

: Inclusive of presentation materials, lunch and coffee break

**RM 150.00**

: SOEM / MMA Members, Doctors and Allied Health Care Professionals from Government Agencies and Medical Students

**RM 200.00**

: Non - MMA Members & Other Categories (S.H.O.'s etc – Private)

**SOEM Website**

: <http://www.soem-mma.org>

For further information please contact:

**SOEM-MMA Secretariat** (Attn: Ms. Hema)

MMA, Society of Occupational & Environmental Medicine

4th Floor, MMA House, 124, Jalan Pahang, 53000 Kuala Lumpur

Tel: 03-4041 1375 • E-mail: [soem@mma.org.my](mailto:soem@mma.org.my)