

24th ASIAN CONGRESS ON OCCUPATIONAL HEALTH 2026 (ACOH 2026)

PRE-CONGRESS WORKSHOP ON FITNESS FOR WORK (FFW)

Date: 5 August 2026

Time: 8:00 AM – 5:00 PM (Full-Day Training)

Speaker: Dr Marzuki Isahak & Prof Krishna Gopal Rampal

Workshop Agenda

- 8:00 – 8:30 am Registration
- 8:30 – 9:00 am Opening & Overview (≤30 mins)
- 9:00 – 10:00 am Module 1 & 2: FFW Framework and Assessment
- 10:00 – 10:15 am Tea Break (15 Minutes)
- 10:15 – 11:30 am Return-to-Work & Rehabilitation
- 11:30 – 12:15 pm Musculoskeletal & Functional Assessment
- 12:15 – 1:15 pm Lunch (1 Hour)
- 1:15 – 2:30 pm Occupational Health Report Writing
- 2:30 – 3:45 pm Group Case Study
- 3:45 – 4:00 pm Tea Break (15 Minutes)
- 4:00 – 4:45 pm Group Presentation & Discussion
- 4:45 – 5:00 pm Summary & Closing (≤30 mins)