



Academy of Occupational
and Environmental
Medicine Malaysia



Fitness For Work Workshop

4-5 October 2025, Saturday-Sunday
8.00 am - 5.00 pm
PERKESO Tun Abdul Razak
Rehabilitation Centre, Melaka



CPD and CEP Points



Certificate of Attendance

**EARLY BIRD
SPECIAL**

REGISTRATION FEE	EARLY BIRD (UNTIL 20 SEP 2025)	NORMAL (21 SEP - 28 SEPT 2025)	LATE (FROM 29 SEPT 2025)
AOEMM MEMBERS	RM450	RM500	RM550
OTHERS	RM650	RM700	RM750
INTERNATIONAL	USD 200		



**Special Visit to PERKESO Tun Abdul Razak
Rehabilitation Centre , Melaka on
3 October 2025, Friday, 3pm-5pm**

Fee per pax:

RM50 (Local)

USD20 (International)

**Refreshment will be provided. Limited seats for 25 pax only*

Fitness For Work Workshop

4-5 October 2025, Saturday-Sunday

8.00 am – 5.00 pm

PERKESO Tun Abdul Razak Rehabilitation Centre , Melaka

Speakers

Dr Abu Hasan Samad (AHS)
AOEMM President

Dr Anza Elias (AE)
AOEMM Council Member

Dr Noriani Binti Abu Bakar
Department of Rehabilitation
Medicine, Melaka Hospital

Dr Anna Sofia Victoria Fajardo
Philippine College of Occupational
Medicine (PCOM)

DAY 1		
Time	Topic	Speaker
8.00 – 8.30 am	Registration	AOEMM Secretariat
8.30 – 9.30 am	Overview of Fitness for Work	Dr Abu Hasan Samad (AHS) AOEMM President
9.30 – 10.30 am	Framework for Assessing Fitness for Work	AHS
10.30 – 10.45 am	TEA BREAK	
10.45 – 11.30 am	Return to Work and Rehabilitation for Workers with Chronic Illnesses	Dr Noriani Binti Abu Bakar Consultant Physician Department of Rehabilitation Medicine, Melaka Hospital
11.30 am - 12.15 pm	Fitness for Work in Musculoskeletal Disorders	Dr Anza Elias (AE) AOEMM Council Member
12.15 – 1.00 pm	Fitness for Work in Cardiovascular and Respiratory Disorders	AHS
1.00 – 2.00 pm	LUNCH	
2.00 – 3.15 pm	Guide for Occupational Health Report	AE
3.15 - 4.30 pm	Group Work: Case Study 1	AHS, AE & Dr Anna Sofia
4.30 - 5.00 pm	Discussion	ALL
5.00 pm	TEA BREAK AND ADJOURN	
DAY 2		
Time	Topic	Speaker
8.00 – 8.15 am	REGISTRATION	AOEMM Secretariat
8.30 – 9.30 am	Fitness for Work in Mental Disorders	AE
9.30– 10.30 am	Fitness for Work Case Studies: Opportunities and Challenges	AE
10.30 – 10.45 am	TEA BREAK	
10.45 – 11.30 am	Vision and Hearing in Fitness for Work	Dr Anna Sofia Victoria Fajardo Philippine College of Occupational Medicine (PCOM)
11.30 – 1.00 pm	Group Work: Case Study 2	AHS & AE
1.00 – 2.00 pm	LUNCH	
2.00 - 3.15 pm	Group Work: Case Study 4	AHS & AE
3.15 - 4.30 pm	Assessment	
4.30 - 5.00 pm	Discussion	ALL

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Closing Date: 30 Sept 2025, Tuesday