

CURRICULUM VITAE



A. PERSONAL DETAILS	
Name	Ayuni Nabilah Alias
Nationality	Malaysia
Title	Dr.
Designation	Senior Lecturer
Field	Product Safety and Ergonomics Safety and Health (OSH)
Organization	Faculty of Human Ecology, Universiti Putra Malaysia (UPM)
Email	ayuninabilah@upm.edu.my
Scopus ID	57008845100
Orcid ID	orcid.org/0000-0002-6016-9815

B. ACADEMIC QUALIFICATIONS			
Certificate/ Qualification obtained	Name of school / Institution	Year obtained	Area of specialization
Doctor of Philosophy (PhD) Occupational Safety and Health (OSH)	Universiti Putra Malaysia (UPM)	2021	Ergonomics, Occupational Safety and Health (OSH)
Master Science (MSc.) Occupational Safety and Health (OSH)	Universiti Putra Malaysia (UPM)	2016	Ergonomics, Occupational Safety and Health (OSH)
Bachelor Science (BSc.) Environmental and Occupational Health	Universiti Putra Malaysia (UPM)	2013	Environmental and Occupational Health

C. PREVIOUS EMPLOYMENT		
Employer	Designation	Year
University of Cyberjaya	Senior Lecturer (Faculty of Safety and Health)	2020-2023
Utusan Teguh Sdn Bhd	Safety Officer (Project: Kementerian Wilayah Persekutuan, Putrajaya)	2019
Naturemax Sdn Bhd	Safety and Health Executive (Project: Samsung Construction, KL)	2017-2019
CIESH Sdn Bhd	Safety and Health Consultant	2016

D. LIST OF PUBLICATIONS

Journals	1. Ayuni Nabilah Alias, Norwahida Yaakub, Nurulain Mustafa Udin, Putri Anis Syahira Mohamad Jamil & Karmegam Karuppiah (2026). Standing, sitting, suffering: Prevalence and Predictors of Musculoskeletal Disorders (MSDs) among School Teachers in Terengganu, Malaysia. <i>Pertanika Journal of Social Sciences and Humanities</i>, 34(2):685-703 (Scopus, WOS-ESCI Q2) 2. Ayuni Nabilah Alias, Norwahida Yaakub, Nurulain Mustafa Udin, Putri Anis Syahira Mohamad Jamil, Karmegam Karuppiah & Enoch Perumal (2026). Assessment of Body Discomfort and Ergonomic Usability in Teaching: An Engineering Approach to Workplace Intervention. <i>Jurnal Kejuruteraan</i>, 38 (3). (Scopus, WoS-ESCI, Q3) 3. Elisha Claret Wilson Dass, Karmegam Karuppiah, Ayuni Nabilah Alias, Murugadas Ramdas, Nina Fatma Ali & Hassan Sadeghi Naeini (2026). Passive lower-limb exoskeletons in industry: A review of “chairless chairs” for reducing fatigue and musculoskeletal strain. <i>Biomedical Human Kinetics</i>, 18(1): 192-201. (Scopus, Q4) 4. Norwahida Yaakub, Ayuni Nabilah Alias, Hairul Nazmin Nasruddin, Nur Fazhilah Abdul Razak, Syazwan Syah Zulkifly & Ratih Damayanti (2026). Exposure to airborne particulate in agriculture settings and its impact on worker performance under changing climate condition. <i>Jurnal Kesehatan Lingkungan</i>, 18:147-154. (Scopus, Q4) 5. Wei Xin Xin, Mohamad Fazli Sabri, Nik Ahmad Sufian Burhan, Norzalina Zainudin, & Ayuni Nabilah Alias (2026). Untangling the Moderating Effects of Financial Literacy on OCC Adoption Among Chinese Emerging Adults. <i>Pertanika Journal of Social Sciences and Humanities</i>, 34(S1):77-102 (Scopus, WOS-ESCI Q2) 6. Ayuni Nabilah Alias, Norwahida Yaakub, Nurulain Mustafa Udin, Putri Anis Syahira Mohamad Jamil & Karmegam Karuppiah (2026). Ergonomics in School Begins with Teachers: Discomfort Trends among School Teachers in Terengganu, Malaysia. <i>Malaysian Journal of Medicine & Health Sciences</i>. (Accepted) (Scopus, Q4) 7. Ayuni Nabilah Alias & Karmegam Karuppiah (2025). Enhancing Ergonomics: Assessing the Effect of Vibrating Insole Prototype on Female School Teachers' Muscle Activity. <i>Malaysia Journal of Medicine and Health Sciences</i>, 21(1):27-33. (Scopus, Q4) 8. Nur Aisyah Majidah Ali, Ayuni Nabilah Alias, Mohamad Azhar Mohd Noor, Norwahida Yaakub (2025). Assessment of Ergonomic Risk Factor and Musculoskeletal Discomfort among Construction Workers in Terengganu. <i>Journal of Advanced Research in Business and Management Studies</i>, 39, 1:61-69. (Mycite) 9. Nurayuni Hanis Mohd Salleh, Ayuni Nabilah Alias*, Nursaidatulnisa Japri, Anis Suraya Ruzani (2025). The Influence of Knowledge, Practices, Attitudes and Perceptions on Students' Comfort in using School Chair at Secondary School in Perlis, Malaysia. <i>Journal of Advanced Research in Business and Management Studies</i>, 39, 1:100-112. (Mycite) 10. Ayuni Nabilah Alias, Nurulain Mustafa Udin & Norwahida Yaakub (2024). Sustainable Design for Motorcyclist Ergonomics: Evaluating A Novel Armrest to Reduce Muscle Strain. <i>Jurnal Mekanikal</i>, 47: 20-27. (Scopus) 11. Ayuni Nabilah Alias, Norwahida Yaakub & Nurulain Mustafa Udin (2024). Optimising Teacher's Comfort in Classroom: Prototype Design and Development of Vibrating Insole. <i>Journal of Engineering and Science Research</i>, 8(2): 01-07. (Mycite)
----------	--

	12. Ayuni Nabilah Alias, Karmegam Karuppiyah & Kaushaalya Sanmugam (2024). Optimising Posture: An Experimental Study of Posture Support for Comfort among University Students. <i>International Journal of Academic Research in Business and Social Sciences</i>. 14 (10), 1975-1991. (Mycite) 13. Ayuni Nabilah Alias, Norwahida Yaakub, Nur Fazhilah Abdul Razak & Norzalina Zainudin (2023). Resilience and Rehabilitation: Assessing the Satisfaction of Tsunami Victim on Permanent Shelter in Northern Region in Malaysia. <i>International Journal of Academic Research in Business and Social Sciences</i>. 13 (18), 2222-6990. (Mycite) 14. Ayuni Nabilah Alias & Norwahida Yaakub (2023). Teachers' Shoe Selection Factors for School. <i>Jurnal Pengguna Malaysia</i>. 1(39), 1511- 998x. 15. Ayuni Nabilah Alias, Karmegam Karuppiyah, Vivien How, Velu Perumal (2020). The Perception on School Footwear Comfort among Primary School Teachers in Terengganu. <i>International Journal of Pharmaceutical Research</i>, 12(3). (Scopus) 16. Ayuni Nabilah Alias, Karmegam Karuppiyah, Vivien How, Velu Perumal (2020). Does Prolonged Standing at Work among Teachers Associated with Musculoskeletal Disorders (MSDs). <i>Malaysia Journal of Medicine and Health Sciences</i>, 16(2):281-289. (Scopus, Q4) 17. Ayuni Nabilah Alias, Karmegam Karuppiyah, Vivien How, Velu Perumal (2020). Prevalence of Musculoskeletal Disorders (MSDs) among primary school female school teachers in Terengganu, Malaysia. <i>International Journal of Industrial Ergonomics</i>, 77:102957. (Scopus, WOS-ESCI, Q2) 18. Sivasankar Sambasivam, Adriana Abdul Aziz, Karmegam Karuppiyah, Emilia Zainal Abidin, Shamsul Bahri Md Tamrin, Hassan Sadeghi Naeini, Kulanthayan K.C. Mani, Puvanasvaran Perumal, Ayuni Nabilah Alias (2020). Prevalence of safety equipment and helmet use among school students commuting to school in South Selangor, Malaysia. <i>Songklanakarin Journal of Science and Technology</i>, 42(3):721-724. (Scopus, Q2) 19. Ayuni Nabilah Alias, Karmegam Karuppiyah, Vivien How, Velu Perumal (2020). A Systematic Review for Musculoskeletal Disorders (MSDs) among School Teachers in Malaysia. <i>Research Journal of Recent Sciences</i>, 9(1):1-8. 20. Alias A.N., Karuppiyah K., How V., Perumal V., Sambasivan S., Tamrin SBM (2019). Are teachers standing too much? <i>Ergonomic Int J.</i>, 3(5):000216. 21. Ayuni Nabilah Alias, Karmegam Karuppiyah, Shamsul Bahri Mohd Tamrin, Emilia Zainal Abidin, Umi Kalsom Mohd Shafie and Sivasankar Sambasivam (2016). Risk factors of muscular discomfort among motorcyclists – Review article. <i>Iran J Public Health</i>, pp. 45(1): 35-43. (Scopus, Q2) 22. Ayuni Nabilah Alias, Karmegam Karuppiyah, Shamsul Bahri Mohd Tamrin, Emilia Zainal Abidin and Umi Kalsom Mohd Shafie (2015). A systematic review of intervention to reduce musculoskeletal disorders: Hand and arm disorders. <i>Jurnal Teknologi (Sciences and Engineering)</i>, 77 (27), pp. 97-103. (Scopus) 23. Umi Kalsom Mohd Shafie, Karmegam Karuppiyah, Shamsul Bahri Mohd Tamrin, Emilia Zainal Abidin and Ayuni Nabilah Alias (2015). The effectiveness of new model of motorcycle seat with built-in lumbar support. <i>Jurnal Teknologi (Sciences and Engineering)</i>, 77 (27), pp. 97-103. (Scopus)
--	--

	24. Umi K.M.S., Karmegam K., Shamsul B.M.T., Irniza R. and Ayuni N.A. (2014). Interventions to reduce musculoskeletal disorders among motor vehicle workers. A review. <i>Advances in Environmental Biology</i>, 8(5), pp. 219-224. (Scopus) 25. Ayuni N.A., Juliana J. and Ibrahim M.H. (2014). Exposure to PM10 and NO2 and association with respiratory health among primary school children living near petrochemical industry area at Kertih, Terengganu. <i>Journal Medical and Bioengineering, Springer</i>, 3(4), pp. 282-287. (Scopus)
Books	1. Ayuni Nabilah Alias & Karmegam Karupiah (2024). <i>Vibrating Feet for Active Women</i> . UPM Press, eISBN 978-629-7689-15-9 (Scopus)
Chapter in Book	1. A. S. Shamsuddin, A. Zulkifli, N. Muhamad, N. Z. Abidin, A. N. Alias, R. M. Naim, & M. A. Mutalib (2025). <i>Plastic Waste Management in Developing Countries: Challenges, Strategies, and Opportunities</i>. In: Mandpe, A., Paliya, S., Shah, M.P. (eds) <i>A Vision for Environmental Sustainability: Overcoming Waste Management Challenges in Developing Countries</i>. Environmental Science and Engineering. Springer, Cham. https://doi.org/10.1007/978-3-031-89230-1_5 (Scopus) 2. N. M. Udin, A. S. Shamsuddin, A. N. Alias, P. A. S. M. Jamil & N. Yaakub (2025). <i>Kesan Penyakit Pekerjaan di Sektor Pertanian terhadap Kemiskinan Luar Bandar</i>. In <i>Matlamat Pembangunan Mampan: Perspektif Malaysia (Siri 1)</i>. UPM Press. ISBN 978-629-7840-50-5 (Scopus)
Proceeding	1. Elisha Claret Wilson Dass, Karmegam Karupiah, Ayuni Nabilah Alias & Murugadas Ramdas (2026). <i>A Review of Knee Supports as a Potential Intervention for Fatigue and Knee Instability in Industrial Prolonged Standing Jobs</i> : in The Proceedings of the Malaysia-Japan Visionaries Conference 2024, p. 525-534 Springer (Scopus).
Copyright	1. Vibrating Insole Prototype (Owner: CRAR2024W04725)- 2024 2. SoleComfortQ (Owner: LY2025W03698)-2025 3. Teacher and Musculoskeletal Disorders Questionnaire (Owner: LY2026E01648)- 2026

E. AWARDS				
Name of awards	Title	Award Authority	Award Type	Year
Academic Award	Anugerah Penghasilan Inovasi (Hakcipta dan Karya Asli), Bakat (Koir dan Bola Jaring), Pencalonan Fellowship Naib Canselor (Pengajar Cemerlang) from Majlis Apresiasi Fakulti Ekologi Manusia, UPM	Universiti Putra Malaysia (UPM)	University	2026
Academic Award	Anugerah Penghasilan Inovasi (Hakcipta dan Karya Asli) from Majlis Apresiasi Fakulti Ekologi Manusia, UPM	Universiti Putra Malaysia (UPM)	University	2025
Academic Award	Gold Award: Innovation of Gamified Learning Platforms as a Dynamic Teaching Method to Foster Active Learning among Students in International Teaching Aid Competition 2024	University Teknologi Mara (UiTM) Kedah	International	2024

Academic Award	Silver Award: Innovative Productathon and Prototyping in The Third International Competition on Sustainable Education 2024	International Islamic University Malaysia	International	2024
Academic Award	Silver Award: Innovation of Gamified Learning Platforms as a Dynamic Teaching Method to Foster Active Learning among Students in The Third International Competition on Sustainable Education 2024	International Islamic University Malaysia (IIUM)	International	2024
Academic Award	Silver Award: ViPro- Vibrating Insole Prototype (Anugerah Inovasi Nuklear Kebangsaan 2024) in Hari Inovasi Nuklear Malaysia 2024	Agensi Nuklear Malaysia	National	2024
Academic Award	Silver Award: Risk Assessment of Occupational Stress Apps. (Anugerah Inovasi Nuklear Kebangsaan 2024) in Hari Inovasi Nuklear Malaysia 2024	Agensi Nuklear Malaysia	National	2024
Academic award	Best Presenter Award (Track: Applied Sciences) – Muscles Relief on the Road: Evaluating a Novel Armrest for Motorcyclists in 2 nd International Conference on Advanced Engineering and Applied Sciences 2024	Universiti Teknologi Mara (UiTM) Pulau Pinang	International	2024
Academic award	Best Poster Award (2 nd Prize)- Assessing Knowledge, Attitudes and Practices: Benzene Exposure and Health Effects among Onshore Workers in The 14 th International Symposium of Health Sciences 2024	Universiti Kebangsaan Malaysia	International	2024
Academic award	Special Award: The Best Intervention Award (Vibrating Insole Prototype among Female School Teachers) in Human Factors and Ergonomics Conference 2023	Human Factors and Ergonomics Society Malaysia (HFEM)	International	2023
Academic award	Silver award in BioInnovation Awards (Title: Built-In Lumbar Support for Motorcycle Seat)	Malaysian Biotechnology Corp	National	2014

F. EXPERIENCE	
Conference	• Guest speaker for Human Factors and Ergonomics Public Lecture at Universitas Darussalam Gontor Ponorogo, Indonesia - 2026 • Plenary speaker for Mahsa International Conference on Health Science & Technology (Mi-Chest) 2026, Malaysia - 2026 • Presenter for 1st International Conference on Sustainable Development Goals, Universitas Brawijaya, Indonesia - 2026 • Presenter for International Conference on Climate Change: Ecosystem Resilience and Adaptation 2026, Chongqing University, China - 2026 • Presenter and Chair of Presentation Session for International Conference of Human Factors and Ergonomics (HFEM) 2026, Kelantan, Malaysia – 2025 • Presenter for AUN-EEC Conference on Ecological Education and Culture, Ateneo de Manila University, Philippine - 2025

	• Plenary speaker at International Symposium on Environmental and Occupational Health (ISEOH), Putrajaya- 2025 • Presenter for 2nd International Conference on Advanced Engineering and Applied Sciences, Pulau Pinang - 2024 • Presenter for The 14th International Symposium of Health Sciences, Kuala Lumpur - 2024 • Presenter for The 2nd International Academic Conference on Business Administration and Communication Arts, Yala Rajabhat University, Thailand - 2024 • Presenter for ErgoLympics Product Design and Development for Human Factors and Ergonomics Malaysia Conference (HFEMC), Langkawi – 2023 • Scientific Committee for 2023 Human Factors and Ergonomics Malaysia Conference (HFEMC), Langkawi – 2022-2023 • Guest Speaker for Forum: “How to survive and thrive in graduate life and career pathway?” In conjunction with “Mental Health and Physical Awareness Campaign 2021” Faculty Medicine and Health Sciences, Universiti Putra Malaysia (UPM) – 2021 • Presenter for 2021 Human Factors and Ergonomics Malaysia Conference (HFEMC) – 2021 • Presenter for 2019 International Conference on Occupational Safety and Environmental Health (ICOSHE), Management and Science University (MSU) – 2019 • Presenter for 3rd International Conference on Ergonomics & 1st International Conference of Industrial Engineering (ICE & ICIE), Kuala Lumpur – 2015 • Presenter for International Conference of Environmental and Occupational Health (ICEOH), Putrajaya -2014 • Presenter for 3rd International Conference on Environmental and BioScience (ICEBS), Phuket, Thailand – 2013
--	---

G. COMPETENCY, ORGANIZATION AND SPECIALISATION			
Organization	Position	Year	Expertise
Malaysian Qualifications Agency (MQA)	Panel Assessor	2025-2028	Ergonomics, OSH
Jawatankuasa Etika UPM (JKEUPM)	Ethical Committee (Social Sciences)	2024 - current	Product Safety, Ergonomics
ICMS Education Group Sdn Bhd	Academic Advisor / External Reviewer	2025 - current	Ergonomics, OSH
Malaysian Journal of Human Ecology	Managing Editor	2024-current	Product safety, Ergonomics
International Journal of Public Health and Primary Care	Editorial Board Members	2025-current	Ergonomics, OSH
Department of Occupational Safety and Health (DOSH)	Ergonomic Trained Person (ETP)	2021 - current	Ergonomics, OSH
Human Factors and Ergonomics Society Malaysia (HFEM)	Chair of Student Chapter / Trainer	2020 - current	Ergonomics, Product Safety
Persatuan Ekonomi Pengguna & Keluarga Malaysia (MACFEA)	Lifetime member	2023 - current	Product Safety

H. LEADERSHIP AND CONSULTATION		
Grant	Title	Year
HFEM Industrial Grant (Lead Researcher)	Anthropometric Patterns among Primary School Children and Mismatched School Furniture	2025
Geran Putra (IPM) UPM (Lead Researcher)	Prevalence of Musculoskeletal Disorders (MSDs) and Teacher's Perception on Ergonomic Intervention Products in the Marketplace	2024-2026
Geran Galakan Penyelidik Muda (UKM) (Co-researcher)	Constructing and Validating an Instrument to Assess Occupational Safety and Health Literacy: Observation among Malaysian Law Enforcers	2024-2026
Industry & Consultant	Title	Year
Ergonomic Risk Assessment (ERA)	Industry – FANUC Mechatronics (Malaysia) Sdn Bhd	2026
	Industry – TCIM Sdn Bhd (Tan Chong Groups), Subang	2026
	Industry – Prifaria Sdn Bhd, Terengganu	2025
	Industry – TCIM Sdn Bhd (Tan Chong Groups), Subang	2025
	Industry – MOH Pharmaceutical Technologies Sdn Bhd, Subang	2024
	Industry - NS Bluescope Sdn Bhd, Klang	2024
Chemical Health Risk Assessment (CHRA)	Industry- Makhostia Sdn. Bhd, Ampang	2019
Behavioral Based Safety (BBS)	Industry- Samsung C&T Kuala Lumpur	2017-2019

I. TEACHING ACTIVITIES	
Course	Institution
- Product Safety - Research Methods (Postgraduate) - Research Methods (Human Development) - Research Methods in Consumer Science - Evaluation of Consumer Products and Services - Social Audit and Consumer Well Being - Bachelor Dissertation	Faculty of Human Ecology, Universiti Putra Malaysia (UPM) 2023 - Current
- Ergonomics Management (MSc) - Research Methods (MSc) - Introduction to OSH (BSc) - Industrial Ergonomics (BSc) - Emergency Preparedness and Response (BSc) - Occupational Safety (BSc) - Research Methods (BSc) - Environmental Management and Sustainability (BSc) - Construction Safety (BSc) - Ethics in OSH Profession (BSc) - Introduction to Ergonomics (Dip) - Introduction to Occupational Safety (Dip) - Emergency Response Plan (Dip) - OSH Management System (Dip) - OSH Information and Data System Management (Dip)	Faculty of Safety and Health, University of Cyberjaya (UOC) 2020 - 2023

• Occupational Safety and Health Practice (Dip) • Workplace Action Research Project (WPA1) (Dip)	
---	--