



Online Health Talk: Mitigate Serious Injuries in High-Impact Sports

Synopsis

Mitigating serious sports injuries in high-impact sports requires a comprehensive approach. Key strategies include focusing on rigorous training and conditioning programs to build athlete resilience.

Emphasis on proper technique and skill development helps minimize injury risk, alongside ensuring athletes use appropriate equipment and protective gear. Regular medical screenings and tailored injury prevention programs are essential for early detection and intervention. Education and awareness campaigns promote safety practices among athletes and coaches. Continuous monitoring allows for prompt action if issues arise, complemented by structured rehabilitation and return-to-play protocols.

Considering environmental factors and providing psychological support further enhances injury prevention efforts, ensuring athletes can perform at their best while minimizing injury risks.

About the Speaker



Speaker:
Ir. Ts. Muraliraj K. Silvaraj
PKT, PJK, PJM

With 38 years in government and 3 years in the private sector, **Ir. Ts. Muraliraj** gained extensive experience in senior management, particularly in project management from initiation to closure. His roles included overseeing infrastructure, landscape, commercial, and residential projects, issuing road permits, and maintaining industrial parks, stadiums, and high-rise buildings. Throughout his career, he has held diverse positions such as CEO, Board Director, Project Manager, Resident Engineer, Liaison Officer and Stadium Manager, alongside roles in soccer coaching, soccer instructor and as a former national soccer player.

Registered as a PEPC with BEM, Professional Technologist with MBOT, and CCPM with CIDB, he has also held certifications in Safety, Environment, Traffic management, TTT with HRDC and Property Management with BOVAEA. With a Civil Engineering degree from the UK, an MBA from Northern University Malaysia, and an Engineering Certificate from Polytechnic Ungku Omar, he is able to balance engineering and management demands through effective time management and goal setting. He thrives on achieving success across multiple domains, reflecting a commitment to growth and excellence.

 **6 July 2024 (Sat)**

 **10.00am – 11.00am**



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<https://tinyurl.com/pnuezyyx>

Meeting ID: 879 8236 5159
Passcode: 215879

IEM Member : FOC

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