



INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH
KURIKULUM KURSUS
COURSE CURRICULUM
TEL: 03 – 8769 2100 FAX: 03 – 8926 2900
URL: www.niosh.com.my



COURSE TITLE	: Construction Safety and Health Trainers	COURSE CODE	: CSHT
COURSE DURATION	: 4 day(s) / 30 hour(s)	COURSE LEVEL	: Trainers
COURSE CATEGORY	: Competency		
HRDF SCHEME	: SBL		
COURSE FEE	: RM 2,120.00 (inclusive of SST)	EXAMINATION FEE	: RM 300.00

1. OBJECTIVES:

At the end of the course, the participant will be able to:

- i. Conduct induction course in construction industry.
- ii. Register with CIDB as a competent trainer.

2. TARGET GROUPS:

- i. Registered Safety and Health Officers.
- ii. Site Managers/Supervisors.

3. ENTRY REQUIREMENT(S):

- i. Registered Safety and Health Officers with at least 6 months experience as a Safety and Health Officer at construction sites **OR**
- ii. Site Supervisors/Managers with at least 3 years of experience related to safety and health in the construction industry (E.G: Safety Committee Members, Auditors, Accident Investigation Members, SHASSIC Assessor) **AND**
- iii. Must be a CIDB green card holder **AND**
- iv. Accredited Certificate Train the Trainers Competency Programme conducted by NIOSH or Equivalent.

4. TOPICS:

- i. Phases and Hazards in construction works.
- ii. Roles of OSH Supervisor in Construction works.
- iii. Legal requirements in Construction works.
- iv. Welfare Facilities.
- v. Housekeeping.
- vi. Fire prevention.
- vii. Electrical works Safety.
- viii. Site Transportation Safety.
- ix. Demolition works Safety.
- x. Excavation work Safety.
- xi. Hoisting works Safety.
- xii. Scaffolding works Safety.
- xiii. Hand & Power Tools Safety.
- xiv. PPE Management.
- xv. Health issues in Construction works.



5. LIST OF LEGAL REFERENCE & OTHER REQUIREMENTS:

- i. OSHA.
- ii. FMA.
- iii. EQA.
- iv. UBBL.
- v. CIDB ACT 520.
- vi. OHSAS 18001:2007.
- vii. MS 1722:2011.


6. LIST OF TEACHING AIDS:

- i. LCD Projector.
- ii. Computer.
- iii. White Board with accessories.
- iv. Flip Chart with accessories.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion.

Last updated on 01st June 2018 by PDD

 	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH		
	COURSE SCHEDULE		
	No. Dokumen	Tarikh	Muka Surat
	NIOSH-PDD-CS-CSHT	01 May 2018	1 / 2

COURSE TITLE: CONSTRUCTION SAFETY AND HEALTH TRAINERS

DAY ONE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0845 - 0900	0.25	Introduction	NIOSH
0900 - 0930	0.50	Assessment Briefing	
0930 - 1030	1.00	Overview of the programme	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1315	2.50	Overview of legal requirement	
1315 - 1415	1.00	LUNCH	
1415 - 1545	1.50	F&M (BOWEC)	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1630	0.50	Continuation: F&M (BOWEC)	
1630 - 1830	2.00	Risk Management	
	7.50	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0900	0.50	Planning and Managing OSH at Site 1 st Stage: Overview of Construction Work	
0900 - 1030	1.50	2 nd Stage: Building Operation	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1115	0.50	2 nd Stage: Building Operation	
1115 - 1315	2.00	3 rd Stage: Works of Engineering Construction	
1315 - 1415	1.00	LUNCH	
1415 - 1530	1.25	4 th Stage: Mechanical & Electrical Work	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1630	0.75	4 th Stage: Mechanical & Electrical Work	
1630 - 1830	2.00	5 th Stage: General Stage / Requirement	
	8.50	END OF DAY TWO	

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DAY THREE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0900 - 1000	1.00	Written Assessment	ECD
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1145	1.50	Lesson Plan Preparation	NIOSH
1145 - 1300	1.25	Preparation for Practical Presentation	
1300 - 1400	1.00	LUNCH	
1400 - 1515	1.25	Preparation for Practical Presentation	
1515 - 1530	0.25	AFTERNOON TEA BREAK	
1530 - 1730	2.00	Preparation for Practical Presentation	
	7.00	END OF DAY THREE	

DAY FOUR

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0900 - 1030	1.50	Practical Presentation & Evaluation	ECD
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Practical Presentation & Evaluation	ECD
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Practical Presentation & Evaluation	ECD
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1800	2.25	Practical Presentation & Evaluation	ECD
1800 - 1815	0.25	Evaluation & Closing	ECD
	7.50	END OF THE COURSE	

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