



<b>COURSE TITLE</b>	: Working Safely at Height	<b>COURSE CODE</b>	: WAH
<b>COURSE DURATION</b>	: 2 day(s) / 15.25 hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Competency	<b>EXAMINATION FEE</b>	: RM 150.00
<b>HRDF SCHEME</b>	: SBL		
<b>COURSE FEE</b>	: RM689.00 (inclusive of SST)		

**1. OBJECTIVES:**

Upon completion of this programme, the participants will be able to:

- i. Describe the responsibilities of both employers and employees towards OSH at the workplace.
- ii. Identify workplace hazards on tower operation.
- iii. Select the appropriate steps to provide a safe working environment.

**2. TARGET GROUPS:**

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**3. ENTRY REQUIREMENT(S):**

- i. Physically, medically and mentally fit.

**4. TOPICS:**

- i. Theory:
  - Legislation.
  - WAH update.
  - WAH principle.
  - Equipment.
- ii, WAH Practical:
  - Assignment 1 & 2.
  - Assessment.
- iii. Debrief & Discussion.

**5. LIST OF REFERENCE BOOK:**

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KEMENTERIAN SUMBER MANUSIA

**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](http://www.niosh.com.my)



**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. Practical.

**8. LIST OF PERSONAL PROTECTIVE EQUIPMENT:**

- i. Climbing safety shoe (mid cut).
- ii. Climbing safety helmet.
- iii. Leather glove.

Last updated on 6<sup>th</sup> April 2015 by PDD

 	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>			
	<b>COURSE SCHEDULE</b>			
	No. Dokumen	No. Pindaan	Tarikh	Muka Surat
NIOSH-PDD-CS-WAH	00	15 Jun 2012	1 / 1	

**COURSE TITLE: WORKING SAFELY AT HEIGHT**

**DAY ONE**

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	
0900 - 1000	1.00	Introduction - Legislation - WAH principle	
1000 – 1015	0.25	MORNING TEA BREAK	
1015 – 1300	2.75	Continuation	
1300 – 1400	1.00	LUNCH	
1400 – 1530	1.5	Group A - Low Structure Group B - PPE Inspection (Practical)	
1530 – 1545	0.25	AFTERNOON TEA BREAK	
1545 – 1715	1.5	Group A - PPE Inspection Group B - Low Structure (Practical)	
1715 – 1830	1.25	Structure climbing (Practical)	
	<b>8.00</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 –1000	1.50	Review of Day 1	
1000 – 1015	0.25	MORNING TEA BREAK	
1015 – 1045	0.5	Theory assessment	ECD
1045 - 1300	2.25	Practical assessment	
1300 - 1400	1.25	Lunch	
1400 – 1530	1.50	Continuation	
1530 – 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1715	1.50	Continuation	
	<b>7.25</b>	<b>END OF THE COURSE</b>	

Last updated on 15<sup>th</sup> June 2012 by PDD