COURSE TITLE: Working Safely at Height Refresher

COURSE DURATION: 1-day(s) / 7.00-hour(s)  COURSE CODE: WAHR

COURSE CATEGORY: Competency  COURSE LEVEL: Intermediate

HRDF SCHEME: SBL  VALIDITY: 3 years

COURSE FEE: RM689.00 (inclusive of 6% SST)

1. OBJECTIVE(S):
   At the end of the course, the participant 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 GROUP(S):
   -

3. ENTRY REQUIREMENT(S):
   i. Have attended NIOSH Working Safely at Height course and passed the examination.
   ii. Physically, medically and mentally fit.

4. TOPIC(S):
   i. Revision.
      a. Legislation.
      b. WAH update.
      c. WAH principle.
      d. Equipment.
   ii. WAH Practical.
      a. Assignment 1 & 2.
      b. Assessment.
   iii. Debrief & Discussion.

5. LIST OF REFERENCE BOOK(S):
6. **LIST OF TEACHING AID(S):**
   
i. LCD projector.
ii. Computer.
iii. White board with accessories.
iv. Flip chart with accessories.

7. **LIST OF CLASSROOM ACTIVITIES:**
   
i. Lecture.
ii. Practical.

8. **LIST OF PERSONAL PROTECTIVE EQUIPMENT:**
   
i. Climbing safety shoe (mid cut).
ii. Climbing safety helmet.
iii. Leather glove.
# COURSE TITLE: WORKING SAFELY AT HEIGHT REFRESHER

## DAY ONE

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<tr>
<th>TIME</th>
<th>HOUR</th>
<th>TOPICS</th>
<th>TRAINER / FACILITATOR</th>
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<tr>
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