



COURSE TITLE	: Working Safely at Height Refresher	COURSE CODE	: WAHR
COURSE DURATION	: 1 day/ 7.00 hour(s)	COURSE LEVEL	: Basic
COURSE CATEGORY	: Competency	EXAMINATION FEE	: -
HRDF SCHEME	: SBL		
COURSE FEE	: 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. Have attended NIOSH Working at Height course and passed the examination.
- ii. Physically, medically and mentally fit.

4. TOPICS:

- i. Revision:
 - 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



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 27th July 2013 by PDD

 	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH		
	COURSE SCHEDULE		
No. Dokumen	No. Pindaan	Tarikh	Muka Surat
NIOSH-PDD-CS-WAHR	00	12 Mac 2013	1 / 1

COURSE TITLE: WORKING SAFELY AT HEIGHT - REFRESHER

DAY ONE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	
0900 - 1030	1.50	Revision: - Legislation - WAH update - WAH principle - Equipment - Knots	
1030 – 1045	0.25	MORNING TEA BREAK	
1045 – 1245	2.00	WAH Practical: <i>(lifting & rescue)</i>	
1245 - 1300	0.25	Debriefing	
1300 – 1400	1.00	LUNCH	
1400 – 1615	2.25	Assessment <i>(lifting & rescue)</i>	
1615 – 1630	0.25	AFTERNOON TEA BREAK	
1630 - 1730	1.00	Continuation	
	7.00	END OF THE COURSE	

Last updated on 12th March 2013 by PDD