



COURSE TITLE	: Construction Safety and Health Trainers	COURSE CODE	: CSHT
COURSE DURATION	: 4-day(s) / 20.00-hour(s)	COURSE LEVEL	: Intermediate
COURSE CATEGORY	: Competency		
HRD CORP SCHEME	: Claimable		
COURSE FEE	: RM2,120.00 (inclusive of 6% SST)	EXAMINATION FEE	: RM300.00
TOTAL FEE	: RM2,420.00 (inclusive of 6% SST)		

1. OBJECTIVE(S):

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 GROUP(S):

- 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 Trainer (TTT1) Competency Programme conducted by NIOSH and recognised by HRDF.

4. TOPIC(S):

- i. Topic 1 - Overview of the Programme.
- ii. Topic 2 - Overview of Legal Requirement.
- iii. Topic 3 - Factories & Machinery (Building Operations & Works of Engineering Construction) (Safety) Regulations 1986.
- iv. Topic 4 - Risk Management.
- v. Topic 5 - Construction Management Planning and Managing.



5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.
- iii. UBBL.
- iv. CIDB Act.
- v. OHSAS 18001: 2007.
- vi. MS 1722: 2011.
- vii. ISO 45001: 2018.



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. Group discussion (exercise/ case study/ video).
- iii. Presentation.

Note: Participant is required to bring along laptop (for presentation) during the training session.

 	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH		
	COURSE SCHEDULE		
	Document No. NIOSH-PDD-CS-CSHT	Revision No. MHA190719	Page 3 / 4



COURSE TITLE: CONSTRUCTION SAFETY AND HEALTH TRAINERS

DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0845 - 0900	0.25	Introduction	NIOSH
0900 - 0930	0.50	Assessment Briefing	ECD
0930 - 1030	1.00	Topic 1: Overview of the Programme	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Topic 2: Overview of Legal Requirement	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Topic 3: Factories & Machinery (Building Operations & Works of Engineering Construction) (Safety) Regulations 1986	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1545 - 1700	1.25	Topic 4: Risk Management	
1700 - 1730	0.50	Group Exercise and Presentation	
	6.50	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Construction Management Planning and Managing: Topic 5 (A): Overview of Construction Work	
0900 - 1030	1.50	Topic 5 (B): Building, Renovation and Operation	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1115	0.50	Continuation	
1115 - 1300	1.75	Topic 5 (C): Works of Engineering Construction	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Topic 5 (D): Mechanical and Electrical Works in Construction	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1645	1.00	Topic 5 (E): General Safety	
1645 - 1730	0.75	Group Exercise and Presentation	
	7.50	END OF DAY TWO	

 	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH		
	COURSE SCHEDULE		
	Document No. NIOSH-PDD-CS-CSHT	Revision No. MHA190719	Page 4 / 4

DAY THREE

TIME	HOUR	TOPIC	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	
	6.00	END OF DAY THREE	

DAY FOUR

TIME	HOUR	TOPIC	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 - 1815	2.50	Practical Presentation & Evaluation	ECD
1815 - 1830	0.25	Evaluation & Closing	NIOSH
		END OF THE COURSE	

Note: This course was previously known as Safety Induction for Construction Worker - Trainer's Programme (SICW).