



INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

KURIKULUM KURSUS
COURSE CURRICULUM

TEL: 03 - 8911 3800 FAX: 03 - 8926 3900
URL: www.niosh.com.my



COURSE TITLE	: Confined Space Trainer	COURSE CODE	: CST
COURSE DURATION	: 5-day(s) / 19.00-hour(s)	COURSE LEVEL	: Advanced
COURSE CATEGORY	: Competency		
HRD CORP SCHEME	: Claimable		
COURSE FEE	: RM3,180.00 (inclusive of 6% SST)	EXAMINATION FEE	: RM1,000.00
TOTAL FEE	: RM4,180.00 (inclusive of 6% SST)		

1. OBJECTIVE(S):

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

- i. Perform and elaborate confined space risk assessment;
- ii. Explain and demonstrate the application of confined space equipment; **AND**
- iii. Facilitate confined space training effectively.

2. TARGET GROUP(S):

- i. Registered Authorised Gas Tester and Entry Supervisor; **AND**
- ii. Any person who is interested to become Confined Space Trainer.

3. ENTRY REQUIREMENT(S):

- i. Possessed first degree in the field of engineering/ science/ medical recognised by MQA with at least 5 years working experience in confined space field; **OR**
- ii. Possessed diploma in the field of engineering/ science/ medical recognised by MQA with at least 8 years working experience in confined space field; **OR**
- iii. Possessed SPM with credit in science **AND** 10 years working experience in confined space field; **AND**
- iv. Possessed Train the Trainer certificate organised by NIOSH or equivalent course recognised by Human Resource Development Fund (HRDF); **AND**
- v. Able to communicate in both Bahasa Melayu and English; **AND**
- vi. Registered as an Authorised Gas Tester **AND** Entry Supervisor for Confined Space with Department of Occupational Safety and Health; **AND**
- vii. Possessed 3 years of experience as an Authorised Gas Tester **AND** Entry Supervisor for Confined Space; **AND**
- viii. Possessed 2 years of experience as OSH Trainer.



4. TOPIC(S):

- i. Chapter 1: Overview of Confined Space Program.
- ii. Chapter 2: Confined Space Risk Assessment.
- iii. Chapter 3: Usage and Maintenance of Gas Detection Equipment.
- iv. Chapter 4: Usage and Maintenance Breathing Apparatus Equipment.
- v. Chapter 5: Usage and Maintenance of Ventilation Equipment
- vi. Chapter 6: Demonstration on Confined Space Equipment and MTU.

5. LIST OF REFERENCE BOOK(S):



- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.
- iii. Industry Code of Practice for Safe Working in a Confined Space 2010.

6. LIST OF TEACHING AID(S):

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.
- v. Confined space equipment:
 - a) Ventilator and accessories.
 - b) Gas detector and accessories.
 - c) Breathing apparatus and accessories.
- vi. Mobile Training Unit (MTU).

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion.
- iii. Presentation
- iv. Demonstration on Confined Space Equipment and MTU (Practical).
- v. Practical on Confined Space Risk Assessment.

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	COURSE SCHEDULE		
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COURSE TITLE: CONFINED SPACE TRAINER

DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	NIOSH
0900 - 1030	0.50	Briefing on Examination	ECD
0930 - 1030	1.00	Chapter 1: Overview of Confined Space Program	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1115	0.50	Continuation	
1115 - 1245	1.50	Chapter 2: Confined Space Risk Assessment	
1245 - 1400	1.25	LUNCH	
1400 - 1530	1.50	Practical on Confined Space Risk Assessment	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1715	1.50	Continuation	
	6.00	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 - 1030	1.50	Chapter 3: Usage and Maintenance of Gas Detection Equipment (T)	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Continuation (Practical)	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Chapter 4: Usage and Maintenance Breathing Apparatus Equipment (T)	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1700	1.25	Continuation (Practical)	
	6.50	END OF DAY TWO	

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DAY THREE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 - 1030	1.50	Chapter 5: Usage and Maintenance of Ventilation Equipment	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1115	0.50	Continuation	
1115 - 1300	1.75	Chapter 6: Demonstration on Confined Space Equipment and MTU (Practical)	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Continuation	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1700	1.25	Continuation	
	6.50	END OF DAY THREE	

DAY FOUR

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 - 1030	1.50	Paper 1	ECD
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Examination for: <ul style="list-style-type: none"> • Paper 3 - SCBA Skill Station • Paper 4 - Gas Detection Skill Station 	ECD
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Continuation	ECD
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1700	1.25	Continuation	ECD
		END OF DAY FOUR	

DAY FIVE

TIME	 HOUR	 TOPIC	 TRAINER / FACILITATOR
0900 – 1000	1.00	Paper 2 - Part B	ECD
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1230	2.25	Continuation	ECD
1230 - 1430	2.00	LUNCH (FRIDAY PRAYER)	
1400 - 1530	1.00	Continuation	ECD
1530 - 1600	0.50	Evaluation & Closing	NIOSH
1600 - 1615	0.25	AFTERNOON TEA BREAK	
		END OF THE COURSE	