#### INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA

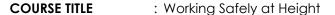
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

#### **KURIKULUM KURSUS**

COURSE CURRICULUM

TEL: 03 - 8911 3800 FAX: 03 - 8926 3900

URL: www.niosh.com.my



COURSE DURATION : 2-day(s) / 15.25-hour(s) COURSE CODE : WAH

COURSE CATEGORY : Competency COURSE LEVEL : Basic

**HRD CORP SCHEME**: Claimable **VALIDITY**: 3 years

COURSE FEE : RM689.00 (inclusive of 6% SST) EXAMINATION FEE : RM150.00

TOTAL FEE : RM839.00 (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):

i -

## 3. ENTRY REQUIREMENT(S):

i. Physically, medically and mentally fit.

## 4. TOPIC(S):

- i. Theory.
  - a. Legislation.
  - b. WAH update.
  - c. WAH principle.
- ii. WAH Practical.
  - a. Assignment 1& 2.
  - b. Assessment.
- iii. Debrief & Discussion.

## 5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.

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# 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.

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NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH				
COURSE SCHEDULE				
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# COURSE TITLE: WORKING SAFELY AT HEIGHT

# DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	NIOSH
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	1.50	Group A - Low Structure Group B - PPE Inspection (Practical)	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1715	1.50	Group A - PPE Inspection Group B - Low Structure (Practical)	
1715 - 1830	1.25	Structure Climbing (Practical)	
	8.00	END OF DAY ONE	

# DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1000	1.50	Review of Day 1	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1045	0.50	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	
	7.25	END OF THE COURSE	

COURSE SCHEDULE NIOSH MALAYSIA