



<b>COURSE TITLE</b>	: Working Safely at Height	<b>COURSE CODE</b>	: WAH
<b>COURSE DURATION</b>	: 2-day(s) / 15.25-hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Competency	<b>VALIDITY</b>	: 3 years
<b>HRD CORP SCHEME</b>	: Claimable	<b>EXAMINATION FEE</b>	: RM150.00
<b>COURSE FEE</b>	: RM689.00 (inclusive of 6% SST)		
<b>TOTAL FEE</b>	: 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.



**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.

	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	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)	
	<b>8.00</b>	<b>END OF DAY ONE</b>	

**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	
	<b>7.25</b>	<b>END OF THE COURSE</b>	