



COURSE TITLE	: Working Safely at Height Refresher	COURSE CODE	: WAHR
COURSE DURATION	: 1-day(s) / 7.00-hour(s)	COURSE LEVEL	: Intermediate
COURSE CATEGORY	: Competency	VALIDITY	: 3 years
HRD CORP SCHEME	: Claimable		
COURSE FEE	: RM689.00 (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. Have attended NIOSH Working Safely at Height course and passed the examination.
- ii. Physically, medically and mentally fit.

4. TOPIC(S):

- i. Revision.
 - a. Legislation.
 - b. WAH update.
 - c. WAH principle.
 - d. Equipment.
- 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.

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

DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	NIOSH
0900 - 1030	1.50	Revision <ul style="list-style-type: none"> • Legislation • WAH Update • WAH Principle • Equipment • Knots 	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1245	2.00	WAH Practical (Lifting and Rescue)	
1245 - 1300	0.25	Debriefing	
1300 - 1400	1.00	LUNCH	
1400 - 1615	2.25	Assessment (Lifting and Rescue)	
1615 - 1630	0.25	AFTERNOON TEA BREAK	
1630 - 1730	1.00	Continuation	
	7.00	END OF THE COURSE	