



COURSE TITLE	: Working Safely at Height (WAH)	COURSE CODE	: WAH
COURSE DURATION	: 2-day(s) / 15.75-hour(s)	COURSE LEVEL	: Basic
COURSE CATEGORY	: Competency	VALIDITY	: 3 years
HRD CORP SCHEME	: Claimable	EXAMINATION FEE	: RM150.00
COURSE FEE	: RM702.00 (inclusive of 8% SST)		
TOTAL FEE	: RM852.00 (inclusive of 8% SST)		

1. OBJECTIVE(S):

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

- i. State legal, JHA and procedural requirements.
- ii. Explain and perform working at height principles.
- iii. Select and use PPE and equipment to perform work.
- iv. Perform site inspection ensuring safe working environment.
- v. Describe the steps to be taken during incidents.

2. TARGET GROUP(S):

- i. Safety and Health Officer (SHO).
- ii. Site Safety Supervisor (SSS).
- iii. OSH Coordinator.
- iv. Safety and health practitioner.
- v. Tower maintenance worker.
- vi. Building maintenance worker.
- vii. Construction worker
- viii. Scaffolder.
- ix. Workers at height or any interested party.

3. ENTRY REQUIREMENT(S):

- i. Must be able to read, write, communicate and understand Bahasa Malaysia **OR** English language; **AND**
- ii. Physically, medically and mentally fit.

4. TOPIC(S):

- i. Topic 1 - Legal Requirement, Procedures and JHA.
- ii. Topic 2 - WAH Principles, PPE, Equipment, Maneuvering, Knots and Hauling System.
- iii. Topic 3 - Emergency Preparedness and Response Plan.



5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994 (Amendment) 2022.
- ii. DOSH Guidelines for the Prevention of Falls at Workplaces 2007.

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. Demonstration.
- iii. Practical.

Note: Participants are recommended to bring along Personal Protective Equipment e.g. Safety/ Sport Shoes, Safety/ Climbing Helmet, Glove and Working Uniform for the practical session.

 	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH		
	COURSE SCHEDULE		
	Document No.	Revision No.	Page
	NIOSH-PDD-CS-WAH	PDD310323	3 / 3

COURSE TITLE: WORKING SAFELY AT HEIGHT (WAH)

DAY ONE

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0800 – 0830	0.50	Registration	NIOSH
0830 – 1000	1.50	Topic 1 – Legal Requirement, Procedures and JHA	
1000 – 1015	0.25	MORNING TEA BREAK	
1015 – 1215	2.00	Topic 2 – WAH Principles, PPE, Equipment, Maneuvering, Knots and Hauling System	
1215 – 1300	0.75	Topic 3 – Emergency Preparedness and Response Plan	
1300 – 1400	1.00	LUNCH	
1400 – 1530	1.50	Structure Climbing and Team Rescue (Practical)	
1530 – 1545	0.25	AFTERNOON TEA BREAK	
1545 – 1830	2.75	Continuation	
1830	8.50	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 – 1000	1.50	Practical Continuation	
1000 – 1015	0.25	MORNING TEA BREAK	
1015 – 1300	2.75	Continuation	
1300 – 1400	1.00	LUNCH	
1400 – 1530	1.50	Continuous Assessment	
1530 – 1545	0.25	AFTERNOON TEA BREAK	
1545 – 1645	1.00	Continuous Assessment	
1645 – 1715	0.50	Continuous Assessment	
1715	7.25	END OF THE COURSE	