



<b>COURSE TITLE</b>	: Tree Climbing Safety	<b>COURSE CODE</b>	: TCS
<b>COURSE DURATION</b>	: 3-day(s) / 20.50-hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Non-Competency		
<b>HRD CORP SCHEME</b>	: Claimable		
<b>COURSE FEE</b>	: RM1,272.00 (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 tree cutting, pruning and rigging operation.
- iii. Select and implement the safe operating procedures for tree climbing operation.
- iv. Select and use the equipment and Personal Protective Equipment (PPE) for tree climbing operation.

**2. TARGET GROUP(S):**

- i. Managers / Executives.
- ii. Safety and Health Officers.
- iii. OSH practitioners.
- iv. Safety and Health Committee members.
- v. Supervisors.
- vi. Tree maintenance management.
- vii. Arborist.
- viii. All levels of tree climbing workers.

**3. ENTRY REQUIREMENT(S):**

- i. None.

**4. TOPIC(S):**

- i. Introduction:
  - a. Tree Health and Sciences.
- ii. Inspection of Gear.
- iii. Inspection of The Tree and Site:
  - a. Safety.
- iv. Ascent.
- v. Trying in:
  - a. Ropes and Knots.



- vi. Working in a Tree.
  - a. Pruning.
  - b. Rigging.
  - c. Removal.
- vii. Emergency Response.
- viii. Assessment (Written and Practical).

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


- i. Tree Climbers Guide.
- ii. Guidelines on Working at Height.
- iii. *Manual Aktiviti Lapangan (JPSM)*.
- iv. Guidelines on HIRARC.

**6. LIST OF TEACHING AID(S):**

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.
- v. List of equipment (refer attachment).

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Practical.

	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	COURSE SCHEDULE		
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**TAJUK KURSUS : KESELAMATAN MEMANJAT POKOK**  
**COURSE TITLE : TREE CLIMBING SAFETY**

**HARI PERTAMA**

MASA	JAM	TOPIK	PENCERAMAH
0800 - 0830	0.50	Pendaftaran	NIOSH
0830 - 0845	0.25	Pengenalan Kursus	NIOSH
0845 - 0945	1.00	Topik 1: Sains & Kesihatan Pokok	
0945 - 1030	0.75	Topik 2: Pemeriksaan Tapak Kawasan & Pokok	
1030 - 1045	0.25	MINUM PAGI	
1045 - 1215	1.50	Sambungan	
1215 - 1315	1.00	Topik 3: Perundangan Berkaitan KKP (Peranan & Tanggungjawab)	
1315 - 1415	1.00	MAKAN TENGAHARI	
1415 - 1545	1.50	Topik 4: Memanjat & Bekerja di Pokok	
1545 - 1600	0.25	MINUM PETANG	
1600 - 1700	1.00	Sambungan	
	<b>6.75</b>	<b>TAMAT HARI PERTAMA</b>	

**HARI KEDUA**

MASA	JAM	TOPIK	PENCERAMAH
0830 - 1030	2.00	Topik 5: Tali & Simpulan	
1030 - 1045	0.25	MINUM PAGI	
1045 - 1145	1.00	Sambungan (Praktikal)	
1145 - 1300	1.25	Topik 6: Pemeriksaan, Penyelenggaraan & Penyimpanan Peralatan Memanjat	
1300 - 1400	1.00	MAKAN TENGAHARI	
1400 - 1530	1.50	Praktikal (Latihan Memanjat)	
1545 - 1600	0.25	MINUM PETANG	
1600 - 1715	1.50	Praktikal (Sambungan)	
	<b>7.25</b>	<b>TAMAT HARI KEDUA</b>	

### HARI KETIGA

MASA	JAM	TOPIK	PENCERAMAH
0830 - 0845	0.25	Taklimat Penilaian (Bertulis & Praktikal)	NIOSH
0845 - 0915	0.50	Sesi Penilaian (Bertulis) – MCQ 20 soalan	
0915 - 1030	1.25	Sesi Penilaian (Peralatan & Ikatan Tali) • Berkumpulan (4-5 peserta/ kumpulan)	
1030 - 1045	0.25	MINUM PAGI	
1045 - 1145	2.25	Sesi Penilaian (Praktikal Memanjat Pokok & Pengisian JSA) • Taklimat keselamatan • Berkumpulan (4-5 peserta/ kumpulan)	
1300 - 1400	1.00	MAKAN TENGAHARI	
1400 - 1600	2.00	Sesi Penilaian - Sambungan (Praktikal Memanjat Pokok & Pengisian JSA)	
1600 - 1615	0.25	MINUM PETANG	
1615 - 1715	1.00	Sesi Penilaian - Sambungan • Demonstrasi (Praktikal aktiviti menyelamat)	
	<b>6.50</b>	<b>TAMAT KURSUS</b>	