

# NIOSH Headquarters (HQ)

Address: Lot 1, Jalan 15/1, Section 15, 43650 Bandar Baru Bangi, Selangor Darul Ehsan.

Senior Manager : Khairunnizam Mustapa

Contact Person : Nor Azlina Abdul Karim, Muhamad Syaifulah Jamaludin, Normalenny Omar, Nurhidayah Masri, Mohamad Al Sidek Teramaji, Nurazim Mohd Yusof, Ibrahim Mohd Yunus, Rosila Nodin, Muhammad Farhan Hashim.

Tel No : 03-8769 2100 , 03-8911 3800

Operating Hours : Mon-Fri, 8.00 am - 5.15 pm

E-mail : training@niosh.com.my

Fax No. : 03-89263900

|  |  |          |                         |             |             |               | 2018        |             |             |             |             |             |             |             |             |             |             |       |  |
|--|--|----------|-------------------------|-------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------|--|
| NO                                     | COURSE TITLE   | DURATION | FEE (RM)<br>INC 0 % GST | COURSE CODE | HRDF SCHEME | SMIDEC SCHEME | JAN         | FEB         | MAR         | APR         | MAY         | JUN         | JUL         | AUG         | SEP         | OCT         | NOV         | DEC   |  |
| <b>COMPETENCY PROGRAMMES</b>           |  |          |                         |             |             |               |             |             |             |             |             |             |             |             |             |             |             |       |  |
| <b>OSH MANAGEMENT PROGRAMMES</b>       |  |          |                         |             |             |               |             |             |             |             |             |             |             |             |             |             |             |       |  |
| 1                                      | Safety and Health Officer (Full Time)*   | 22       | 4000.00                 | SHO         | SBL         | SME           | 08/01-07/02 | 05/02-08/03 | 05/03-04/04 | 02/04-02/05 | 02/05-01/06 | 25/06-24/07 | 02/07-31/07 | 06/08-05/09 | 03/09-04/10 | 01/10-30/10 | 05/11-06/12 |       |  |
|  |  |          |                         |             |             |               | 22/01-23/02 | 26/02-27/03 | 26/03-24/04 | 23/04-23/05 | 07/05-06/06 | 25/06-24/07 | 23/07-21/08 | 27/08-28/09 | 24/09-23/10 | 29/10-30/11 | 12/11-13/12 |       |  |
| 2                                      | Safety and Health Officer (Part Time)*<br>(Weekend Class - Saturday & Sunday)                          | 22       | 4000.00                 | SHOP        | SBL         | SME           | 13/01-01/04 | 03/02-22/04 | 03/03-13/05 | 07/04-08/07 | 05/05-12/08 | 30/06-23/09 | 07/07-30/09 | 04/08-21/10 | 08/09-25/11 | 06/10-16/12 |             |       |  |
| 3                                      | Safety and Health Officer (Modular)*   | 22       | 4000.00                 | SHOM        | SBL         | SME           |             |             |             |             |             |             |             |             |             |             |             |       |  |
|  | 1st intake   |          |                         |             |             |               |             |             |             |             |             |             |             |             |             |             |             |       |  |
|  | 2nd intake   |          |                         |             |             |               |             |             |             |             |             |             |             |             |             |             |             |       |  |
|  | 3rd intake   |          |                         |             |             |               |             |             |             |             |             |             |             |             |             |             |             |       |  |
|  | 4th intake   |          |                         |             |             |               |             |             |             |             |             |             |             |             |             |             |             |       |  |
|  | 5th intake   |          |                         |             |             |               |             |             |             |             |             |             |             |             |             |             |             |       |  |
| <b>OCCUPATIONAL HYGIENE PROGRAMMES</b> |  |          |                         |             |             |               |             |             |             |             |             |             |             |             |             |             |             |       |  |
| 4                                      | <b>Chemical Health Risk Assessor *</b>   | 11       | 4900.00                 | CHRA        | SBL         | SME           | 15-26       |             |             | 16-27       |             |             | 09-20       |             |             | 22/10-02/11 |             |       |  |
|  | Module 1   | 3        |                         |             |             |               | 15-17       |             |             | 16-18       |             |             | 09-11       |             |             | 22-24       |             |       |  |
|  | Module 2   | 3        |                         |             |             |               | 18-20       |             |             | 19-21       |             |             | 12-14       |             |             | 25-27       |             |       |  |
|  | Module 3   | 5        |                         |             |             |               | 22-26       |             |             | 23-27       |             |             | 16-20       |             |             | 29/10-02/11 |             |       |  |
| 5                                      | Industrial Hygiene Technician (Chemical Monitoring) *  | 5        | 3000.00                 | IHT1        | SBL         | SME           |             | 19-23       |             |             | 21-25       |             |             | 13-17       |             |             |             | 12-16 |  |
| 6                                      | Industrial Hygiene Technician (Inspection, Testing and Examination of Engineering Control Equipment) * | 5        | 3000.00                 | IHT2        | SBL         | SME           |             |             | 19-23       |             |             | 25-29       |             |             | 24-28       |             |             | 26-30 |  |
| 7                                      | Indoor Air Quality Assessor*   | 5        | 3000.00                 | IAQ         | SBL         | SME           | 08-12       |             |             | 02-06       |             |             | 02-06       |             |             | 08-12       |             |       |  |
| 8                                      | Monitoring of Noise Exposure*  | 4        | 1600.00                 | MNE         | SBL         | SME           |             | 05-08       |             |             | 07-11       |             |             | 06-10       |             |             |             | 05-09 |  |

| NO                                    | COURSE TITLE   | DURATION  | FEE (RM)<br>INC 0 % GST | COURSE CODE | HRDF SCHEME | SMIDEC SCHEME | JAN   | FEB  | MAR   | APR  | MAY   | JUN                              | JUL   | AUG   | SEP   | OCT   | NOV   | DEC  |
|---------------------------------------|--|-----------|-------------------------|-------------|-------------|---------------|---|--|---|--|---|----------------------------------|---|---|---|---|---|--|
| <b>OCCUPATIONAL HEALTH PROGRAMMES</b> |  |           |                         |             |             |               |   |  |   |  |   |                                  |   |   |   |   |   |  |
| 9                                     | Basic Occupational First Aid   | 2         | 850.00                  | BOFA        | SBL         | SME           |   | 06-07  |   | 03-04  |   | 05-06                            |   | 28-29   | 19-20   |   | 07-08   |  |
| 10                                    | Basic Offshore Occupational First Aid                                    | 4         | 1000.00                 | OSFA        | SBL         |               |   |  |   |  |   |                                  |   |   |   |   |   |  |
| 11                                    | <b>Occupational Health Doctor *</b>                                      | <b>9</b>  | <b>3900.00</b>          | OHD         | SBL         |               |   |  |   |  |   |                                  |   |   |   |   |   |  |
|                                       | 1st intake   | 3         |                         |             |             |               | 12/01-04/03   |  |   |  |   |                                  |   |   |   |   |   |  |
|                                       | 2nd intake   | 3         |                         |             |             |               | 12-14   | 02-04  | 02-04   |  |   |                                  |   |   |   |   |   |  |
|                                       | 3rd intake   | 3         |                         |             |             |               |   |  | 02/03-06/05   |  |   |                                  |   |   |   |   |   |  |
|                                       | 4th intake   | 3         |                         |             |             |               |   |  | 02-04   | 06-08  | 04-06   |                                  |   |   |   |   |   |  |
|                                       | 5th intake   | 3         |                         |             |             |               |   |  |   | 04/05-08/07  |   |                                  |   |   |   |   |   |  |
|                                       |  |           |                         |             |             |               |   |  |   | 04-06  | 08-10   | 06-08                            |   |   |   |   |   |  |
| 12                                    | <b>Occupational Health Nurse*</b>  | <b>10</b> | <b>3600.00</b>          | OHN         | SBL         |               |   |  |   |  |   |                                  |   |   |   |   |   |  |
|                                       | 1st intake   | 5         |                         |             |             |               | 26/02-30/03   |  |   |  |   |                                  |   |   |   |   |   |  |
|                                       | 2nd intake   | 5         |                         |             |             |               | 26/02-02/03   | 26-30  |   |  | 14/05-08/06   |                                  |   |   |   |   |   |  |
|                                       | 3rd intake   | 5         |                         |             |             |               |   |  |   | 14-08  | 04-08   |                                  |   |   | 03/09-05/10   |   |   |  |
|                                       |  |           |                         |             |             |               |   |  |   |  |   |                                  |   | 03-07   | 01-05   |   |   |  |
| <b>OCCUPATIONAL SAFETY PROGRAMMES</b> |  |           |                         |             |             |               |   |  |   |  |   |                                  |   |   |   |   |   |  |
| 13                                    | Authorised Entrant and Standby Person For Confined Space                 | 2         | 850.00                  | AESP        | SBL         | SME           | 08-09<br>10-11<br>13-14<br>15-16<br>17-18<br>22-23 (2 sesi)<br>24-25<br>27-28<br>29-30 (2 sesi) | 05-06<br>07-08<br>12-13<br>14-15<br>19-20 (2 sesi)<br>21-22<br>26-27 | 05-06<br>07-08<br>12-13<br>14-15<br>19-20 (2 sesi)<br>21-22<br>24-25<br>26-27 (2 sesi)<br>28-29 | 02-03<br>04-05<br>09-10<br>11-12<br>16-17 (2 sesi)<br>18-19<br>23-24 (2 sesi)<br>25-26 | 02-03<br>07-08<br>09-10<br>14-15<br>16-17<br>21-22<br>23-24<br>30-31 (2 sesi) | 04-05<br>06-07<br>25-26<br>27-28 | 02-03<br>04-05<br>09-10<br>11-12<br>16-17 (2 sesi)<br>18-19<br>23-24 (2 sesi)<br>25-26<br>30-31 | 01-02<br>06-07<br>08-09<br>13-14<br>15-16<br>20-21<br>27-28 (2 sesi)<br>29-30 | 03-04<br>05-06<br>12-13<br>13-14<br>18-19<br>20-21<br>24-25 (2 sesi)<br>26-27 | 01-02<br>03-04<br>08-09<br>10-11<br>15-16 (2 sesi)<br>17-18<br>22-23 (2 sesi)<br>24-25<br>29-30 (2 sesi)<br>31/10-01/11 | 07-08<br>08-09<br>12-13<br>14-15<br>21-22<br>22-23<br>26-27 (2 sesi)<br>28-29 | 03-04<br>05-06<br>12-13<br>13-14<br>17-18<br>19-20 |
| 14                                    | Authorised Entrant and Standby Person For Confined Space Refresher       | 1         | 500.00                  | AESPR       | N/A         | SME           | 10<br>13<br>17<br>20<br>24<br>27<br>29  | 07<br>14<br>21<br>26   | 03<br>07<br>10<br>14<br>17<br>21<br>24<br>28  | 04<br>11<br>18<br>25   | 02<br>09<br>16<br>23  | 06<br>27                         | 04<br>11<br>18<br>25<br>30  | 01<br>08<br>15<br>22<br>29  | 05<br>12<br>20<br>26  | 03<br>10<br>17<br>24<br>31  | 07<br>14<br>21<br>28  | 05<br>12<br>19                                     |
| 15                                    | Authorised Gas Tester and Entry Supervisor For Confined Space            | 3         | 1500.00                 | AGTES       | SBL         | SME           | 08-10<br>15-17<br>22-24   | 05-07<br>12-14<br>19-21<br>26-28                                     | 05-07<br>12-14<br>19-21<br>26-28  | 02-04<br>09-11<br>16-18<br>23-25   | 02-04<br>07-09<br>14-16<br>21-23  | 04-06<br>25-27                   | 02-04<br>09-11<br>16-18<br>23-25<br>30/07-01/08   | 06-08<br>13-15<br>27-29   | 03-05<br>13-14<br>18-20<br>24-26  | 01-03<br>08-10<br>15-17<br>22-24<br>29-31   | 07-09<br>12-14<br>21-23<br>26-28  | 03-05<br>12-14<br>17-19                            |
| 16                                    | Authorised Gas Tester and Entry Supervisor For Confined Space Refresher  | 2         | 650.00                  | AGTESR      | N/A         | SME           | 08-09<br>15-16  | 05-06<br>12-13   | 05-06<br>12-13  | 02-03<br>09-10   | 02-03<br>07-08  | 04-05<br>25-26                   | 02-03<br>09-10  | 06-07<br>13-14  | 03-04<br>18-19  | 01-02<br>08-09  | 07-08<br>12-13  | 03-04<br>17-18                                     |
| 17                                    | Authorised Entrant and Standby Person For Confined Space - TM Staff      | 2         | 725.00                  | AESP-TM     | SBL         | SME           | Upon Client's Request. Kindly contact us for details  |  |   |  |   |                                  |   |   |   |   |   |  |
| 18                                    | Authorised Entrant and Standby Person For Confined Space - TM Contractor | 2         | 750.00                  | AESP-TM     | SBL         | SME           | Upon Client's Request. Kindly contact us for details  |  |   |  |   |                                  |   |   |   |   |   |  |
| 19                                    | Confined Space Rescue and First Response                                 | 4         | 1500.00                 | CSR         | SBL         | SME           |   |  | 19-22   |  |   |                                  |   |   | 27-30   |   |   |  |
| 20                                    | Inert Space Entry  | 5         | 2500.00                 | IET         | SBL         |               |   | 22-26  |   |  |   |                                  | 16-20   |   |   |   |   |  |
| 21                                    | Safe Handling of Forklift Truck  | 3         | 1250.00                 | SHFT        | SBL         | SME           | 16-18   | 13-15  | 13-16   | 10-12  | 08-10   | 05-07                            | 10-12   | 14-16   | 03-05   | 16-18   | 13-15   | 04-06  |
| 22                                    | Safe Handling of Forklift Truck Refresher                                | 1         | 300.00                  | SHFTR       | N/A         | SME           |   | 12   | 12  |  | 07  |                                  | 09  | 06  | 15  | 12  |   |  |
| 23                                    | Working Safely at Height   | 2         | 800.00                  | WAH         | SBL         | SME           | 20-21<br>22-23  | 24-25<br>26-27<br>28/2-01-03   | 24-25<br>26-27<br>28-29   | 21-22<br>23-24<br>25-26  | 05-06<br>07-08<br>26-27   | 04-05<br>09-10                   | 21-22<br>23-24<br>25-26   | 04-05<br>06-07<br>08-09   | 22-23<br>24-25<br>26-27   | 27-28<br>29-30<br>31/10-01/11   | 24-25<br>26-27<br>28-29   | 15-16<br>17-18<br>19-20                            |
| 24                                    | Working Safely at Height Refresher                                       | 1         | 650.00                  | WAHR        | N/A         | SME           |   |  |   | 19   |   |                                  |   | 02  |   |   |   |  |
| 25                                    | Basic Scaffolding (Level 1) (Bandar Baru Bangi, Selangor) *New           | 10        | 1850.00                 | BSC - BBB   | TBA         | TBA           | 08-17   | 05-14  | 05-14   | 02-11  | 07-16   | 01-10                            | 09-18   | 06-15   | 18-27   | 08-17   | 21-30   | 12-21  |
| 26                                    | Water Safety Responders *New   | 2         | 800.00                  | WSR         | SBL         | TBA           |   |  |   | 17-18  |   |                                  |   |   |   | 23-24   |   |  |
| 27                                    | Fire Watcher Safety *New   | 2         | 800.00                  | FWS         | SBL         | TBA           |   |  | 06-07   |  |   |                                  |   |   | 12-13   |   |   |  |
| 28                                    | Safe Defensive Driving *New  | 2         | 1000.00                 | SDD         | SBL         | TBA           |   |  |   |  | 02-03   |                                  |   |   |   |   | 13-14   |  |
| 29                                    | Safe Motorcycle Riding For Workers *New                                  | 2         | 800.00                  | SMRW        | SBL         | TBA           |   |  | 20-21   |  |   |                                  |   |   |   | 23-24   |   |  |

| NO                                     | COURSE TITLE   | DURATION | FEE (RM)<br>INC 0 % GST | COURSE CODE | HRDF SCHEME | SMIDEC SCHEME | JAN                  | FEB                  | MAR                  | APR                  | MAY     | JUN         | JUL                  | AUG         | SEP         | OCT                  | NOV          | DEC     |
|--|--|----------|-------------------------|-------------|-------------|---------------|----------------------|----------------------|----------------------|----------------------|---------|-------------|----------------------|-------------|-------------|----------------------|--------------|---------|
| <b>TRAINER'S COMPETENCY PROGRAMMES</b> |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| 30                                     | Train the Trainer  | 5        | 1500.00                 | TTT1        | SBL         | SME           | 08-12                | 5-9, 19-23           | 5-9                  | 2-6                  | 7-11    | 4-8         | 2-6                  | 6-10        | 3-7         | 1-5, 15-19           | 12-16        | 3-7     |
| 31                                     | Training Management for Business   | 6        | 2550.00                 | TTT2        | SBL         | SME           |                      |                      | 12-17                |                      | 21-26   |             |                      |             |             |                      | 26 Nov-1 Dec |         |
| 32                                     | Construction Safety and Health Trainers  | 4        | 2300.00                 | CSHT        | SBL         |               | 22-25                |                      |                      |                      |         | 25-28       |                      |             | 10-13       |                      |              |         |
| 33                                     | Confined Space Safety (Trainer's Program)  | 5        | 4000.00                 | CST         | SBL         |               | 15-19                |                      |                      |                      |         |             | 9-13                 |             |             | 8-12                 |              |         |
| <b>CONSTRUCTION SAFETY PROGRAMMES</b>  |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| 34                                     | Site Safety Supervisor   | 10       | 2000.00                 | SSS         | SBL         | SME           | 08-19<br>22/01-09/02 | 05-23<br>26/02-09/03 | 12-23<br>26/03-06-04 | 09-20<br>23/04-11/05 | 14-25   | 25/06-06/07 | 09-20<br>23/07-03/08 | 06-17       | 24/09-05/10 | 08-19<br>22/10-02/11 | 12-30        | 03-21   |
| 35                                     | Site Safety Supervisor (Part Time) - Saturday & Sunday                                     | 10       | 2000.00                 | SSSP        | SBL         | SME           | 13/01-11/02          | 24/02-25/03          |                      | 07/04-06/05          |         | 23/06-22/07 |                      | 11/08-09/9  | 29/09-28/10 |                      | 03/11-02/12  |         |
| <b>NON-COMPETENCY PROGRAMMES</b>       |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| <b>OSH LEGISLATION PROGRAMMES</b>      |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| 36                                     | Fundamental of Classification, Labelling and Safety Data Sheet of Hazardous Chemicals *New | 2        | 800.00                  | CLASS1      | SBL         |               | 17 - 18              |                      |                      | 11 - 12              |         |             |                      | 29 - 30     |             | 29 - 30              |              |         |
| 37                                     | Classification, Labelling and Safety Data Sheet of Hazardous Chemicals *New                | 4        | 1000.00                 | CLASS2      | SBL         |               |                      |                      |                      |                      | 21 - 24 |             |                      | 6 - 9       |             |                      |              | 3 - 6   |
| 38                                     | Compliance To Regulations Under Occupational Safety and Health Act 1994                    | 2        | 800.00                  | CRO         | SBL         | SME           | 29 - 30              |                      |                      |                      | 2 - 3   |             | 25 - 26              |             |             | 31/10 - 01/11        |              |         |
| 39                                     | Compliance To Factories and Machinery Act 1967 and Its Regulations                         | 2        | 800.00                  | CFMA        | SBL         | SME           |                      |                      | 19 - 20              |                      | 30 - 31 |             |                      | 15 - 16     |             |                      | 21 - 22      |         |
| 40                                     | Occupational Safety and Health Act 1994  | 1        | 400.00                  | OSHA        | SBL         |               | 25                   | 28                   |                      | 23                   |         | 4           |                      |             | 10          |                      |              | 13      |
| <b>OSH MANAGEMENT PROGRAMMES</b>       |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| 41                                     | High Impact OSH Presentation Skills *New   | 2        | 800.00                  | HIPS        | SBL         |               |                      |                      |                      |                      | 2 - 3   |             |                      |             |             | 16 - 17              |              |         |
| 42                                     | Effective Communication in OSH *New  | 2        | 800.00                  | ECOMM       | SBL         |               |                      |                      |                      |                      | 7 - 8   |             |                      |             |             |                      | 7 - 8        |         |
| 43                                     | Incident Reporting and Analysis Technique  | 3        | 1200.00                 | IRAT        | SBL         |               | 22 - 24              |                      | 20 - 22              |                      | 15 - 17 |             | 17 - 19              |             | 18 - 20     | 30/10 - 01/11        |              |         |
| 44                                     | Emergency Preparedness and Response Plan   | 2        | 800.00                  | EPRP        | SBL         | SME           | 10 - 11              |                      | 28 - 29              |                      | 22 - 23 |             | 11 - 12              |             | 5 - 6       |                      | 14 - 15      |         |
| 45                                     | Occupational Safety, Health And Environment Management                                     | 2        | 800.00                  | OSHE        | SBL         | SME           | 15 - 16              |                      |                      | 4 - 5                |         |             | 30 - 31              |             |             | 3 - 4                |              |         |
| 46                                     | Fundamental Occupational Safety and Health for Supervisor                                  | 2        | 800.00                  | FOSH-SV     | SBL         |               | 8 - 9                |                      |                      | 2 - 3                | 9 - 10  |             | 9 - 10               |             |             | 15 - 16              |              | 17 - 18 |
| 47                                     | Effective Safety and Health Committee  | 2        | 800.00                  | ESHC        | SBL         |               |                      | 7 - 8                |                      | 9 - 10               |         | 25 - 26     |                      | 1 - 2       |             | 1 - 2                |              | 12 - 13 |
| 48                                     | Understanding, Evaluating and Implementing Effective HIRARC at The Workplace               | 3        | 1200.00                 | UIH         | SBL         | SME           |                      |                      | 12 - 14              | 17 - 19              |         | 5 - 7       | 23 - 25              |             |             | 9 - 11               |              | 04 - 06 |
| 49                                     | Process Safety Management  | 3        | 1200.00                 | PSM         | SBL         |               |                      | 5 - 7                |                      | 24 - 26              |         |             |                      |             | 25 - 27     |                      | 13 - 15      |         |
| 50                                     | Safety and Health Officer Enhancement Programme  | 9        | 1800.00                 | SHEP        | SBL         |               |                      |                      | 05/03-10/03          |                      |         |             | 02/07-07/07          |             |             | 22/10-27/10          |              |         |
| 51                                     | Safety and Health Officer Enhancement Programme (Partime) (Saturday & Sunday)              | 9        | 1800.00                 | SHEP        | SBL         |               | 13/01-28/01          |                      |                      | 14/04-29/04          |         |             |                      | 04/08-05/08 |             |                      |              |         |
| <b>OCCUPATIONAL SAFETY PROGRAMMES</b>  |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| 52                                     | Safe Working in The Hydrogent Sulphide Environment   | 2        | 800.00                  | H2S         | SBL         | SME           |                      |                      |                      |                      | 7 - 8   |             |                      |             |             | 25 - 26              |              |         |
| <b>CONSTRUCTION SAFETY PROGRAMMES</b>  |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| 53                                     | Occupational Safety And Health For Construction Personnel                                  | 3        | 1200.00                 | OCP         | SBL         | SME           |                      |                      |                      | 24 - 26              |         |             |                      |             |             | 22 - 24              |              |         |
| <b>OCCUPATIONAL HYGIENE PROGRAMMES</b> |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| 54                                     | Basic Principle of Industrial Hygiene *New   | 4        | 1600.00                 | BPIH        | SBL         |               |                      |                      | 26 - 29              |                      |         |             | 16 - 19              |             |             |                      |              |         |
| 55                                     | Transportation of Dangerous Goods By Road  | 2        | 800.00                  | TDGR        | SBL         |               |                      | 05 - 06              |                      |                      |         |             | 9 - 10               |             |             |                      |              |         |
| 56                                     | Safety in the Use of Chemicals   | 2        | 800.00                  | STUC        | SBL         | SME           |                      |                      | 7 - 8                |                      | 28 - 29 |             |                      | 13 - 14     |             |                      | 22 - 23      |         |
| <b>OCCUPATIONAL HEALTH PROGRAMMES</b>  |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| 57                                     | Hearing Loss Prevention and Audiometric Testing  | 2        | 800.00                  | HLPAP       | SBL         | SME           |                      |                      | 26 - 27              |                      |         |             | 2 - 3                |             | 24 - 25     |                      | 26 - 27      |         |
| 58                                     | Lung Function Testing and Analysis   | 1        | 570.00                  | LFTA        | SBL         |               |                      | 01                   |                      |                      | 14      |             | 16                   |             |             | 8                    |              |         |
| <b>ERGONOMICS PROGRAMMES</b>           |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| 59                                     | Back Protection  | 2        | 800.00                  | BPM         | SBL         |               |                      |                      | 14 - 15              |                      |         |             | 4 - 5                |             | 3 - 4       |                      | 28 - 29      |         |
| 60                                     | Ergonomics and Manual Handling in the Workplace  | 2        | 800.00                  | EMHW        | SBL         | SME           |                      | 26 - 27              |                      | 16 - 17              |         |             |                      | 6 - 7       |             | 17 - 18              |              |         |
| 61                                     | Occupational Safety and Health in the Office   | 2        | 800.00                  | OSHO        | SBL         | SME           |                      | 12 - 13              | 13 - 14              |                      |         | 27 - 28     |                      | 12 - 13     |             |                      |              | 19 - 20 |
| <b>EXAMINATION WORKSHOP PROGRAMMES</b> |  |          |                         |             |             |               |                      |                      |                      |                      |         |             |                      |             |             |                      |              |         |
| 62                                     | Occupational Health Doctor Examination Workshop  | 2        | 300.00                  | OHDW        | N/A         |               |                      |                      | 14 - 15              |                      | 2 - 3   |             | 11 - 12              |             |             | 2 - 3                |              | 5 - 6   |
| 63                                     | Occupational Health Nurse Examination Workshop   | 2        | 300.00                  | OHNW        | N/A         |               |                      |                      | 13 - 14              | 30/04-2/05           |         |             | 10 - 11              |             |             | 1 - 2                |              | 4 - 5   |
| 64                                     | Safety and Health Officer Examination Workshop   | 1        | 100.00                  | SHOW        | N/A         |               |                      | 1                    |                      | 4                    | 3       | 6           |                      | 1           |             | 3                    |              | 5       |

| NO   | COURSE TITLE  | DURATION | FEE (RM)<br>INC 0 % GST | COURSE CODE | HRDF SCHEME | SMIDEC SCHEME | JAN  | FEB   | MAR  | APR  | MAY  | JUN                                       | JUL  | AUG  | SEP   | OCT   | NOV   | DEC                                       |
|--|---|----------|-------------------------|-------------|-------------|---------------|--|---|--|--|--|---|--|--|---|---|---|---|
| <b>NIOSH SAFETY PASSPORT PROGRAMMES</b>  |   |          |                         |             |             |               |  |   |  |  |  |   |  |  |   |   |   |   |
| 65   | NIOSH -TM Safety Passport                                       | 1        | 250.00                  | NTMSP       | SBL         | SME           | 2 23<br>3 24<br>4 25<br>9 30<br>10<br>11<br>16<br>17<br>18 | 1 22<br>6 27<br>7 28<br>8<br>13<br>14<br>14<br>20<br>21 | 1 22<br>6 27<br>7 28<br>8 29<br>13<br>14<br>15<br>20<br>21 | 3 24<br>4 25<br>5 26<br>10<br>11<br>12<br>17<br>18<br>19 | 2 23<br>3 24<br>8 30<br>9 31<br>10<br>11<br>15<br>16<br>17<br>22 | 5<br>6<br>7<br>12<br>11<br>26<br>27<br>28 | 3 24<br>4 25<br>5 26<br>10<br>11<br>12<br>14<br>15<br>18<br>19 | 1 28<br>2 29<br>7 30<br>8<br>9<br>13<br>14<br>15<br>19<br>20<br>25 | 4 26<br>5 27<br>6<br>12<br>13<br>18<br>19<br>20<br>25 | 2 23<br>3 24<br>4 25<br>9 30<br>10 31<br>11<br>16<br>17<br>18 | 1 28<br>7 29<br>8<br>13<br>14<br>21<br>22<br>27 | 4<br>5<br>6<br>12<br>13<br>18<br>19<br>20 |
| 66   | NIOSH -TENAGA Safety Passport - Level 1                         | 1        | 250.00                  | NTSP1       | SBL         | SME           | 09<br>10<br>16<br>17<br>23<br>24<br>30                     | 06<br>07<br>13<br>14<br>20<br>21<br>27<br>28            | 06<br>07<br>13<br>14<br>20<br>21<br>27<br>28               | 03<br>04<br>10<br>11<br>17<br>18<br>24<br>25             | 02<br>08<br>09<br>15<br>16<br>22<br>23<br>30                     | 05<br>06<br>12<br>18<br>26<br>27          | 03<br>04<br>10<br>11<br>17<br>18<br>24<br>25<br>31             | 01<br>07<br>08<br>14<br>15<br>24<br>29                             | 04<br>05<br>12<br>18<br>19<br>25<br>26                | 02<br>09<br>10<br>16<br>17<br>23<br>24<br>30<br>31            | 13<br>14<br>21<br>27<br>28                      | 04<br>05<br>12<br>18<br>19                |
| 67   | NIOSH -TENAGA Safety Passport - Level 2                         | 1        | 250.00                  | NTSP2       | SBL         | SME           | 11<br>18<br>25   | 01<br>08<br>22  | 01<br>08<br>15<br>22<br>29                                 | 05<br>12<br>19<br>26                                     | 03<br>10<br>17<br>24<br>31                                       | 07<br>28                                  | 05<br>12<br>19<br>26   | 02<br>09<br>16<br>30   | 06<br>13<br>20<br>27                                  | 04<br>11<br>18<br>25  | 01<br>08<br>15<br>22<br>29                      | 06<br>13<br>20                            |
| 68   | Oil and Gas Safety Passport                                     | 1        | 250.00                  | OGSP        | SBL         | SME           | 09<br>10<br>16<br>17<br>23<br>24<br>30                     | 06<br>07<br>13<br>14<br>20<br>21<br>27<br>28            | 06<br>07<br>13<br>14<br>20<br>21<br>27<br>28               | 03<br>04<br>10<br>11<br>17<br>18<br>24<br>25             | 02<br>08<br>09<br>15<br>16<br>22<br>23<br>30                     | 05<br>06<br>12<br>18<br>26<br>27          | 03<br>04<br>10<br>11<br>17<br>18<br>24<br>25<br>31             | 01<br>07<br>08<br>14<br>15<br>24<br>29                             | 04<br>05<br>12<br>18<br>19<br>25<br>26                | 02<br>09<br>10<br>16<br>17<br>23<br>24<br>30<br>31            | 13<br>14<br>21<br>27<br>28                      | 04<br>05<br>12<br>18<br>19                |
| 69   | Oil and Gas Safety Passport - Refresher                         | 1        | 250.00                  | OGSP-R      | SBL         | SME           | 11<br>18<br>25   | 01<br>08<br>22  | 01<br>08<br>15<br>22<br>29                                 | 05<br>12<br>19<br>26                                     | 03<br>10<br>17<br>24<br>31                                       | 07<br>28                                  | 05<br>12<br>19<br>26   | 02<br>09<br>16<br>30   | 06<br>13<br>20<br>27                                  | 04<br>11<br>18<br>25  | 01<br>08<br>15<br>22<br>29                      | 06<br>13<br>20                            |
| 70   | NIOSH – Maybank Safety Passport                                 | 1        | 250.00                  | NMSP        | SBL         |               | 20   | 12  | 10   | 23   | 19   | 11  | 14   | 13   | 15  | 08  | 17  | 17  |
| 71   | NIOSH - Nestlé Safety Passport                                  | 1        | 180.00                  | NNSP        | SBL         |               | 08<br>13<br>22<br>27                                       | 05<br>10<br>19<br>24                                    | 05<br>17<br>26<br>31                                       | 02<br>07<br>16<br>21                                     | 07<br>12<br>21<br>26   | 04<br>09<br>25<br>30                      | 07<br>16<br>21<br>30   | 04<br>13<br>25<br>27   | 01<br>03<br>15<br>24                                  | 06<br>15<br>27<br>29  | 03<br>12<br>24<br>26                            | 03<br>15<br>17<br>22                      |
| 72   | Contractor Safety Passport System - High Risk Work              | 0.5      | 75.00                   | CSPSHR      | N/A         |               | 13<br>16   | 3<br>20   | 6<br>17  | 3<br>28  | 8<br>19  | 9<br>26                                   | 10<br>21   | 4<br>14  | 4<br>29   | 13<br>16  | 13<br>24  | 1<br>18                                   |
| 73   | Contractor Safety Passport System - Low Risk Work               | 0.5      | 75.00                   | CSPSLR      | N/A         |               | 2<br>27  | 6<br>17   | 3<br>20  | 14<br>17   | 5<br>22  | 12<br>30                                  | 7<br>24  | 7<br>11  | 1<br>18   | 2<br>27   | 3<br>27   | 4<br>15                                   |
| 74   | Expressway Operations Safety Passport *New                      | 1        | 250.00                  | EOSP        | SBL         |               | 08<br>13<br>15<br>20<br>22<br>27<br>29                     | 05<br>24  | 05<br>24   | 09<br>28   | 07<br>26   | 04<br>23                                  | 02<br>21   | 06<br>18   | 03<br>22  | 08<br>27  | 12<br>24  | 03<br>22                                  |
| 75   | Syabas - NIOSH Safety Card                                      | 1        | 180.00                  | SNSC        | SBL         |               | 06   | 26  | 24   | 09   | 05   | 25  | 14   | 06   | 29  | 22  | 10  | 17  |
| 76   | NIOSH - Prasarana Safety Passport                               | 1        | 180.00                  | NPSP        | SBL         |               | Upon Client's Request. Kindly contact us for details       |   |  |  |  |   |  |  |   |   |   |   |
| <b>SEMINAR</b>   |   |          |                         |             |             |               |  |   |  |  |  |   |  |  |   |   |   |   |
| 77   | OSH SUSTAINABILITY APPROACH FOR CONSTRUCTION INDUSTRY           | 1        | 80.00                   | GSCI        | SBL         |               | 25   |   |  |  |  |   |  |  |   |   |   |   |
| 78   | MANAGING MENTAL ISSUES AT THE WORKPLACE                         | 1        | 80.00                   | SUEL        | SBL         |               |  |   | 29   |  |  |   |  |  |   |   |   |   |
| 79   | A GUIDE TO SCAFFOLD USE IN THE CONSTRUCTION INDUSTRY            | 1        | 80.00                   | ARIP        | SBL         |               |  |   |  |  | 30   |   |  |  |   |   |   |   |
| 80   | PENGURUSAN KKP DISEKTOR PERTANIAN (PERLADANGAN DAN PENTERNAKAN) | 1        | 80.00                   | MS          | SBL         |               |  |   |  |  |  |   | 26   |  |   |   |   |   |
| 81   | DEFENSIVE DRIVING : MANAGING OCCUPATIONAL ROAD SAFETY           | 1        | 80.00                   | RS          | SBL         |               |  |   |  |  |  |   |  |  | 27  |   |   |   |
| 82   | MANAGING INDUSTRIAL HYGIENE ISSUES AT WORKPLACE                 | 1        | 80.00                   | GSUCI       | SBL         |               |  |   |  |  |  |   |  |  |   |   | 28  |   |
| <b>REMARKS:</b>  |   |          |                         |             |             |               |  |   |  |  |  |   |  |  |   |   |   |   |
| 1) All Scheduled Programmes are available to be conducted as In-house Programmes. PLEASE CONTACT US FOR QUOTATIONS.  |   |          |                         |             |             |               |  |   |  |  |  |   |  |  |   |   |   |   |
| 2) Examination/Assessment Fee is included for Certificate & Competency Programmes (except for *). Please refer to Examinations & Assessments Schedule.               |   |          |                         |             |             |               |  |   |  |  |  |   |  |  |   |   |   |   |
| 3) All informations are correct at the time of printing. They are, however, subject to changes by the Management of NIOSH. Participants will be notified of changes. |   |          |                         |             |             |               |  |   |  |  |  |   |  |  |   |   |   |   |

# NIOSH EAST COAST REGIONAL OFFICE

KERTEH (KTH) & KUANTAN (KTN)

Manager :  
Contact Person : KERTEH (KTH)

Hisyamuddin bin Mohamad  
Wan Mohd Haikal, Mohd Norzaide, Alfie Syahreen, Muhammad Hafizan, Hairul Azam, Mohamad Shariff, Che Ku Ahmad Zulkifli, Mohd Nasiruddin, Raja Nurul Syuhada, Mohd Shah Hirwan and Faidullah Wafalillah  
09-8599961

Operating Hours : Sun - Wed : 8:00 am - 4.45 pm  
Thurs : 8:00 am - 3.30 pm  
E-mail : [terengganu@niosh.com.my](mailto:terengganu@niosh.com.my)  
Fax No. : 09-8599960

Contact Person : KUANTAN (KTN)

Adly Azmin Junet, Mohamad Najmie Che Ali, Mohd Suhaimy Razali, Mohd Marzuki Azis  
Norfarahanim Muhammad, Marwarni Nurulhafiza Mamat  
09-5807028

Operating Hours : Mon-Fri : 08.00am - 5.00pm  
E-mail : [niosh.kuantan@gmail.com](mailto:niosh.kuantan@gmail.com)  
Fax No. : 09-5807029

|                                       |   |          |                  |             |             |              |                           | 2018  |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
|---------------------------------------|---|----------|------------------|-------------|-------------|--------------|---------------------------|---|---------------------|----------------------------|-----------------------------------|---------------------|---------------------|---------------------|---------------------|----------------------------|----------------------------|----------------------------|----------------------------|--|
| NO                                    | COURSE TITLE  | DURATION | FEE (RM) INC GST | COURSE CODE | HRDF SCHEME | SMDEC SCHEME | PEJABAT WILAYAH / SATELIT | JAN   | FEB                 | MAR                        | APR                               | MAY                 | JUN                 | JUL                 | AUG                 | SEP                        | OCT                        | NOV                        | DEC                        |  |
| <b>COMPETENCY PROGRAMMES</b>          |   |          |                  |             |             |              |                           |   |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
| <b>OSH MANAGEMENT PROGRAMMES</b>      |   |          |                  |             |             |              |                           |   |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
| 1                                     | Safety and Health Officer (Full Time)*  | 22       | 4000.00          | SHO         | SBL         | SME          | KTH                       | 21 JAN-19 FEB   |                     |                            |                                   |                     |                     | 1-31                |                     |                            | 7 OKT - 1 NOV              |                            |                            |  |
|                                       |   |          |                  |             |             |              | KTN                       |   |                     |                            |                                   |                     |                     | 02-27               |                     |                            |                            |                            |                            |  |
| 2                                     | Safety and Health Officer (Part Time)*<br>(Weekend Class - Friday & Saturday) | 22       | 4000.00          | SHOP        | SBL         | SME          | KTH                       | 1 MAC - 5 MAY   |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
| 3                                     | Safety and Health Officer (Modular)*  | 22       | 4000.00          | SHOM        | SBL         | SME          | KTH                       |   |                     |                            | 1-6, 8-13(KB)                     |                     |                     |                     |                     |                            |                            |                            |                            |  |
|                                       | Module 1  | 6        |                  |             |             |              |                           |   |                     |                            |                                   |                     | 6-10                |                     |                     |                            |                            |                            |                            |  |
|                                       | Module 2  | 5        |                  |             |             |              |                           |   |                     |                            |                                   |                     |                     | 27 MEI - 1 JUN      |                     |                            |                            |                            |                            |  |
|                                       | Module 3  | 6        |                  |             |             |              |                           |   |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
|                                       | Module 4  | 5        |                  |             |             |              |                           |   |                     |                            |                                   |                     |                     | 24-29               |                     |                            |                            |                            |                            |  |
| <b>OCCUPATIONAL HEALTH PROGRAMMES</b> |   |          |                  |             |             |              |                           |   |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
| 3                                     | Basic Occupational First Aid  | 2        | 850.00           | BOFA        | SBL         | SME          | KTH                       |   | 27-28               |                            | 19-20                             |                     |                     | 12-13               |                     | 6-7                        |                            |                            |                            |  |
|                                       |   |          |                  |             |             |              | KTN                       |   |                     | 22-23                      |                                   |                     |                     |                     | 8-9                 |                            |                            |                            |                            |  |
| <b>OCCUPATIONAL SAFETY PROGRAMMES</b> |   |          |                  |             |             |              |                           |   |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
| 4                                     | Authorised Entrant and Standby Person For Confined Space                      | 2        | 850.00           | AESP        | SBL         | SME          | KTH                       | 2 Session every week (Monday-Tuesday & Friday-Saturday) - EXCEPT PUBLIC HOLIDAY |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
|                                       |   |          |                  |             |             |              | KTN                       | 05-06, 11-12, 19-20, 25-26  | 09-10, 13-14, 23-24 | 08-09, 16-17, 23-24, 29-30 | 06-07, 10-11, 14-15, 19-20, 27-28 | 11-12, 18-19, 30-31 | 06-07, 08-09, 29-30 | 06-07, 16-17, 21-22 | 10-11, 18-19, 28-29 | 04-05, 07-08, 22-23, 28-29 | 05-06, 15-16, 19-20, 27-28 | 01-02, 09-10, 23-24, 27-28 | 03-04, 14-15, 17-18, 21-22 |  |
| 5                                     | Authorised Entrant and Standby Person For Confined Space Refresher            | 1        | 500.00           | AESP-R      | N/A         | SME          | KTH                       | Every Sunday and Saturday (EXCEPT PUBLIC HOLIDAY)                               |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
|                                       |   |          |                  |             |             |              | KTN                       | 05.17.23.27   | 3.7.12.27           | 2.5.14.27                  | 5.9.12.18.28                      | 3.9.19.25           | 4.22.26.30          | 4.23.25             | 9.14.28             | 1.10.22.24                 | 2.13.20.22.30              | 1.14.17.22.30              | 8.12.19.27                 |  |
| 6                                     | Authorised Gas Tester and Entry Supervisor For Confined Space                 | 3        | 1500.00          | AGTES       | SBL         | SME          | KTH                       | 17-19   | 7-9                 | 14-16                      | 4-6                               | 9-11                | 6-8                 | 18-20               | 1-3                 | 5-7                        | 3-5                        | 14-16                      | 5-7                        |  |
|                                       |   |          |                  |             |             |              | KTN                       | 09-11   | 26-28               | 26-28                      | 16-18                             | 10-12, 23-25        | 04-06               | 10-12               | 06-07               | 25-27                      | 17-19                      | 13-15                      | 19-21                      |  |
| 7                                     | Authorised Gas Tester and Entry Supervisor For Confined Space -Refresher      | 2        | 650.00           | AGTES-R     | N/A         | SME          | KTH                       | 25-26   | 22-23               | 22-23                      | 19-20                             | 24-25               | 21-22               | 12-13               | 16-17               | 20-21                      | 18-19                      | 29-30                      | 27-28                      |  |
|                                       |   |          |                  |             |             |              | KTN                       | 18-19, 23-24  | 01-02, 22-23        | 04-07                      | 19-20, 23-24                      | 15-16, 21-22        | 27-28               | 18-19               | 02-03               | 13-14, 20-21               | 03-04, 25-26               | 08-09                      | 06-07                      |  |
| 8                                     | Authorised Entrant and Standby Person For Confined Space For TM's Staff       | 2        | 725.00           | AESP-TMS    | SBL         | SME          | KTH & KTN                 | Upon client's request. Kindly contact us for details                            |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
| 9                                     | Authorised Entrant and Standby Person For Confined Space For TM's Contractor  | 2        | 750.00           | AESP-TMC    | SBL         | SME          | KTH & KTN                 | Upon client's request. Kindly contact us for details                            |                     |                            |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
| 10                                    | Safe Handling of Forklift Truck   | 3        | 1250.00          | SHFT        | SBL         | SME          | KTH                       |   | 20-22               |                            | 10-12                             |                     |                     | 18-20               |                     |                            | 3-5                        |                            |                            |  |
|                                       |   |          |                  |             |             |              | KTN                       |   |                     | 28-30                      |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
| 11                                    | Safe Handling of Forklift Truck Refresher                                     | 1        | 300.00           | SHFT-R      | N/A         | SME          | KTH                       |   |                     | 23                         |                                   |                     |                     |                     |                     |                            |                            |                            |                            |  |
| 12                                    | Working Safely at Height  | 2        | 800.00           | WAH         | SBL         | SME          | KTH                       |   |                     |                            |                                   |                     |                     |                     | 26-27               |                            |                            |                            |                            |  |
|                                       |   |          |                  |             |             |              | KTN                       |   |                     | 20-21                      | 21-22                             |                     |                     |                     |                     |                            | 04-05                      |                            |                            |  |
| 13                                    | Safe Operation of High Pressure Water Jetting                                 | 3        | 1280.00          | HPWJ        | SBL         | SME          | KTH                       |   |                     | 8-9                        |                                   |                     | 28-29               |                     |                     | 6-7                        |                            |                            |                            |  |
| 14                                    | Safe Operation of High Pressure Water Jetting Refresher                       | 2        | 800.00           | HPWJ-R      | SBL         | SME          | KTH                       |   | 7-9                 | 28-30                      |                                   | 9-11                |                     |                     | 1-3                 |                            |                            | 14-15                      |                            |  |

| NO   | COURSE TITLE   | DURATION | FEE (RM) INC GST | COURSE CODE | HRDF SCHEME | SMIDEC SCHEME | PEJABAT WILAYAH / SATELIT | JAN  | FEB           | MAR                    | APR       | MAY          | JUN       | JUL       | AUG        | SEP           | OCT         | NOV        | DEC        |  |
|--|--|----------|------------------|-------------|-------------|---------------|---------------------------|--|---------------|------------------------|-----------|--------------|-----------|-----------|------------|---------------|-------------|------------|------------|--|
| <b>TRAINER'S COMPETENCY PROGRAMMES</b>   |  |          |                  |             |             |               |                           |  |               |                        |           |              |           |           |            |               |             |            |            |  |
| 15   | Train the Trainer  | 5        | 1500.00          | TTT1        | SBL         | SME           | KTH                       |  | 19-23(KB)     |                        |           | 20-24        |           |           | 26-30(KT)  |               |             | 25-29      |            |  |
|  |  |          |                  |             |             |               | KTN                       |  |               | 12-16                  |           |              |           |           |            | 03-07         |             |            |            |  |
| <b>CONSTRUCTION SAFETY PROGRAMMES</b>  |  |          |                  |             |             |               |                           |  |               |                        |           |              |           |           |            |               |             |            |            |  |
| 16   | Site Safety Supervisor   | 10       | 2000.00          | SSS         | SBL         | SME           | KTH                       | 7-18(KT)   | 4-15          | 11-22(KB)<br>18-29(KT) | 8-19      | 6-17         |           | 18-19(KT) | 5-16       | 17-28         | 14-25       | 4-15(KB)   |            |  |
|  |  |          |                  |             |             |               | KTN                       | 29/01 - 09/02  |               |                        | 02-13     |              |           |           |            |               | 01-12       |            | 03-14      |  |
| 17   | Site Safety Supervisor (Part Time) - Friday & Saturday                       | 10       | 2000.00          | SSSP        | SBL         | SME           | KTH                       |  |               |                        |           |              |           |           |            |               |             |            |            |  |
|  |  |          |                  |             |             |               | KTN                       |  |               | 03/03-01/04            |           |              |           |           |            |               |             |            |            |  |
| <b>NON-COMPETENCY PROGRAMMES</b>   |  |          |                  |             |             |               |                           |  |               |                        |           |              |           |           |            |               |             |            |            |  |
| <b>OSH MANAGEMENT PROGRAMMES</b>   |  |          |                  |             |             |               |                           |  |               |                        |           |              |           |           |            |               |             |            |            |  |
| 18   | Incident Reporting and Analysis Technique *New                               | 3        | 1200.00          | IRAT        | SBL         | SME           | KTH                       | 23-24  |               |                        |           |              |           |           |            |               |             |            |            |  |
| 19   | Occupational Safety and Health Act 1994                                      | 1        | 400.00           | OSHA        | SBL         | SME           | KTH                       |  | 26-27         |                        |           |              |           |           |            |               |             |            |            |  |
| 20   | Safe Working in the Hydrogen Sulphide Environment                            | 2        | 800.00           | H2S         | SBL         | SME           | KTH                       |  |               | 13-14                  |           |              |           |           |            |               |             |            |            |  |
| 21   | Hazard Identification, Risk Assessment and Risk Control                      | 3        | 1200.00          | HIRARC      | SBL         | SME           | KTH                       |  |               |                        | 15-17     |              |           |           |            |               |             |            |            |  |
| 22   | Safe Working in the Hydrogen Sulphide Environment                            | 2        | 800.00           | H2S         | SBL         | SME           | KTH                       |  |               |                        |           | 23-24        |           |           |            |               |             |            |            |  |
| 23   | Accident Investigation and Reporting Workshop                                | 2        | 800.00           | AIW         | SBL         | SME           | KTH                       |  |               |                        |           |              | 6-7       |           |            |               |             |            |            |  |
| 24   | Occupational Safety, Health and Environment Management                       | 2        | 800.00           | OSHE        | SBL         | SME           | KTH                       |  |               |                        |           |              |           | 24-25     |            |               |             |            |            |  |
| 25   | Effective Safety and Health Committees *New                                  | 2        | 800.00           | ESHC        | SBL         | SME           | KTH                       |  |               |                        |           |              |           |           | 13-14      |               |             |            |            |  |
| 26   | Occupational Safety and Health in The Office                                 | 2        | 800.00           | OSHO        | SBL         | SME           | KTH                       |  |               |                        |           |              |           |           |            | 25-26         |             |            |            |  |
| 27   | Kiken Yochi Training   | 2        | 800.00           | KYT         | SBL         | SME           | KTH                       |  |               |                        |           |              |           |           |            |               | 16-17       |            |            |  |
| 28   | Understanding, Evaluating and Implementing Effective HIRARC At The Workplace | 3        | 1200.00          | UIH         | SBL         | SME           | KTH                       |  |               |                        |           |              |           |           |            |               |             |            | 26-28      |  |
| <b>OCCUPATIONAL HYGIENE PROGRAMMES</b>   |  |          |                  |             |             |               |                           |  |               |                        |           |              |           |           |            |               |             |            |            |  |
| 29   | Safety in the Use of Chemicals   | 2        | 800.00           | STUC        | SBL         | SME           | KTH                       |  |               |                        |           |              |           |           |            |               |             |            | 18-19      |  |
| <b>NIOSH SAFETY PASSPORT PROGRAMMES</b>  |  |          |                  |             |             |               |                           |  |               |                        |           |              |           |           |            |               |             |            |            |  |
| 30   | NIOSH -TM Safety Passport  | 1        | 250.00           | NTMSP       | SBL         | SME           | KTH                       | Every Sunday ( EXCEPT for Public Holiday)                          |               |                        |           |              |           |           |            |               |             |            |            |  |
|  |  |          |                  |             |             |               | KTN                       | 3, 13  | 20,26         | 10,13                  | 16,25     | 3,24         | 5, 9      | 14        | 4,16,18    | 1, 3          | 13, 16      | 7, 17      | 8          |  |
| 31   | NIOSH -TENAGA Safety Passport - Level 1                                      | 1        | 250.00           | NTSP1       | SBL         | SME           | KTH                       | Every Sunday ( EXCEPT for Public Holiday)                          |               |                        |           |              |           |           |            |               |             |            |            |  |
|  |  |          |                  |             |             |               | KTN                       | 15, 30   | 6, 10         | 1                      | 4, 21     | 14, 30       | 20,25     | 9         | 13         | 12, 25        | 23, 27      | 22, 27     | 10, 20     |  |
| 32   | NIOSH -TENAGA Safety Passport - Level 2                                      | 1        | 250.00           | NTSP2       | SBL         | SME           | KTH                       | Every Sunday - Every 2nd and 4th Week ( EXCEPT for Public Holiday) |               |                        |           |              |           |           |            |               |             |            |            |  |
| 33   | Oil and Gas Safety Passport  | 1        | 250.00           | OGSP        | SBL         | SME           | KTH                       | Every Monday to Wednesday ( EXCEPT for Public Holiday)             |               |                        |           |              |           |           |            |               |             |            |            |  |
|  |  |          |                  |             |             |               | KTN                       | 8, 12, 14, 24  | 3, 12, 15, 21 | 2, 9, 19, 31           | 3, 13, 17 | 4, 9, 21, 26 | 1, 22, 26 | 2, 13, 27 | 10, 17, 27 | 6, 14, 19, 28 | 12, 22, 31  | 2, 16, 30  | 5, 15, 28  |  |
| 34   | Oil and Gas Safety Passport - Refresher                                      | 1        | 250.00           | OGSP-R      | SBL         | SME           | KTH                       | Every Monday to Wednesday ( EXCEPT for Public Holiday)             |               |                        |           |              |           |           |            |               |             |            |            |  |
|  |  |          |                  |             |             |               | KTN                       | 17, 22, 24   | 8, 19, 24     | 5, 21, 30              | 7, 23     | 8, 18        | 8, 23, 24 | 3, 20, 24 | 3, 14, 20  | 8, 13, 21     | 1, 6, 9, 26 | 10, 13, 23 | 13, 18, 24 |  |
| 35   | Air Kelantan Safety Card   | 1        | 180.00           | AKSC        | SBL         | SME           | KTH                       | Upon client's request. Kindly contacts us for details              |               |                        |           |              |           |           |            |               |             |            |            |  |
| 36   | Contractor Safety Passport System  | 0.5      | 75.00            | CSPS        | N/A         |               | KTH                       | Upon client's request. Kindly contacts us for details              |               |                        |           |              |           |           |            |               |             |            |            |  |
| <b>REMARKS:</b>  |  |          |                  |             |             |               |                           |  |               |                        |           |              |           |           |            |               |             |            |            |  |
| 1) All Scheduled Programmes are available to be conducted as In-house Programmes. PLEASE CONTACT US FOR QUOTATIONS.  |  |          |                  |             |             |               |                           |  |               |                        |           |              |           |           |            |               |             |            |            |  |
| 2) Examination/Assessment Fee is included for Certificate & Competency Programmes (except for *). Please refer to Examinations & Assessments Schedule.               |  |          |                  |             |             |               |                           |  |               |                        |           |              |           |           |            |               |             |            |            |  |
| 3) All informations are correct at the time of printing. They are, however, subject to changes by the Management of NIOSH. Participants will be notified of changes. |  |          |                  |             |             |               |                           |  |               |                        |           |              |           |           |            |               |             |            |            |  |

# NIO SH NRO

Address (PENANG) : Unit 4 Tingkat 3, Kompleks Sempilai Jaya, Jalan Sempilai, 13700 Seberang Jaya, Pulau Pinang.  
Address (MANJUNG) : Lot 199, Jalan PPMP 3/4, Pusat Perniagaan Manjung Point 3, 32040 Seri Manjung, Perak Darul Ridzuan.

Manager : Pn Rosliza Bt Osman

Contact Person : Mr.Mohd Khairul Anuar Bin Yahya (Penang), Mrs Roseyanti Binti Ahmad Tajuddin (Penang), Muhd Amin Alamin Bin Salam (Manjung)

Tel. No. (Penang) : 04 - 380 1200 (GL) / 04 - 380 1201 / 04 - 380 1203 / 04 - 380 1204 / 04 - 380 1205 / 04 - 380 1206

Tel. No. (Manjung) : 05 - 689 0701

Operating Hours : Mon-Fri, 8.00 am - 5.30 pm

E-mail : [penang@niosh.com.my](mailto:penang@niosh.com.my)

Fax No. : 04 - 397 3977

\* (P) : PENANG, (M) : MANJUNG

|                                       |  |          |                  |             |             |               | 2018                |             |                      |             |                     |             |                     |             |                      |             |                     |             |
|---------------------------------------|--|----------|------------------|-------------|-------------|---------------|---------------------|-------------|----------------------|-------------|---------------------|-------------|---------------------|-------------|----------------------|-------------|---------------------|-------------|
| NO                                    | COURSE TITLE   | DURATION | FEE (RM) INC GST | COURSE CODE | HRDF SCHEME | SMIDEC SCHEME | JAN                 | FEB         | MAR                  | APR         | MAY                 | JUN         | JUL                 | AUG         | SEP                  | OCT         | NOV                 | DEC         |
| <b>COMPETENCY PROGRAMMES</b>          |  |          |                  |             |             |               |                     |             |                      |             |                     |             |                     |             |                      |             |                     |             |
| <b>OSH MANAGEMENT PROGRAMMES</b>      |  |          |                  |             |             |               |                     |             |                      |             |                     |             |                     |             |                      |             |                     |             |
| 1                                     | Safety and Health Officer (Full Time)*   | 22       | 4000.00          | SHO         | SBL         | SME           | 15 JAN - 15 FEB (P) |             | 05 MAR - 04 APR (P)  |             |                     |             | 09 JUL - 08 AUG (P) |             | 1 - 30 OCT (P)       |             | 26 NOV - 28 DEC (P) |             |
|                                       |  |          |                  |             |             |               |                     |             | 16 APR - 17 MAY (P)  |             |                     |             |                     |             |                      |             |                     |             |
|                                       |  |          |                  |             |             |               |                     |             | 19 MAR - 18 APR (M)  |             |                     |             |                     |             | 24 SEPT - 24 OCT (M) |             |                     |             |
| 2                                     | Safety and Health Officer (Part Time)*<br>(Weekend Class - Saturday & Sunday)                    | 22       | 4000.00          | SHOP        | SBL         | SME           | 13 JAN - 01 APR (P) |             |                      |             | 04 AUG - 04 NOV (P) |             |                     |             |                      |             |                     |             |
|                                       |  |          |                  |             |             |               |                     |             | 03 MAR - 13 MAY (P)  |             |                     |             |                     |             |                      |             | 13 OCT - 23 DEC (P) |             |
|                                       |  |          |                  |             |             |               |                     |             | 21 APR - 22 JULY (P) |             |                     |             |                     |             |                      |             |                     |             |
| <b>OCCUPATIONAL HEALTH PROGRAMMES</b> |  |          |                  |             |             |               |                     |             |                      |             |                     |             |                     |             |                      |             |                     |             |
| 3                                     | Basic Occupational First Aid   | 2        | 850.00           | BOFA        | SBL         | SME           |                     |             |                      | 25 - 26 (P) |                     |             |                     |             |                      | 22 - 23 (P) |                     |             |
| 4                                     | <b>Occupational Health Doctor *</b>  | 9        | 3900.00          | OHD         | SBL         |               |                     |             |                      |             |                     |             |                     |             |                      |             |                     |             |
|                                       | OHD Module 1   | 3        |                  |             |             |               |                     |             | 09 - 11 (P)          |             |                     |             | 10 - 12 (P)         |             |                      |             |                     |             |
|                                       | OHD Module 2   | 3        |                  |             |             |               |                     |             | 13 - 15 (P)          |             |                     |             |                     | 21 - 23 (P) |                      |             |                     |             |
|                                       | OHD Module 3   | 3        |                  |             |             |               |                     |             | 11 - 13 (P)          |             |                     |             |                     |             | 19 - 21 (P)          |             |                     |             |
| <b>OCCUPATIONAL SAFETY PROGRAMMES</b> |  |          |                  |             |             |               |                     |             |                      |             |                     |             |                     |             |                      |             |                     |             |
| 5                                     | Authorised Entrant and Standby Person For Confined Space   | 2        | 850.00           | AESP        | SBL         | SME           | 08 - 09 (P)         | 05 - 06 (P) | 05 - 06 (P)          | 02 - 03 (P) | 02 - 03 (P)         | 04 - 05 (P) | 09 - 10 (P)         | 06 - 07 (P) | 03 - 04 (P)          | 02 - 03 (P) | 07 - 08 (P)         | 03 - 04 (P) |
|                                       |  |          |                  |             |             |               | 29 - 30 (P)         | 19 - 20 (P) | 19 - 20 (P)          | 23 - 24 (P) | 14 - 15 (P)         |             | 30 - 31 (P)         | 27 - 28 (P) | 19 - 20 (P)          | 23 - 24 (P) | 21 - 22 (P)         | 17 - 18 (P) |
|                                       |  |          |                  |             |             |               | 17 - 18 (M)         | 21 - 22 (M) | 07 - 08 (M)          | 04 - 05 (M) | 07 - 08 (M)         | 25 - 26 (M) | 25 - 26 (M)         | 08 - 09 (M) | 05 - 06 (M)          | 17 - 18 (M) | 07 - 08 (M)         | 19 - 20 (M) |
| 6                                     | Authorised Entrant and Standby Person For Confined Space Refresher                               | 1        | 500.00           | AESP-R      | N/A         | SME           | 10 JAN (P)          | 07 FEB (P)  | 21 MAR (P)           | 25 APR (P)  | 16 MAY (P)          | 06 JUN (P)  | 11 JUL (P)          | 08 AUG (P)  | 05 SEP (P)           | 04 OCT (P)  | 01 NOV (P)          | 05 DEC (P)  |
|                                       |  |          |                  |             |             |               |                     | 20 FEB (M)  |                      | 03 APR (M)  |                     | 27 JUN (M)  |                     | 16 AUG (M)  |                      | 25 OCT (M)  |                     | 13 DEC (M)  |
| 7                                     | Authorised Gas Tester and Entry Supervisor For Confined Space                                    | 3        | 1500.00          | AGTES       | SBL         | SME           | 15 - 17 (P)         | 12 - 14 (P) | 12 - 14 (P)          | 09 - 11 (P) |                     | 25 - 27 (P) | 16 - 18 (P)         | 13 - 15 (P) | 24 - 26 (P)          | 09 - 11 (P) | 12 - 14 (P)         | 10 - 12 (P) |
|                                       |  |          |                  |             |             |               |                     |             | 05 - 07 (M)          |             |                     |             | 10 - 12 (M)         |             | 02 - 04 (M)          |             |                     |             |
| 8                                     | Authorised Gas Tester and Entry Supervisor For Confined Space Refresher                          | 2        | 650.00           | AGTES-R     | N/A         | SME           |                     | 14 - 15 (P) |                      | 11 - 12 (P) |                     |             | 18 - 19 (P)         | 01 - 02 (M) | 26 - 27 (P)          |             | 14 - 15 (P)         |             |
| 9                                     | Authorised Entrant and Standby Person For Confined Space For TM's Contractor                     | 2        | 750.00           | AESP-TMC    | SBL         | SME           | 22 - 23 (P)         | 26 - 27 (P) | 26 - 27 (P)          | 16 - 17 (P) | 07 - 08 (P)         | 27 - 28 (P) | 23 - 24 (P)         | 15 - 16 (P) | 12 - 13 (P)          | 16 - 17 (P) | 26 - 27 (P)         | 26 - 27 (P) |
| 10                                    | Authorised Entrant and Standby Person For Confined Space Refresher for TM's Staff And Contractor | 1        | 500.00           | AESPR-TM    | SBL         | SME           | 24 JAN (P)          |             | 28 MAR (P)           |             | 09 MAY (P)          |             | 25 JUL (P)          |             | 14 SEP (P)           |             | 28 NOV (P)          |             |
| 11                                    | Working Safely at Height   | 2        | 800.00           | WAH         | SBL         | SME           |                     |             | 21 - 22 (P)          |             |                     |             |                     |             | 19 - 20 (P)          |             |                     |             |
| 12                                    | Safe Handling of Forklift Truck  | 3        | 1250.00          | SHFT        | SBL         | SME           |                     |             |                      | 03 - 05 (P) |                     |             |                     |             |                      |             | 27 - 29 (P)         |             |

| NO  | COURSE TITLE   | DURATION | FEE (RM) INC GST | COURSE CODE | HRDF SCHEME | SMIDEC SCHEME | JAN | FEB                 | MAR         | APR                 | MAY         | JUN         | JUL                 | AUG         | SEP                  | OCT | NOV | DEC                 |
|---|--|----------|------------------|-------------|-------------|---------------|-----|---------------------|-------------|---------------------|-------------|-------------|---------------------|-------------|----------------------|-----|-----|---------------------|
| <b>TRAINER'S COMPETENCY PROGRAMMES</b>  |  |          |                  |             |             |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 13  | Train the Trainer                                      | 5        | 1500.00          | TTT1        | SBL         | SME           |     | 05 - 09 (P)         |             |                     |             |             |                     | 06 - 10 (P) |                      |     |     | 10 - 14 (P)         |
| 14  | Construction Safety and Health Trainers                | 4        | 2300.00          | CSHT        | SBL         |               |     |                     |             | 09 - 12 (P)         |             |             |                     |             |                      |     |     |                     |
| <b>CONSTRUCTION SAFETY PROGRAMMES</b>   |  |          |                  |             |             |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 15  | Site Safety Supervisor                                 | 10       | 2000.00          | SSS         | SBL         | SME           |     | 26 FEB - 09 MAR (P) |             |                     | 02 - 15 (P) |             | 23 JUL - 08 AUG (P) |             | 24 SEPT - 05 OCT (P) |     |     | 03 - 14 (P)         |
|   |  |          |                  |             |             |               |     |                     |             | 16 - 27 (M)         |             |             | 02 - 13 (M)         |             |                      |     |     | 26 NOV - 07 DEC (M) |
| 16  | Site Safety Supervisor (Part Time) - Saturday & Sunday | 10       | 2000.00          | SSSP        | SBL         | SME           |     |                     |             | 07 APR - 06 MAY (P) |             |             |                     |             |                      |     |     | 10 NOV - 09 DEC (P) |
| <b>NON-COMPETENCY PROGRAMMES</b>  |  |          |                  |             |             |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| <b>OSH MANAGEMENT PROGRAMMES</b>  |  |          |                  |             |             |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 17  | Incident Reporting and Analysis Technique *New         | 3        | 1200.00          | IRAT        | SBL         |               |     |                     |             | 09 - 11 (P)         |             |             |                     |             |                      |     |     |                     |
| 18  | Emergency Preparedness and Response Plan *New          | 2        | 800.00           | EPRP        | SBL         | SME           |     |                     |             |                     |             | 26 - 27 (P) |                     |             |                      |     |     |                     |
| <b>OCCUPATIONAL HYGIENE PROGRAMMES</b>  |  |          |                  |             |             |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 19  | Safety in the Use of Chemicals                         | 2        | 800.00           | STUC        | SBL         | SME           |     | 21 - 22 (P)         |             |                     |             |             |                     |             |                      |     |     |                     |
| <b>ERGONOMICS PROGRAMMES</b>  |  |          |                  |             |             |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 20  | Ergonomics and Manual Handling in the Workplace        | 2        | 800.00           | EMHW        | SBL         | SME           |     |                     | 13 - 14 (P) |                     |             |             |                     |             |                      |     |     |                     |
| <b>SEMINARS</b>   |  |          |                  |             |             |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 21  | SEMINAR ON OCCUPATIONAL HEALTH (PENANG)                | 2        | TBA              |             | SBL         |               |     |                     | MAR (P)     |                     |             |             |                     |             |                      |     |     |                     |
| 22  | SEMINAR ON CONFINED SPACE SAFETY (PERAK)               | 1        | TBA              |             | SBL         |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 23  | SEMINAR ON OCCUPATIONAL SAFETY & HEALTH (KEDAH)        | 1        | TBA              |             | SBL         |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| <b>NIOSH SAFETY PASSPORT PROGRAMMES</b>   |  |          |                  |             |             |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 24  | NIOSH -TM Safety Passport                              | 1        | 250.00           | NTMSP       | SBL         | SME           |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 25  | NIOSH -TENAGA Safety Passport - Level 1                | 1        | 250.00           | NTSP1       | SBL         | SME           |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 26  | NIOSH -TENAGA Safety Passport - Level 2                | 1        | 250.00           | NTSP2       | SBL         | SME           |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 27  | Oil and Gas Safety Passport                            | 1        | 250.00           | OGSP        | SBL         | SME           |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 28  | Oil and Gas Safety Passport - Refresher                | 1        | 250.00           | OGSP-R      | SBL         | SME           |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| 29  | Contractor Safety Passport System                      | 0.5      | 75.00            | CSPS        | N/A         |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| <b>REMARKS:</b>   |  |          |                  |             |             |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |
| <p>1) All Scheduled Programmes are available to be conducted as in-house Programmes. PLEASE CONTACT US FOR QUOTATIONS.</p> <p>2) Examination/Assessment Fee is included for Certificate &amp; Competency Programmes (except for *) . Please refer to Examinations &amp; Assessments Schedule.</p> <p>3) All informations are correct at the time of printing. They are, however, subject to changes by the Management of NIOSH. Participants will be notified of changes.</p> |  |          |                  |             |             |               |     |                     |             |                     |             |             |                     |             |                      |     |     |                     |

PLEASE REFER TO E-DAFTAR FOR AVAILABLE CLASS





| NO                                     | COURSE TITLE  | DURATION | FEE (RM) INC GST | COURSE CODE | HRDF SCHEME | SMIDEC SCHEME | JAN                           | FEB                        | MAR                           | APR                   | MAY                  | JUN                           | JUL                        | AUG                            | SEP                   | OCT                           | NOV                  | DEC                           |                      |
|--|---|----------|------------------|-------------|-------------|---------------|-------------------------------|----------------------------|-------------------------------|-----------------------|----------------------|-------------------------------|----------------------------|--------------------------------|-----------------------|-------------------------------|----------------------|-------------------------------|----------------------|
| <b>OCCUPATIONAL SAFETY PROGRAMMES</b>  |   |          |                  |             |             |               |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 13                                     | Authorised Entrant and Standby Person For Confined Space                      | 2        | 850.00           | AESP        | SBL         | SME           | 8 - 9, 22 - 23 (JBU)          | 5 - 6, 20 - 21 (JBU)       | 5 - 6, 19 - 20 (JBU)          | 2 - 3, 16 - 17 (JBU)  | 1 - 2, 7 - 8 (JBU)   | 4 - 5, 25 - 26 (JBU)          | 9 - 10, 23 - 24 (JBU)      | 6 - 7 (JBU)                    | 3 - 4, 24 - 25 (JBU)  | 8 - 9, 22 - 23 (JBU)          | 5 - 6, 26 - 27 (JBU) | 10 - 11, 17 - 18 (JBU)        |                      |
|  |   |          |                  |             |             |               | 8-9 (PRG)                     | 5-6 (PRG)                  | 12-13 (PRG)                   | 9-10 (PRG)            | 2-3 (PRG)            | 4-5 (PRG)                     | 2-3 (PRG)                  | 7-8 (PRG)                      | 4-5 (PRG)             | 23-24 (PRG)                   | 12-13 (PRG)          |                               |                      |
|  |   |          |                  |             |             |               | 22-23 (PRG)                   | 26-27 (PRG)                | 26-27 (PRG)                   | 23-24 (PRG)           | 14-15 (PRG)          |                               | 17-18 (PRG)                |                                |                       |                               |                      |                               |                      |
|  |   |          |                  |             |             |               | 09-10<br>16-17<br>23-24 (MLK) | 06-07<br>20-21<br>27 (MLK) | 06-07<br>13-14<br>20-21 (MLK) | 17-18<br>24 (MLK)     | 03-04<br>23 (MLK)    | 08-09<br>15-16<br>22-23 (MLK) | 05-06<br>19-20<br>26 (MLK) | 03-04<br>18<br>31 (MLK)        | 17<br>30-31 (MLK)     | 07-08<br>14-15<br>21-22 (MLK) | 04-05<br>18 (MLK)    | 02-03<br>09-10<br>16-17 (MLK) | 13-14<br>27-28 (MLK) |
| 14                                     | Authorised Entrant and Standby Person For Confined Space Refresher            | 1        | 500.00           | AESPR       | N/A         | SME           | 10, 24 (JBU)                  | 7 (JBU)                    | 7, 21 (JBU)                   | 4, 18 (JBU)           | 9 (JBU)              | 6, 27 (JBU)                   | 11, 25 (JBU)               | 8 (JBU)                        | 5, 26 (JBU)           | 10, 24 (JBU)                  | 7, 28 (JBU)          | 12, 19 (JBU)                  |                      |
|  |   |          |                  |             |             |               | 17 (MLK)                      | 02, 14 (MLK)               | 14, 30 (MLK)                  | 11 (MLK)              | 16 (MLK)             | 13, 29 (MLK)                  | 11 (MLK)                   | 10, 21 (MLK)                   | 12 (MLK)              | 10 (MLK)                      | 21 (MLK)             | 12 (MLK)                      |                      |
|  |   |          |                  |             |             |               | 15 - 17 (JBU)                 | 12 - 14 (JBU)              | 12 - 14 (JBU)                 | 23 - 25 (JBU)         |                      | 2 - 4, 16 - 18 (JBU)          | 13 - 15 (JBU)              | 17 - 19 (JBU)                  | 1 - 3 (JBU)           | 12 - 14 (JBU)                 | 3 - 5 (JBU)          |                               |                      |
| 15                                     | Authorised Gas Tester and Entry Supervisor For Confined Space                 | 3        | 1500.00          | AGTES       | SBL         | SME           | 15-17 (PRG)                   |                            | 19-21 (PRG)                   |                       | 7-9 (PRG)            |                               | 23-25 (PRG)                |                                | 24-26 (PRG)           |                               | 12-14 (PRG)          |                               |                      |
|  |   |          |                  |             |             |               | 29-31 (MLK)                   |                            | 26 - 28 (MLK)                 |                       |                      | 25 - 27 (MLK)                 |                            | 23 - 25 (MLK)                  |                       | 24 - 26 (MLK)                 |                      | 29 - 31 (MLK)                 |                      |
|  |   |          |                  |             |             |               | 17 - 18 (JBU)                 | 14 - 15 (JBU)              | 14 - 15 (JBU)                 | 25 - 26 (JBU)         |                      | 4 - 5, 18 - 19 (JBU)          | 15 - 16 (JBU)              | 19 - 20 (JBU)                  | 3 - 4 (JBU)           | 14 - 15 (JBU)                 | 5 - 6 (JBU)          |                               |                      |
| 16                                     | Authorised Gas Tester and Entry Supervisor For Confined Space Refresher       | 2        | 650.00           | AGTESR      | N/A         | SME           |                               | 27-28 (PRG)                |                               | 17-18 (PRG)           |                      | 26-27 (PRG)                   |                            |                                |                       | 1-2 (PRG)                     |                      | 27 - 28 (MLK)                 | 26 - 27 (MLK)        |
|  |   |          |                  |             |             |               |                               | 27 - 28 (MLK)              |                               | 24 - 25 (MLK)         | 30 - 31 (MLK)        |                               |                            |                                | 28 - 29 (MLK)         |                               |                      |                               |                      |
| 17                                     | Authorised Entrant and Standby Person For Confined Space - TM Staff           | 2        | 725.00           | AESP-TM     | SBL         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 18                                     | Authorised Entrant and Standby Person For Confined Space - TM Contractor      | 2        | 750.00           | AESP-TM     | SBL         | SME           | 25-26(MLK)                    |                            | 22-23(MLK)                    |                       | 24-25(MLK)           |                               | 19 - 20 (MLK)              |                                | 20-21(MLK)            |                               | 29-30(MLK)           |                               |                      |
| 19                                     | Confined Space Rescue and First Response                                      | 4        | 1500.00          | CSR         | SBL         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 20                                     | Inert Space Entry   | 5        | 2500.00          | IET         | SBL         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 21                                     | Safe Handling of Forklift Truck   | 3        | 1250.00          | SHFT        | SBL         | SME           |                               |                            | 12 - 14 (MLK)                 |                       |                      |                               |                            |                                |                       |                               | 22 - 24 (MLK)        |                               |                      |
| 22                                     | Safe Handling of Forklift Truck Refresher                                     | 1        | 300.00           | SHFTR       | N/A         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 23                                     | Working Safely at Height  | 2        | 800.00           | WAH         | SBL         | SME           |                               | 27 - 28 (JBU)              |                               | 10 - 11 (JBU)         |                      |                               | 3 - 4 (JBU)                | 7 - 8 (JBU)                    |                       | 16 - 17 (JBU)                 | 13 - 14 (JBU)        | 11 - 12 (JBU)                 |                      |
| 24                                     | Working Safely at Height Refresher  | 1        | 650.00           | WAHR        | N/A         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| <b>TRAINER'S COMPETENCY PROGRAMMES</b> |   |          |                  |             |             |               |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 25                                     | Train the Trainer   | 5        | 1500.00          | TTT1        | SBL         | SME           |                               |                            | 04 - 08 (JBU)                 | 23 - 27 (MLK)         |                      |                               |                            | 05 - 09 (JBU)                  |                       |                               |                      | 11 - 15 (JBU)                 |                      |
| 26                                     | Training Management for Business  | 6        | 2550.00          | TTT2        | SBL         | SME           |                               |                            |                               |                       |                      |                               |                            | 13 - 17 (MLK)                  |                       |                               |                      |                               | 17 - 22 (MLK)        |
| 27                                     | Construction Safety and Health Trainers                                       | 4        | 2300.00          | CSHT        | SBL         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 28                                     | Confined Space Safety (Trainer's Program)                                     | 5        | 4000.00          | CST         | SBL         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| <b>CONSTRUCTION SAFETY PROGRAMMES</b>  |   |          |                  |             |             |               |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 29                                     | Site Safety Supervisor  | 10       | 2000.00          | SSS         | SBL         | SME           | 14 - 25 (JBU)                 | 25 FEB - 08 MAR (JBU)      | 01 - 12 (JBU)                 | 20 - 31 (JBU)         |                      |                               | 08 - 19 (JBU)              | 05 - 16 (JBU)                  |                       | 21 OCT- 01 NOV (JBU)          | 02 - 13 (JBU)        |                               |                      |
|  |   |          |                  |             |             |               |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               | 23 SEP - 4 OCT (PRG) |                               |                      |
|  |   |          |                  |             |             |               |                               | 13 FEB - 2 MAC (MLK)       | 09 - 21 (MLK)                 |                       | 25 JUN - 6 JUL (MLK) |                               | 24 SEP - 5 OCT (MLK)       |                                | 26 NOV - 7 DEC (MLK)  |                               |                      |                               |                      |
| 30                                     | Site Safety Supervisor (Part Time) - Saturday & Sunday                        | 10       | 2000.00          | SSSP        | SBL         | SME           | 27 JAN - 04 MAR (JBU)         |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
|  |   |          |                  |             |             |               |                               |                            | 10 MAR - 08 APR (JBU)         |                       |                      |                               | 07 JUL - 05 AUG (JBU)      |                                | 06 OCT - 04 NOV (JBU) |                               |                      |                               |                      |
|  |   |          |                  |             |             |               |                               |                            |                               | 28 APR - 27 MAY (JBU) |                      |                               |                            |                                |                       | 17 NOV - 16 DEC (JBU)         |                      |                               |                      |
|  |   |          |                  |             |             |               |                               | 31 MAR - 29 APR (PRG)      |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| <b>NON-COMPETENCY PROGRAMMES</b>       |   |          |                  |             |             |               |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| <b>OSH LEGISLATION PROGRAMMES</b>      |   |          |                  |             |             |               |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 31                                     | Compliance To Regulations Under Occupational Safety and Health Act 1994       | 2        | 800.00           | CRO         | SBL         | SME           |                               |                            | 13 - 14 (JBU)                 |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 32                                     | Compliance To Factories and Machinery Act 1967 and Its Regulations            | 2        | 800.00           | CFMA        | SBL         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 33                                     | Occupational Safety and Health Act 1994                                       | 1        | 400.00           | OSHA        | SBL         | SME           |                               | 27 (JBU)                   |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| <b>OSH MANAGEMENT PROGRAMMES</b>       |   |          |                  |             |             |               |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 34                                     | Incident Reporting and Analysis Technique *New                                | 3        | 1200.00          | IRAT        | SBL         | SME           |                               |                            | 26 - 28 (JBU)                 |                       |                      |                               |                            |                                |                       |                               | 23 - 25 (JBU)        |                               |                      |
| 35                                     | Emergency Preparedness and Response Plan *New                                 | 2        | 800.00           | EPRP        | SBL         | SME           |                               |                            | 20 - 21 (JBU)                 |                       |                      |                               |                            | 27 - 29 (MLK)<br>28 - 29 (JBU) |                       |                               |                      |                               |                      |
| 36                                     | Occupational Safety, Health And Environment Management                        | 2        | 800.00           | OSHE        | SBL         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 37                                     | Fundamental Occupational Safety and Health for Supervisor                     | 2        | 800.00           | FOSH-SV     | SBL         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 38                                     | Safety and Health Officer Enhancement Programme (Partime) (Saturday & Sunday) | 9        | 1800.00          | SHEP        | SBL         | SME           |                               |                            |                               |                       |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 39                                     | Effective Safety and Health Committee   | 2        | 800.00           | ESHC        | SBL         | SME           |                               |                            | 6 - 7 (JBU)                   |                       |                      |                               |                            | 14 - 15 (JBU)                  |                       |                               |                      |                               |                      |
| 40                                     | Understanding, Evaluating and Implementing Effective HIRARC at The Workplace  | 3        | 1200.00          | UIH         | SBL         | SME           |                               |                            |                               | 2 - 4(JBU)            | 07 - 09 (MLK)        |                               |                            |                                | 4 - 6 (JBU)           |                               |                      |                               |                      |
| 41                                     | Process Safety Management   | 3        | 1200.00          | PSM         | SBL         | SME           |                               |                            |                               | 9 - 11 (JBU)          |                      |                               |                            |                                |                       |                               |                      |                               |                      |
| 42                                     | Kiken Yachi Training *New   | 2        | 800.00           | KYT         | N/A         | SME           |                               |                            |                               | 17 - 18 (JBU)         |                      |                               |                            |                                |                       |                               |                      | 7 - 8 (JBU)                   |                      |

| NO   | COURSE TITLE  | DURATION | FEE (RM)<br>INC GST | COURSE<br>CODE | HRDF SCHEME | SMIDEC<br>SCHEME | JAN   | FEB                  | MAR                      | APR                  | MAY                  | JUN               | JUL                      | AUG                      | SEP                  | OCT                      | NOV                      | DEC                      |              |
|--|---|----------|---------------------|----------------|-------------|------------------|---|----------------------|--------------------------|----------------------|----------------------|-------------------|--------------------------|--------------------------|----------------------|--------------------------|--------------------------|--------------------------|--------------|
| <b>OCCUPATIONAL SAFETY PROGRAMMES</b>  |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 43   | Safe Working in The Hydrogen Sulphide Environment         | 2        | 800.00              | H2S            | SBL         | SME              |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| <b>CONSTRUCTION SAFETY PROGRAMMES</b>  |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 44   | Occupational Safety And Health For Construction Personnel | 3        | 1200.00             | OCP            | SBL         | SME              |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 45   | Basic Rigging And Slings                                  | 2        | 700.00              | BRS            | SBL         | SME              |   | 12-13 (MLK)          |                          | 09 - 10 (MLK)        |                      |                   | 09 -10 (MLK)             |                          | 03-04 (MLK)          |                          | 07-08 (MLK)              |                          |              |
| <b>OCCUPATIONAL HYGIENE PROGRAMMES</b>   |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 46   | Safety in the Use of Chemicals                            | 2        | 800.00              | STUC           | SBL         | SME              |   |                      |                          | 24 - 25 (JBU)        |                      | 11 - 12 (MLK)     |                          |                          |                      |                          |                          | 27 - 28 (JBU)            |              |
| 47   | Transportation of Dangerous Goods By Road                 | 2        | 800.00              | TDGR           | SBL         |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 48   | Basic Principle of Industrial Hygiene <b>*New</b>         | 4        | 1600.00             | BPIH           | SBL         |                  |   |                      |                          |                      | 20 - 24 (JBU)        |                   |                          |                          |                      |                          |                          |                          |              |
| <b>OCCUPATIONAL HEALTH PROGRAMMES</b>  |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 49   | Hearing Loss Prevention and Audiometric Testing           | 2        | 800.00              | HLPAP          | SBL         | SME              |   |                      |                          |                      | 9 - 10 (JBU)         |                   |                          |                          |                      |                          |                          | 13 - 14 (JBU)            |              |
| 50   | Lung Function Testing and Analysis                        | 1        | 570.00              | LFTA           | SBL         |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| <b>ERGONOMICS PROGRAMMES</b>   |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 51   | Back Protection   | 2        | 800.00              | BPM            | SBL         |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 52   | Ergonomics and Manual Handling in the Workplace           | 2        | 800.00              | EMHW           | SBL         | SME              |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 53   | Occupational Safety and Health in the Office              | 2        | 800.00              | OSHO           | SBL         | SME              |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| <b>EXAMINATION WORKSHOP PROGRAMMES</b>   |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 54   | Occupational Health Doctor Examination Workshop           | 2        | 300.00              | OHDW           | N/A         |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 55   | Occupational Health Nurse Examination Workshop            | 2        | 300.00              | OHNW           | N/A         |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 56   | Safety and Health Officer Examination Workshop            | 1        | 100.00              | SHOW           | N/A         |                  | 04 (JBU)  |                      | 01 (JBU)                 |                      | 03 (JBU)             |                   |                          |                          |                      |                          | 04 (JBU)                 |                          |              |
|  |   |          |                     |                |             |                  | 07 (MLK)  |                      | 04 (MLK)                 |                      |                      |                   | 08 (MLK)                 |                          |                      |                          | 15 (MLK)                 | 11 (MLK)                 |              |
| <b>NIOSH SAFETY PASSPORT PROGRAMMES</b>  |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 57   | NIOSH-IM Safety Passport                                  | 1        | 250.00              | NTMSP          | SBL         | SME              | Every Wednesday on 1st and 3rd week, except on Public Holiday (JBU) |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
|  |   |          |                     |                |             |                  | 03, 17(MLK)   | 6 (PRG)              | 07, 21 (MLK)             | 10 (PRG)             | 04, 18 (MLK)         | 02, 16 (MLK)      | 06, 20 (MLK)             | 04, 18 (MLK)             | 01, 15 (MLK)         | 05, 19 (MLK)             | 03, 17 (MLK)             | 07, 21 (MLK)             | 05, 19 (MLK) |
| 58   | NIOSH-TENAGA Safety Passport - Level 1                    | 1        | 250.00              | NTSP1          | SBL         | SME              | Every Monday, except on Public Holiday (JBU)                        |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
|  |   |          |                     |                |             |                  | 10, 24(MLK)   | 7 (PRG)              | 14 (MLK)                 | 11, 25 (MLK)         | 09 (MLK)             | 13 (MLK)          | 11, 25 (MLK)             | 08, 15 (MLK)             | 12, 26 (MLK)         | 10, 24 (MLK)             | 14 (MLK)                 | 12, 26 (MLK)             |              |
| 59   | NIOSH-TENAGA Safety Passport - Level 2                    | 1        | 250.00              | NTSP2          | SBL         | SME              | Every Tuesday on 2nd and 4th week, except on Public Holiday (JBU)   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
|  |   |          |                     |                |             |                  | 31 (MLK)  | 28 (MLK)             | 21 (MLK)                 | 17 (MLK)             | 23 (MLK)             | 27 (MLK)          | 17 (MLK)                 | 14 (MLK)                 | 18 (MLK)             | 16, 30 (MLK)             | 28 (MLK)                 | 18 (MLK)                 |              |
| 60   | Oil and Gas Safety Passport                               | 1        | 250.00              | OCSP           | SBL         | SME              | Every Monday, except on Public Holiday (JBU)                        |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
|  |   |          |                     |                |             |                  | 15, 29 (PRG)  | 5, 12 (PRG)          | 5, 19 (PRG)              | 2, 23 (PRG)          | 7, 14 (PRG)          | 25 (PRG)          | 2, 24 (PRG)              | 8, 28 (PRG)              | 24 (PRG)             | 8 (PRG)                  | 26 (PRG)                 | 4 (PRG)                  |              |
|  |   |          |                     |                |             |                  | 08, 15, 22, 29 (MLK)  | 05, 12, 19, 26 (MLK) | 05, 12, 19, 26 (MLK)     | 02, 09, 23, 30 (MLK) | 07, 14, 21, 28 (MLK) | 04, 11, 25 (MLK)  | 02, 09, 16, 23, 30 (MLK) | 06, 13, 20, 27 (MLK)     | 03, 11, 24 (MLK)     | 01, 08, 15, 22, 29 (MLK) | 05, 12, 19, 26 (MLK)     | 03, 10, 17, 24, 31 (MLK) |              |
| 61   | Oil and Gas Safety Passport - Refresher                   | 1        | 250.00              | OGSPR          | SBL         | SME              | Every Tuesday on 2nd and 4th week, except on Public Holiday (JBU)   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
|  |   |          |                     |                |             |                  | 04, 11, 18, 25 (MLK)  | 01, 08, 15, 22 (MLK) | 01, 08, 15, 22, 29 (MLK) | 05, 12, 19, 26 (MLK) | 03, 10, 24, 31 (MLK) | 07, 21, 28, (MLK) | 05, 12, 19, 26 (MLK)     | 02, 09, 16, 23, 30 (MLK) | 06, 13, 20, 27 (MLK) | 04, 11, 18, 25 (MLK)     | 01, 08, 15, 22, 29 (MLK) | 06, 13, 20, 27 (MLK)     |              |
| 62   | Contractor Safety Passport System - High Risk Work        | 0.5      | 75.00               | CSPSHR         | N/A         |                  | Every Saturday on 1st and 3rd week, except on Public Holiday (JBU)  |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
|  |   |          |                     |                |             |                  |   | 23 (MLK)             |                          | 27 (MLK)             |                      | 29 (MLK)          |                          | 24 (MLK)                 |                      | 26 (MLK)                 |                          | 28 (MLK)                 |              |
| 63   | Contractor Safety Passport System - Low Risk Work         | 0.5      | 75.00               | CSPSLR         | N/A         |                  | Every Saturday on 1st and 3rd week, except on Public Holiday (JBU)  |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
|  |   |          |                     |                |             |                  | 26 (MLK)  |                      | 30 (MLK)                 |                      | 25 (MLK)             |                   | 27 (MLK)                 |                          | 28 (MLK)             |                          | 30 (MLK)                 |                          |              |
| <b>ADDITIONAL PROGRAMS</b>   |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 64   | Seminars  |          |                     |                |             |                  | TBC   |                      |                          |                      |                      |                   | TBC                      |                          |                      |                          |                          |                          |              |
| <b>REMARKS:</b>  |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 1) All Scheduled Programmes are available to be conducted as In-house Programmes. PLEASE CONTACT US FOR QUOTATIONS.  |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 2) Examination/Assessment Fee is included for Certificate & Competency Programmes (except for *). Please refer to Examinations & Assessments Schedule.               |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |
| 3) All Informations are correct at the time of printing. They are, however, subject to changes by the Management of NIOSH. Participants will be notified of changes. |   |          |                     |                |             |                  |   |                      |                          |                      |                      |                   |                          |                          |                      |                          |                          |                          |              |

# NIOSH Sabah & W.P Labuan Regional Office

Address: (KK) Level 3, Block B, Harbour City, Jalan Sembulan, 88100 Kota Kinabalu, Sabah  
 (LBU) Lot 1, Level 1, Block A, Shermadef Commercial Centre, 87008 W.P Labuan | (SDK) ILP Sandakan, Tingkat 1, Bangunan BPSM, Batu 5, Jalan Sibuga, 90000 Sandakan, Sabah  
 (TWU) Lot 1, Ground Floor - 2nd Floor, Jalan Plaza Damai, Plaza Damai, 91000 Tawau, Sabah

Manager : En. Mohd Hussin Bin Abd Salam (mohd.hussin@niosh.com.my)  
 Contact Person :  
 KOTA KINABALU: Pn Hellena Lenggeng (hellena.lina@niosh.com.my)  
 LABUAN : Mohd Fazrin Jurnain (mohd.fazrin@niosh.com.my)  
 SANDAKAN : En Mohd Amin bin Adrah (mohd.amin@niosh.com.my)  
 TAWAU : Cik Sarbanon binfi Japar (sarbanon@niosh.com.my)

Operating Hours : Monday - Friday , 8.00 am - 5.00 pm  
 Closed on Saturday, Sunday & Public Holiday  
 Tel : 088 264 252 Fax : 088 263 252 E-mail : sabah@niosh.com.my  
 Tel : 087 423 254 Fax : 087 423 255 E-mail : labuan@niosh.com.my / labuan.niosh@gmail.com  
 Tel : 089 663 781 Fax : 089 663 762 E-mail : sandakan@niosh.com.my / sandakan.niosh@gmail.com  
 Tel : 089 756 302 Fax : 089 756 303 E-mail : tawau@niosh.com.my / tawau.niosh@gmail.com

|  |   |          |          |             |             |        |                              | 2018             |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
|--|---|----------|----------|-------------|-------------|--------|------------------------------|------------------|------------------------|-----------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|--|
| NO                                     | COURSE TITLE  | DURATION | FEE (RM) | COURSE CODE | HRDF SCHEME | SMIDEC | JAN                          | FEB              | MAR                    | APR                   | MAY                    | JUN                    | JUL                    | AUG                    | SEP                    | OCT                    | NOV                    | DEC                    |  |
| <b>COMPETENCY PROGRAMMES</b>           |   |          |          |             |             |        |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
| <b>OSH MANAGEMENT PROGRAMMES</b>       |   |          |          |             |             |        |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
| 1                                      | Safety and Health Officer (Full Time)*  | 22       | 4000.00  | SHO         | SBL         | SME    | 15/1/14/2 (KK)               |                  |                        | 02 - 28 (TWU)         | 02/05-08/06 (KK)       |                        |                        |                        |                        | 08/10 - 03/11 (TWU)    |                        |                        |  |
|  |   |          |          |             |             |        | 15/1-13/2 (SDK)              |                  |                        |                       |                        |                        | 02-31(SDK)             |                        |                        | 1-30/10 (KK)           |                        |                        |  |
| 2                                      | Safety and Health Officer (Part Time)*<br>(Weekend Class - Saturday & Sunday) | 22       | 4000.00  | SHOP        | SBL         | SME    |                              |                  | 24/02 - 12/05 (TWU)    |                       |                        |                        | 05/05 - 18/08 (LD)     |                        |                        | 04/08 - 03/11 (TWU)    |                        |                        |  |
|  |   |          |          |             |             |        |                              |                  | 24/02-12/05(KK)        |                       |                        |                        | 07/07-22/09 -(KK)      |                        |                        | 03/11-13/01 (KK)       |                        |                        |  |
|  |   |          |          |             |             |        |                              |                  | 24/02-23/05 (LBU)      |                       |                        |                        | 07/04-01/07 (SDK)      |                        |                        | 04/8-28/10(SDK)        |                        |                        |  |
| <b>OCCUPATIONAL HYGIENE PROGRAMMES</b> |   |          |          |             |             |        |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
| 3                                      | <b>Chemical Health Risk Assessor *</b>  | 11       | 4900.00  | CHRA        | SBL         |        |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
|  | Module 1  | 3        |          |             |             | SME    |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
|  | Module 2  | 3        |          |             |             | SME    |                              |                  |                        |                       |                        |                        |                        |                        |                        | 09-19 (KK)             |                        |                        |  |
|  | Module 3  | 5        |          |             |             | SME    |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
| <b>OCCUPATIONAL HEALTH PROGRAMMES</b>  |   |          |          |             |             |        |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
| 4                                      | Basic Occupational First Aid  | 2        | 850.00   | BOFA        | SBL         | SME    | 30 - 31 (TWU)                | 26-27 (SDK)      |                        | 24 - 25 (LD)          | 16-17 (KK)             |                        | 17-18 (TWU)            |                        |                        | 23 - 24 (LD)           |                        |                        |  |
| 5                                      | Occupational Health Doctor *  | 9        | 3900.00  | OHD         | SBL         | SME    |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
|  | OHD Module 1  | 3        |          |             |             |        |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
|  | OHD Module 2  | 3        |          |             |             |        |                              |                  | 19 - 28 (SDK)          |                       |                        |                        | 04-14(KK)              |                        |                        |                        |                        |                        |  |
|  | OHD Module 3  | 3        |          |             |             |        |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
| 6                                      | Occupational Health Nurse*  | 10       | 3600.00  | OHN         | SBL         | SME    |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
|  | OHN Module 1  | 5        |          |             |             |        |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
|  | OHN Module 2  | 5        |          |             |             |        |                              |                  |                        |                       | 07-18 (KK)             |                        |                        |                        |                        |                        |                        |                        |  |
| <b>OCCUPATIONAL SAFETY PROGRAMMES</b>  |   |          |          |             |             |        |                              |                  |                        |                       |                        |                        |                        |                        |                        |                        |                        |                        |  |
| 7                                      | Authorised Entrant and Standby Person For Confined Space                      | 2        | 850.00   | AESP        | SBL         | SME    |                              | 05-06 (TWU)      |                        | 23 - 24 (LD)          |                        |                        | 02-03 (TWU)            | 27-28(LD)              |                        |                        | 26 - 27(TWU)           |                        |  |
|  |   |          |          |             |             |        | 10-11,17-18,25-26,30-31 (KK) | 13-14,20-21 (KK) | 01-01,15-16,27-28 (KK) | 11-12,19-20,26-27(KK) | 08-09,16-17,23-24 (KK) | 705-06,21-22,27-28(KK) | 05-06,18-19,21-22 (KK) | 01-02,15-16,08-09 (KK) | 05-06,12-13,19-20 (KK) | 03-04,17-18,24-25 (KK) | 07-08,14-15,21-22 (KK) | 06-07,12-13,18-19 (KK) |  |
|  |   |          |          |             |             |        | 9-10 (LBU)                   | 6-7 (LBU)        | 27-28 (LBU)            | 25-26 (LBU)           | 22-24 (LBU)            | 27-28 (LBU)            | 9-10 (LBU)             | 6-7 (LBU)              | 27-28 (LBU)            | 25-26 (LBU)            | 22-23 (LBU)            | 2-3 (LBU)              |  |
|  |   |          |          |             |             |        |                              | 5-6 (SDK)        |                        | 16-17 (SDK)           |                        | 25-26 (SDK)            |                        | 13-14 (SDK)            |                        | 15-16 (SDK)            |                        | 10-11 (SDK)            |  |
| 8                                      | Authorised Entrant and Standby Person For Confined Space Refresher            | 1        | 500.00   | AESP-R      | N/A         | SME    |                              | 07 (TWU)         |                        | 25 (LD)               |                        |                        | 04 (TWU)               | 29 (LD)                |                        |                        | 28 (TWU)               |                        |  |
|  |   |          |          |             |             |        | 19 (KK)                      | 28 (KK)          | 29 (KK)                | 20 (KK)               | 10 (KK)                | 23 (KK)                | 13(KK)                 | 14(KK)                 | 07 (KK)                | 26(KK)                 |                        |                        |  |
|  |   |          |          |             |             |        | 15 (LBU)                     | 8 (LBU)          | 20 (LBU)               | 17 (LBU)              | 7 (LBU)                | 30 (LBU)               | 15(LBU)                | 8 (LBU)                | 20 (LBU)               | 17 (LBU)               | 7 (LBU)                | 4 (LBU)                |  |
|  |   |          |          |             |             |        | 15 (SDK)                     |                  | 14 (SDK)               |                       | 7 (SDK)                |                        | 16 (SDK)               | 17 (SDK)               | 19 (SDK)               | 12 (SDK)               |                        | 14 (SDK)               |  |
| 9                                      | Authorised Gas Tester and Entry Supervisor For Confined Space                 | 3        | 1500.00  | AGTES       | SBL         | SME    |                              |                  | 05-07 (TWU)            |                       |                        | 25-27 (TWU)            |                        |                        | 02-04 (KK)             | 25-27(KK)              |                        | 04-06(KK)              |  |
|  |   |          |          |             |             |        |                              | 06-08 (KK)       | 17-18 (KK)             |                       | 22-24(KK)              |                        |                        |                        |                        |                        |                        |                        |  |
|  |   |          |          |             |             |        |                              | 12-14 (LBU)      |                        | 16-18 (LBU)           |                        | 5-7 (LBU)              |                        | 12-14 (LBU)            |                        | 16-18 (LBU)            |                        | 5-7 (LBU)              |  |
|  |   |          |          |             |             |        |                              | 7-9 (SDK)        |                        | 18-20 (SDK)           |                        | 27-29 (SDK)            |                        | 15-17 (SDK)            |                        | 17-19 (SDK)            |                        | 12-14 (SDK)            |  |
| 10                                     | Authorised Gas Tester and Entry Supervisor For Confined Space Refresher       | 2        | 650.00   | AGTES-R     | N/A         | SME    | 24-25(TWU)                   |                  |                        |                       | 02-03(TWU)             |                        |                        |                        | 26-27(LD)              |                        |                        | 05-06(TWU)             |  |
|  |   |          |          |             |             |        | 23-24(KK)                    |                  |                        |                       |                        |                        |                        |                        | 28-29(KK)              |                        |                        | 04-05 (KK)             |  |
|  |   |          |          |             |             |        | 22-23 (LBU)                  | 20-21 (LBU)      | 13-14 (LBU)            | 4-5 (LBU)             | 26-27 (LBU)            | 30-1/7 (LBU)           | 22-23 (LBU)            | 20-21(LBU)             | 13-14 (LBU)            | 4-5 (LBU)              | 26-27 (LBU)            | 4-5(LBU)               |  |
|  |   |          |          |             |             |        | 16-17 (SDK)                  |                  | 15-16 (SDK)            |                       | 8-9 (SDK)              |                        | 17-18 (SDK)            |                        | 19-20 (SDK)            |                        | 13-14 (SDK)            |                        |  |

## NIOSH Sarawak Regional Office (SWRO)

|  |
|--|
| Regional Manager : Mr. Mohamed Anizan Mohammed Amin                        |
| Contact Person :   |
| (Bintulu)- Mr. Nurshirwan, Mr. Azri, Ms. Noor Ayca, Ms. Zuria, Ms. Elianie |
| (Kuching)- Mdm. Norazita, Mdm. Siti Zomarrah,                              |
| (Miri)- Mdm. Nuraida, Ms. Maniah   |
| (Serian)- Mr. Max Biondi   |
|  |
| (Bintulu)- Tel : 086 - 311 500, 330 600 Fax: 086 - 315 001                 |
| (Kuching)- Tel : 082 - 536 801, 536 803 Fax: 082 - 536 802                 |
| (Miri)- Tel : 085 - 406 085, 406 071 Fax: 085 - 406 086                    |
| (Serian)- Tel : 082 - 872 199 Fax : 082 - 872 013                          |

### Address:

|  |  |
|--|--|
| NIOSH SWRO Bintulu, No. 285, Phase IV, Parkcity Commerce Square, Jalan Tun Ahmad Zaidi 97000 Bintulu Sarawak                                 | Operating Hours : Mon-Fri, 7.30 am - 4.30 pm |
| NIOSH SWRO Kuching, Bangunan Hamizan, Ground Floor, Lot 851 & Sublot 16, Seksyen 65 KTLDO Off Jalan Astana, Petra Jaya 93050 Kuching Sarawak | Operating Hours : Mon-Fri, 8.00 am - 5.00 pm |
| NIOSH SWRO Miri, Lot 10620, Miri Commercial Centre, Airport Road, 98000 Miri Sarawak   | Operating Hours : Mon-Fri, 7.30 am - 4.30 pm |
| NIOSH SWRO Serian, Lot 372 Jalan Serian By Pass, 94700 Serian Sarawak  | Operating Hours : Mon-Fri, 8.00 am - 5.00 pm |
| <b>E-mail : sarawak@niosh.com.my</b>   |  |

# 2018

| No                                      | Course Title   | Duration | Fee (RM) | Course Code | HRDF Scheme | SMIDE Scheme | January             | February          | March             | April       | May         | June              | July              | August            | September   | October           | November          | December    |
|---|--|----------|----------|-------------|-------------|--------------|---------------------|-------------------|-------------------|-------------|-------------|-------------------|-------------------|-------------------|-------------|-------------------|-------------------|-------------|
| <b>REGULATORY COMPETENCY PROGRAMMES</b> |  |          |          |             |             |              |                     |                   |                   |             |             |                   |                   |                   |             |                   |                   |             |
| 1                                       | Safety and Health Officer (Full Time)*   | 22       | 4,000.00 | SHO         | SBL         | SME          | 19/02 - 15/03 (B)   |                   |                   |             |             |                   | 02 - 27 (B)       |                   |             |                   |                   |             |
|   |  |          |          |             |             |              | 29/01 - 28/02 (K)   |                   | 02/04 - 30/05 (K) |             |             |                   |                   | 06/08 - 07/09 (K) |             | 15/10 - 12/11 (K) |                   |             |
|   |  |          |          |             |             |              | 23/01 - 23/02 (M)   |                   | 23/04 - 24/05 (M) |             |             |                   |                   | 06/08 - 06/09 (M) |             |                   |                   |             |
| 2                                       | Safety and Health Officer (Part Time)*   | 22       | 4,000.00 | SHOP        | SBL         | SME          | 06/01 - 25/03 (B)   |                   |                   |             |             |                   | 30/06 - 30/09 (K) |                   |             | 22/09 - 02/12 (B) |                   |             |
|   |  |          |          |             |             |              |                     |                   |                   |             |             |                   |                   | 07/07 - 14/10 (M) |             |                   |                   |             |
| 3                                       | Chemical Health Risk Assessor*   | 11       | 4,900.00 | CHRA        | SBL         | SME          |                     |                   |                   |             |             |                   |                   |                   |             |                   |                   | 10 - 21 (B) |
| 4                                       | Occupational Health Doctor*  | 9        | 3,900.00 | OHD         | SBL         | SME          |                     |                   | 19 - 29 (B)       |             |             |                   |                   |                   |             |                   |                   | 04 - 20 (K) |
| 5                                       | Occupational Health Nurse*   | 10       | 3,690.00 | OHN         | SBL         |              |                     |                   |                   | 16 - 27 (B) |             |                   | 09 - 20 (M)       |                   |             |                   |                   |             |
| 6                                       | Authorised Entrant and Standby Person For Confined Space                               | 2        | 850.00   | AESP        | SBL         | SME          | 16 - 17 (B)         | 01 - 02 (B)       | 01 - 02 (B)       | 03 - 04 (B) | 03 - 04 (B) | 05 - 06 (B)       | 03 - 04 (B)       | 02 - 03 (B)       | 04 - 05 (B) | 02 - 03 (B)       | 06 - 07 (B)       | 04 - 05 (B) |
|   |  |          |          |             |             |              | 16 - 17 (M)         | 06 - 07 (B)       | 06 - 07 (B)       | 05 - 06 (B) | 08 - 09 (B) | 07 - 08 (B)       | 05 - 06 (B)       | 07 - 08 (B)       | 06 - 07 (B) | 04 - 05 (B)       | 08 - 09 (B)       | 06 - 07 (B) |
|   |  |          |          |             |             |              | 18 - 19 (B)         | 06 - 07 (K)       | 08 - 09 (B)       | 10 - 11 (B) | 10 - 11 (B) | 11 - 12 (M)       | 10 - 11 (B)       | 08 - 09 (K)       | 11 - 12 (B) | 09 - 10 (B)       | 13 - 14 (B)       | 11 - 12 (B) |
|   |  |          |          |             |             |              | 23 - 24 (B)         | 08 - 09 (B)       | 13 - 14 (B)       | 10 - 11 (K) | 15 - 16 (B) | 28 - 29 (B)       | 10 - 11 (M)       | 09 - 10 (B)       | 12 - 13 (M) | 10 - 11 (K)       | 13 - 14 (M)       | 11 - 12 (M) |
|   |  |          |          |             |             |              | 25 - 26 (B)         | 13 - 14 (B)       | 13 - 14 (M)       | 12 - 13 (B) | 15 - 16 (M) |                   | 12 - 13 (B)       | 14 - 15 (B)       | 13 - 14 (B) | 11 - 12 (B)       | 15 - 16 (B)       | 12 - 13 (K) |
|   |  |          |          |             |             |              |                     | 13 - 14 (M)       | 15 - 16 (B)       | 17 - 18 (B) | 17 - 18 (B) |                   | 17 - 18 (B)       | 14 - 15 (M)       | 18 - 19 (B) | 16 - 17 (B)       | 22 - 23 (B)       | 13 - 14 (B) |
|   |  |          |          |             |             |              |                     | 15 - 16 (B)       | 20 - 21 (B)       | 17 - 18 (M) | 22 - 23 (B) |                   | 19 - 20 (B)       | 16 - 17 (B)       | 20 - 21 (B) | 16 - 17 (M)       |                   |             |
|   |  |          |          |             |             |              |                     |                   | 25 - 26 (SN)      |             |             |                   |                   |                   |             |                   |                   |             |
| 7                                       | Authorised Entrant and Standby Person For Confined Space Refresher                     | 1        | 500.00   | AESP-R      | N/A         | SME          | 15 (B)              | 05 (B)            | 01 (B)            | 02 (B)      | 03 (B)      | 11 (B)            | 02 (B)            | 02 (B)            | 03 (B)      | 04 (B)            | 05 (B)            | 06 (B)      |
|   |  |          |          |             |             |              | 18 (B)              | 08 (B)            | 05 (B)            | 06 (B)      | 07 (B)      | 25 (B)            | 05 (B)            | 06 (B)            | 06 (B)      | 08 (B)            | 08 (B)            | 10 (B)      |
|   |  |          |          |             |             |              | 22 (B)              | 08 (K)            | 08 (B)            | 09 (B)      | 10 (B)      |                   | 09 (B)            | 09 (B)            | 13 (B)      | 09 (K)            | 12 (B)            | 13 (B)      |
|   |  |          |          |             |             |              | 25 (M)              | 12 (B)            | 12 (B)            | 12 (B)      | 14 (B)      |                   | 12 (B)            | 13 (B)            | 17 (B)      | 11 (B)            | 15 (B)            | 17 (B)      |
|   |  |          |          |             |             |              |                     | 15 (B)            | 15 (B)            | 12 (K)      | 17 (B)      |                   | 16 (B)            | 16 (B)            | 20 (B)      | 15 (B)            | 19 (B)            |             |
|   |  |          |          |             |             |              |                     | 19 (B)            | 19 (B)            | 16 (B)      | 21 (B)      |                   | 19 (B)            | 14 (B)            | 20 (M)      | 18 (B)            | 22 (B)            |             |
|   |  |          |          |             |             |              |                     | 22 (B)            | 22 (M)            | 19 (B)      | 24 (M)      |                   | 23 (B)            |                   | 24 (B)      | 22 (B)            | 29 (M)            |             |
|   |  |          |          |             |             |              |                     |                   |                   | 23 (B)      |             |                   |                   |                   | 27 (B)      |                   |                   |             |
| 8                                       | Authorised Entrant And Standby Person For Confined Space For TM's Staff                | 2        | 725.00   | AESP-TMS    | N/A         | SME          | Upon Client Request |                   |                   |             |             |                   |                   |                   |             |                   |                   |             |
| 9                                       | Authorised Entrant And Standby Person For Confined Space For TM's Contractor           | 2        | 750.00   | AESP-TMC    | N/A         | SME          | 16 - 12 (K)         |                   | 12 - 13 (K)       |             | 08 - 09 (K) |                   | 19 - 20 (K)       |                   | 03 - 04 (K) |                   | 27 - 28 (K)       |             |
| 10                                      | Authorised Entrant And Standby Person For Confined Space Refresher For TM's Contractor | 1        | 500.00   | AESPRTM     | N/A         | SME          | 18 (K)              |                   |                   |             | 10 (K)      |                   | 21 (K)            |                   |             |                   | 29 (K)            |             |
|   |  |          |          |             |             |              | 23 - 25 (B)         |                   | 06 - 08 (M)       |             | 14 - 16 (B) |                   | 02 - 04 (B)       |                   | 11 - 13 (B) |                   | 26 - 28 (B)       |             |
| 11                                      | Authorised Gas Tester and Entry Supervisor For Confined Space                          | 3        | 1,500.00 | AGTES       | SBL         | SME          |                     |                   | 14 - 16 (K)       |             | 15 - 17 (K) |                   | 16 - 18 (K)       |                   | 25 - 27 (M) |                   | 30/10 - 01/11 (K) |             |
|   |  |          |          |             |             |              |                     |                   | 19 - 21 (B)       |             |             |                   |                   |                   |             |                   |                   |             |
| 12                                      | Authorised Gas Tester and Entry Supervisor For Confined Space Refresher                | 2        | 650.00   | AGTES-R     | N/A         | SME          |                     | 12 - 13 (B)       | 22 - 23 (K)       | 16 - 17 (B) |             | 05 - 06 (K)       |                   | 13 - 14 (B)       | 05 - 06 (K) | 8 - 9 (B)         | 22 - 23 (M)       | 10 - 11 (B) |
|   |  |          |          |             |             |              |                     |                   |                   |             | 19 - 20 (M) |                   |                   |                   |             |                   |                   |             |
|   |  |          |          |             |             |              |                     |                   |                   |             | 27 - 28 (B) |                   |                   |                   |             |                   |                   |             |
| 13                                      | Site Safety Supervisor   | 10       | 2,000.00 | SSS         | SBL         | SME          |                     |                   | 05 - 16 (B)       | 02 - 13 (M) | 14 - 25 (K) |                   |                   | 6 - 17 (B)        | 17 - 28 (K) | 01 - 12 (B)       |                   | 03 - 14 (B) |
|   |  |          |          |             |             |              |                     |                   | 05 - 16 (K)       | 16 - 27 (B) |             |                   |                   |                   |             | 09 - 19 (SN)      | 26/11 - 07/12 (K) |             |
|   |  |          |          |             |             |              |                     | 26/02 - 29/03 (M) |                   |             |             | 25/06 - 06/07 (M) |                   |                   |             | 29/10 - 09/11 (M) |                   |             |

| No  | Course Title   | Duration | Fee (RM) | Course Code | HRDF Scheme | SMIDEC Scheme | January  | February    | March       | April       | May         | June        | July         | August      | September   | October     | November          | December    |
|---|--|----------|----------|-------------|-------------|---------------|--|-------------|-------------|-------------|-------------|-------------|--------------|-------------|-------------|-------------|-------------------|-------------|
| <b>SKILLS COMPETENCY PROGRAMMES</b>   |  |          |          |             |             |               |  |             |             |             |             |             |              |             |             |             |                   |             |
| 14  | Basic Occupational First Aid   | 2        | 850.00   | BOFA        | SBL         | SME           |  |             | 26 - 27 (M) | 25 - 26 (B) | 09 - 10 (K) |             |              |             |             |             |                   |             |
| 15  | Working At Height  | 2        | 800.00   | WAH         |             |               | 24 - 25 (K)  | 21 - 22 (B) | 20 - 21 (K) | 10 - 11 (B) | 11 - 12 (K) |             | 04 - 05 (K)  | 08 - 09 (B) | 13 - 14 (K) | 24 - 25 (B) | 14 - 15 (K)       |             |
| 16  | Working At Height Refresher  | 1        | 650.00   | WAH-R       |             |               | 23 (K)   |             |             |             |             |             | 03 (K)       |             |             |             |                   | 13 (K)      |
| 17  | Safe Operation Of High Pressure Water Jet                                    | 3        | 1,280.00 | HPWJ        | N/A         | SME           |  |             | 19 - 21 (B) |             |             |             |              |             |             |             |                   |             |
| 18  | Safe Operation Of High Pressure Water Jet Refresher                          | 2        | 800.00   | HPWJ-R      | N/A         | SME           |  |             |             |             |             |             | 18 - 19 (B)  |             |             |             |                   |             |
| 19  | Basic Scaffolding  | 10       | 1,850.00 | BSC         | N/A         | SME           |  |             | 15 - 28 (M) |             |             |             | 16-27 (B)    |             |             |             | 05 - 16 (B)       |             |
| 20  | Train the Trainer  | 5        | 1,500.00 | TTT1        | SBL         | SME           |  |             | 11 - 23 (K) |             |             | 21 - 25 (B) |              | 09 - 13 (K) | 13 - 17 (B) |             | 12 - 16 (B)       |             |
| 21  | Training Management for Business   | 6        | 2,550.00 | TTT2        | SBL         | SME           |  |             |             | 24 - 28 (M) |             | 07 - 12 (B) |              |             |             |             | 20/11 - 01/12 (B) |             |
| 22  | Confined Space Safety (Trainer's Programme)                                  | 5        | 4,000.00 | CST         | SBL         |               |  |             |             |             |             |             |              |             |             |             | 15 - 19 (B)       |             |
| 23  | Construction Safety and Health Trainers                                      | 4        | 2,300.00 | CSHT        |             |               |  |             |             |             | 07 - 10 (M) |             | 23 - 26 (K)  |             |             |             | 22 - 25 (B)       |             |
| <b>AWARENESS PROGRAMMES</b>   |  |          |          |             |             |               |  |             |             |             |             |             |              |             |             |             |                   |             |
| 24  | Compliance To Regulations Under Occupational Safety and Health Act 1994      | 2        | 800.00   | CRO         | SBL         | SME           |  | 26 - 27 (B) |             |             |             |             |              | 28 - 29 (K) |             |             |                   |             |
| 25  | Compliance To Factories and Machinery Act 1967 And It's Regulations          | 2        | 800.00   | CFMA        | SBL         | SME           |  |             |             |             |             |             |              | 14 - 15 (B) |             |             |                   |             |
| 26  | Effective Safety and Health Committee  | 2        | 800.00   | ESHCC       | SBL         | SME           |  | 23 - 24 (M) |             |             | 03 - 04 (K) |             | 11 - 12 (SN) |             |             |             |                   |             |
| 27  | Incident Reporting And Analysis Technique                                    | 3        | 1,200.00 | IRAT        | SBL         | SME           |  |             |             |             |             |             |              |             |             |             | 27 - 29 (B)       | 05 - 07 (M) |
| 28  | Emergency Preparedness and Response Plan                                     | 2        | 800.00   | EPRP        | SBL         | SME           |  |             |             |             |             |             |              |             |             |             | 16-17 (M)         | 04 - 05 (B) |
| 29  | Understanding, Evaluating and Implementing Effective HIRARC at The Workplace | 3        | 1,200.00 | UIH         | SBL         | SME           |  |             |             |             |             |             |              |             |             |             | 02 - 04 (B)       |             |
| 30  | Safety In The Use of Chemical  | 2        | 800.00   | STUC        | SBL         | SME           |  |             |             | 17 - 18 (B) |             |             |              |             | 27-28 (M)   | 23-24 (B)   |                   |             |
| 31  | Occupational Safety And Health In The Office                                 | 2        | 800.00   | OSHO        | SBL         | SME           |  |             |             |             | 08 - 09 (B) |             |              |             |             |             |                   |             |
| 32  | Ergonomics And Manual Handling   | 2        | 800.00   | EMHW        | SBL         | SME           |  |             | 27 - 28 (K) |             |             |             |              |             |             |             |                   |             |
| 33  | Safe And Defensive Driving   | 2        | 1,000.00 | SDD         | SBL         | SME           |  |             |             |             |             |             | 24 - 25 (B)  |             |             |             |                   |             |
| 34  | Fire Watcher Safety  | 2        | 800.00   | FWS         | SBL         | SME           |  | 27 - 28 (B) |             | 19 - 20 (B) |             |             | 12 - 13 (B)  |             | 24 - 25 (B) | 13 - 14 (B) |                   | 05 - 06 (B) |
| <b>INDUCTION AND SAFETY PASSPORT PROGRAMMES</b>   |  |          |          |             |             |               |  |             |             |             |             |             |              |             |             |             |                   |             |
| 35  | Oil and Gas Safety Passport  | 1        | 250.00   | OGSP        | SBL         | SME           | Every Wednesday (B) / 06/03 (K), 25/09(K) / Every Wednesday (M)  |             |             |             |             |             |              |             |             |             |                   |             |
| 36  | Oil and Gas Safety Passport - Refresher                                      | 1        | 250.00   | OGSP-R      | SBL         | SME           | Every Tuesday & Thursday (B) / Twice a Month (M)   |             |             |             |             |             |              |             |             |             |                   |             |
| 37  | NIOSH - TM Safety Passport   | 1        | 250.00   | NTMSP       | SBL         | SME           | Mar, Jun, Sep, Dec (B) / Three times a Month (K) / Once in the even Months (M) / Apr, Jul, Sep, Nov (SN) |             |             |             |             |             |              |             |             |             |                   |             |
| 38  | Sarawak Energy Safety Passport   | 1        | 250.00   | SESP        | SBL         | SME           | Twice a Month (B) / Three times a Month (K) / Once a Month (M) / Mar, May, Aug, Oct (SN)                 |             |             |             |             |             |              |             |             |             |                   |             |
| 39  | Seminar  | 1        | 212.00   | SEM         | SBL         |               |  |             | 27 (B)      |             |             |             | 03 (B)       |             | 25 (B)      |             |                   | 11 (B)      |
| <b>B = BINTULU    K = KUCHING    M = MIRI    SN = SERIAN</b><br><b>REMARKS:</b><br>1) All Programmes in NIOSH training Masterlist are available to be conducted as In-house Programmes. PLEASE CONTACT US FOR QUOTATIONS.<br>2) Examination/Assessment Fee is included for Certificate & Competency Programmes (except for *). Please refer to Examinations & Assessments Schedule.<br>3) All informations are correct at the time of printing. They are, however, subject to changes by the Management of NIOSH. Participants will be notified of changes. |  |          |          |             |             |               |  |             |             |             |             |             |              |             |             |             |                   |             |

| NO  | COURSE TITLE   | DURATION | FEE (RM) | COURSE CODE | HRDF SCHEME | SMIDEC | JAN         | FEB         | MAR         | APR         | MAY         | JUN        | JUL         | AUG         | SEP         | OCT | NOV | DEC    |                       |
|---|--|----------|----------|-------------|-------------|--------|-------------|-------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|-----|-----|--------|-----------------------|
| 11  | Authorised Entrant and Standby Person For Confined Space For TM's Staff                | 2        | 725.00   | AESP-TMS    | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        | Upon Client's Request |
| 12  | Authorised Entrant and Standby Person For Confined Space For TM's Contractor           | 2        | 750.00   | AESP-TMC    | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        | Upon Client's Request |
| 13  | Confined Space Rescue and First Response   | 4        | 1500.00  | CSR         | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        | Upon Client's Request |
| 14  | Inert Space Entry  | 5        | 2500.00  | IET         | SBL         |        |             |             |             |             |             |            |             |             |             |     |     |        | Upon Client's Request |
| 15  | Safe Handling of Forklift Truck  | 3        | 1250.00  | SHFT        | SBL         | SME    |             |             |             | 04-06 (KK)  |             |            |             | 23-25(KK)   |             |     |     |        |                       |
| 16  | Safe Handling of Forklift Truck Refresher  | 1        | 300.00   | SHFT-R      | N/A         | SME    |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 17  | Working Safely at Height   | 2        | 800.00   | WAH         | SBL         | SME    |             |             | 7-8 (KK)    |             | 08-09(TWU)  |            |             |             |             |     |     |        | 09-10(TWU)            |
|   |  |          |          |             |             |        |             |             | 6-7 (LBU)   |             | 02-03 (SDK) |            |             |             |             |     |     |        | 01-02 (SDK)           |
| 18  | Working Safely at Height Refresher   | 1        | 650.00   | WAH-R       | N/A         | SME    |             |             | 13-14(KK)   |             | 10 (TWU)    |            | 10-11(KK)   |             | 30-31(KK)   |     |     |        | 11 (TWU)              |
|   |  |          |          |             |             |        |             |             |             |             | 04 (SDK)    |            |             |             |             |     |     |        | 3 (SDK)               |
| <b>TRAINER'S COMPETENCY PROGRAMMES</b>          |  |          |          |             |             |        |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 19  | Train the Trainer  | 5        | 1500.00  | TTT1        | SBL         | SME    |             | 05-09 (TWU) | 19-23 (KK)  |             |             |            |             | 13-17(KK)   | 24-28 (TWU) |     |     |        |                       |
| 20  | Training Management for Business   | 6        | 2550.00  | TTT2        | SBL         | SME    |             |             | 05-09 (SDK) |             | 07-12 (TWU) | 25-30 (KK) |             | 06-10 (SDK) |             |     |     |        |                       |
| 21  | Construction Safety and Health Trainers  | 4        | 2300.00  | CSHT        | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        | 23-26(KK)             |
| 22  | Confined Space Safety (Trainer's Program)  | 5        | 4000.00  | CST         | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        | Upon Client's Request |
| <b>CONSTRUCTION SAFETY PROGRAMMES</b>           |  |          |          |             |             |        |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 23  | Site Safety Supervisor   | 10       | 2000.00  | SSS         | SBL         | SME    |             |             | 12-23 (TWU) |             | 7-18 (KK)   |            | 09-20 (LD)  |             |             |     |     |        | 03-14 (TWU)           |
|   |  |          |          |             |             |        |             |             | 9-20 (LBU)  | 09-20 (SDK) |             |            |             |             |             |     |     |        |                       |
|   |  |          |          |             |             |        |             |             | 12-23 (KK)  |             |             |            |             | 06-17(KK)   |             |     |     |        |                       |
| <b>NON-COMPETENCY PROGRAMMES</b>                |  |          |          |             |             |        |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| <b>OCCUPATIONAL SAFETY &amp; HEALTH SEMINAR</b> |  |          |          |             |             |        |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 24  | Hoteliers Safety and Health (OSH) and Competitiveness Seminar 2018                     | 2        | 250.00   | CSS         | SBL         | SME    |             | 26 (KK)     |             |             |             |            |             |             |             |     |     |        |                       |
| 25  | Prevention of Occupational Diseases in The Workplace                                   | 2        | 250.00   | OSHMS       | SBL         | SME    |             |             |             |             |             | 28(KK)     |             |             |             |     |     |        |                       |
| 26  | Managing Mental Issue at The Workplace   | 2        | 250.00   | UCOP        | SBL         | SME    |             |             |             |             |             |            |             |             | 03(KK)      |     |     |        |                       |
| 27  | BBS:How to Implement a Culture of Safety and Health in The Workplace                   | 2        | 250.00   | IRAT        | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     | 26(KK) |                       |
| 28  | Safety & Health in Islam Perspective   | 2        | 250.00   | OSHI        | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 29  | Memperkasa Budaya Keselamatan & Kesehatan Pekerjaan                                    | 2        | 250.00   | MPT         |             |        |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 30  | OSH in Plantation : Health Problem of Plantation Workes                                | 2        | 250.00   | PLN         | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 31  | Accident Investigation Reporting in Plantation Industry                                | 2        | 250.00   | AIWPLN      | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 32  | Safety & Health Inspection and Audits : What we need to prepare                        | 2        |          | OSHMS       |             |        |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 33  | Office Safety : Recognizing Hidden Dangers   | 2        |          | HRC         |             |        |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 34  | Strategies for Improving Safety & Health Committee Effectiveness                       | 2        |          | SISHC       |             |        |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 35  | Safety and Health Mandatory Awareness Seminar for Private and Public Sectors           | 2        | 250.00   | TWU         | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 36  | The use of Personal Protective Equipment againts Chemical Hazards                      | 2        | 250.00   | PPE         | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 37  | Kiken Yochi Training   | 2        | 250.00   | KYT         | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 38  | Occupational Safety, health and Environment Management                                 | 2        | 250.00   | OSHEM       | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 39  | OSH for Design Inspection, Testing and Examination of Local Exhaust Ventilation System | 2        | 250.00   | LEV         | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| <b>OSH LEGISLATION PROGRAMMES</b>               |  |          |          |             |             |        |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 40  | Compliance To Regulations Under Occupational Safety and Health Act 1994                | 2        | 800.00   | CRO         | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        | Upon Client's Request |
| 41  | Compliance To Factories and Machinery Act 1967 and Its Regulations                     | 2        | 800.00   | CFMA        | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        | Upon Client's Request |
| 42  | Occupational Safety and Health Act 1994  | 1        | 400.00   | OSHA        | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        | Upon Client's Request |
| <b>OSH MANAGEMENT PROGRAMMES</b>                |  |          |          |             |             |        |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 43  | Incident Reporting and Analysis Technique *New   | 3        | 1200.00  | IRAT        | SBL         | SME    |             |             |             |             | 14-16 (SDK) |            |             |             |             |     |     |        |                       |
| 44  | Emergency Preparedness and Response Plan *New  | 2        | 800.00   | EPRP        | SBL         | SME    |             |             |             |             |             |            | 03-04 (TWU) |             |             |     |     |        |                       |
| 45  | Occupational Safety, Health And Environment Management                                 | 2        | 800.00   | OSHE        | SBL         | SME    |             |             |             | 08-09 (TWU) | 04-05 (SDK) |            |             |             |             |     |     |        |                       |
| 46  | Fundamental Occupational Safety and Health for Supervisor                              | 2        | 800.00   | FOSH-SV     | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        |                       |
| 47  | Safety and Health Officer Improvement Programme (Fri, Sat, Sun)                        | 9        | 1800.00  | SHIP        | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        | Upon Client's Request |
| 48  | Effective Safety and Health Committee  | 2        | 800.00   | ESHK        | SBL         | SME    | 15-16 (TWU) |             | 12-13 (SDK) |             |             |            |             |             |             |     |     |        |                       |
| 49  | Understanding, Evaluating and Implementing Effective HIRARC at The Workplace           | 3        | 1200.00  | UIH         | SBL         | SME    | 22-24 (SDK) |             | 05-07 (TWU) |             |             |            |             |             |             |     |     |        |                       |
| 50  | Process Safety Management  | 3        | 1200.00  | PSM         | SBL         | SME    |             |             |             |             |             |            |             |             |             |     |     |        | Upon Client's Request |

| NO                                      | COURSE TITLE  | DURATION | FEE (RM) | COURSE CODE | HRDF SCHEME | SMIDEC | JAN                            | FEB          | MAR         | APR          | MAY          | JUN          | JUL           | AUG          | SEP          | OCT           | NOV           | DEC          |             |
|---|---|----------|----------|-------------|-------------|--------|--------------------------------|--------------|-------------|--------------|--------------|--------------|---------------|--------------|--------------|---------------|---------------|--------------|-------------|
| <b>OCCUPATIONAL SAFETY PROGRAMMES</b>   |   |          |          |             |             |        |                                |              |             |              |              |              |               |              |              |               |               |              |             |
| 51                                      | Safe Working In The Hydrogen Sulphide Environment         | 2        | 800.00   | H2S         | SBL         | SME    |                                |              |             | 21-22(TWU)   |              |              |               |              | 29-30 (LD)   |               |               |              |             |
| <b>CONSTRUCTION SAFETY PROGRAMMES</b>   |   |          |          |             |             |        |                                |              |             |              |              |              |               |              |              |               |               |              |             |
| 52                                      | Occupational Safety And Health For Construction Personnel | 3        | 1200.00  | OCP         | SBL         | SME    | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| <b>OCCUPATIONAL HYGIENE PROGRAMMES</b>  |   |          |          |             |             |        |                                |              |             |              |              |              |               |              |              |               |               |              |             |
| 53                                      | Safety in the Use of Chemicals                            | 2        | 800.00   | STUC        | SBL         | SME    |                                | 05-06 (LD)   |             |              |              |              |               | 13-14 (TWU)  |              |               |               |              |             |
| 54                                      | Transportation of Dangerous Goods By Road                 | 2        | 800.00   | TDGR        | SBL         | SME    | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| 55                                      | Basic Principle of Industrial Hygiene *New                | 5        | 2000.00  | BPIH        | SBL         | SME    | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| <b>OCCUPATIONAL HEALTH PROGRAMMES</b>   |   |          |          |             |             |        |                                |              |             |              |              |              |               |              |              |               |               |              |             |
| 56                                      | Hearing Loss Prevention and Audiometric Testing           | 2        | 800.00   | HLPAP       | SBL         | SME    |                                |              |             |              |              | 27-28(LD)    |               |              |              |               | 26-27 (SDK)   | 12-13(TWU)   |             |
| 57                                      | Lung Function Testing and Analysis                        | 1        | 570.00   | LFTA        | SBL         | SME    | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| <b>ERGONOMICS PROGRAMMES</b>            |   |          |          |             |             |        |                                |              |             |              |              |              |               |              |              |               |               |              |             |
| 58                                      | Back Protection   | 2        | 800.00   | BPM         | SBL         | SME    |                                | 07-08 (LD)   |             |              |              |              |               |              |              |               |               | 13-14(TWU)   |             |
| 59                                      | Ergonomics and Manual Handling in the Workplace           | 2        | 800.00   | EMHW        | SBL         | SME    |                                |              |             |              | 04-05(TWU)   |              |               |              |              | 01-02(LD)     |               |              | 17-18 (SDK) |
| 60                                      | Occupational Safety and Health in the Office              | 2        | 800.00   | OSHO        | SBL         | SME    |                                |              |             |              |              |              |               |              |              |               |               |              |             |
| <b>EXAMINATION WORKSHOP PROGRAMMES</b>  |   |          |          |             |             |        |                                |              |             |              |              |              |               |              |              |               |               |              |             |
| 61                                      | Occupational Health Doctor Examination Workshop           | 2        | 300.00   | OHDW        | N/A         | SME    | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| 62                                      | Occupational Health Nurse Examination Workshop            | 2        | 300.00   | OHNW        | N/A         | SME    | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| 63                                      | Safety and Health Officer Examination Workshop            | 1        | 100.00   | SHOW        | N/A         |        |                                | 11 (SDK)     |             |              |              |              |               | 01 (SDK)     |              |               |               |              |             |
| <b>NIOSH SAFETY PASSPORT PROGRAMMES</b> |   |          |          |             |             |        |                                |              |             |              |              |              |               |              |              |               |               |              |             |
| 64                                      | NIOSH -TM Safety Passport                                 | 1        | 250.00   | NTMSP       | SBL         | SME    | Kota Kinabalu : Every Thursday |              |             |              |              |              |               |              |              |               |               |              |             |
|   |   |          |          |             |             |        | 30 (TWU)                       |              | 27 (TWU)    |              | 22(TWU)      |              | 31(TWU)       |              | 25(TWU)      |               | 27(TWU)       |              |             |
| 65                                      | NIOSH -TENAGA Safety Passport - Level 1                   | 1        | 250.00   | NTSP1       | SBL         | SME    | Kota Kinabalu : Every Monday   |              |             |              |              |              |               |              |              |               |               |              |             |
|   |   |          |          |             |             |        | 01(TWU)                        |              | 05 (TWU)    |              | 07(TWU)      |              | 02(TWU)       |              | 04 (TWU)     |               | 06 (TWU)      |              |             |
| 66                                      | NIOSH -TENAGA Safety Passport - Level 2                   | 1        | 250.00   | NTSP2       | SBL         |        | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| 67                                      | Oil and Gas Safety Passport                               | 1        | 250.00   | OGSP        | SBL         | SME    | Kota Kinabalu : Every Tuesday  |              |             |              |              |              |               |              |              |               |               |              |             |
|   |   |          |          |             |             |        | 10 &24 (LBU)                   | 14 &28 (LBU) | 14&28 (LBU) | 4 &18 (LBU)  | 2 &16 (LBU)  | 6&27 (LBU)   | 11 & 25 (LBU) | 8 & 29 (LBU) | 5 & 19 (LBU) | 10 & 24 (LBU) | 14 & 28 (LBU) | 5 & 19 (LBU) |             |
| 68                                      | Oil and Gas Safety Passport - Refresher                   | 1        | 250.00   | OGSP-R      | SBL         | SME    | 10,24 (KK)                     | 07,21 (KK)   | 07,21 (KK)  | 04,18 (KK)   | 02,23 (KK)   | 06,20 (KK)   | 04,18(KK)     | 01,29 (KK)   | 05,19(KK)    | 03,24(KK)     | 14,28(KK)     | 05,19(KK)    |             |
|   |   |          |          |             |             |        | 18 & 25 (LBU)                  | 8 &22 (LBU)  | 8 &22 (LBU) | 12 &26 (LBU) | 10 &24 (LBU) | 7 & 28 (LBU) | 12 & 26 (LBU) | 9 & 23 (LBU) | 6 & 20 (LBU) | 11 & 25 (LBU) | 15 & 29 (LBU) | 6 & 20 (LBU) |             |
| 69                                      | Yayasan Sabah Safety Passport                             | 1        | 250.00   | YSSP        | SBL         |        | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| 70                                      | NIOSH - Part Safety Passport                              | 0.5      | 75.00    | NPISP       | N/A         |        | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| 71                                      | NIOSH-UJTM Safety Passport                                | 0.5      | 75.00    | NUJTM       | N/A         | SME    | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| 72                                      | Contractor Safety Passport System                         | 0.5      | 75.00    | CSPS        | N/A         |        | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |
| 73                                      | NIOSH-DBKK Safety Passport                                | 0.5      | 75.00    | DBKK        |             |        | Upon Client's Request          |              |             |              |              |              |               |              |              |               |               |              |             |

**REMARKS:**

(KK : KOTA KINABALU    LBU : LABUAN    SDK : SANDAKAN    TWU : TAWAU    LD : LAHAD DATU)

- All Scheduled Programmes are available to be conducted as In-house Programmes. PLEASE CONTACT US FOR QUOTATIONS.
- Examination/Assessment Fee is included for Certificate & Competency Programmes (except for \*). Please refer to Examinations & Assessments Schedule.
- All informations are correct at the time of printing. They are, however, subject to changes by the Management of NIOSH. Participants will be notified of changes.





**NIOSH Certification Sdn Bhd (641222-K)**  
 HEAD QUARTERS (HQ) 7th Floor, NIOSH Tower, Lot 1,  
 Jalan 15/1, Section 15, 43650 Bandar Baru Bangi, Selangor  
 (Subsidiary of NIOSH Malaysia)

**Contact Person : En Ahmad / Pn Nadiyah / Cik Aisa**  
**Telephone No. : 03-8911 3992/ 3984/3985**  
**Fax No. : 03 - 8922 1929**  
**Email add. : inquiry@nioshcert.com.my**  
**Website : www.nioshcert.com.my**

**COURSE SCHEDULE YEAR 2018**

| NIOSH Certification Sdn. Bhd. |  |             |                                  |             |             |           |     |     |             |             |             |             |             |
|-------------------------------|--|-------------|----------------------------------|-------------|-------------|-----------|-----|-----|-------------|-------------|-------------|-------------|-------------|
| NO.                           | COURSES  | NO. OF DAYS | COURSE FEE (RM)                  | COURSE CODE | PROF SCHEME | CEP / CCD | JAN | FEB | MAR         | APR         | MAY         | JUN         |             |
| <b>Seminar</b>                |  |             |                                  |             |             |           |     |     |             |             |             |             |             |
| 1                             | Understanding the Requirements of OSH Management Systems ISO 45001:2018                            | 1           | 350.00                           | URO         | SBL         | CEP & CCD |     |     | 31 (HQ)     | 15 (PNG)    | 04 (JB)     | 18(KTH)     | 07 (HQ)     |
|                               |  |             |                                  |             |             |           |     |     | 17 (TWU)    |             | 18 (SDK)    |             | 18 (KK)     |
|                               |  |             |                                  |             |             |           |     |     | 26(BTU)     |             |             | 03 (BTU)    |             |
| 2                             | Quality Management System (QMS) ISO 9001:2015 Awareness / Introduction                             | 1           | 350.00                           | AWQ         | SBL         | CCD       |     |     | 19(HQ)      |             | 01 (JB)     |             | 04 (HQ)     |
|                               |  |             |                                  |             |             |           |     |     | 05 (KK)     |             | 30 (SDK)    |             | 15 (KK)     |
|                               |  |             |                                  |             |             |           |     |     | 24 (MR)     |             |             | 17 (KCH)    |             |
| 3                             | Environmental Management System(EMS) ISO 14001:2015 Awareness / Introduction                       | 1           | 350.00                           | AWE         | SBL         | CCD       |     |     | 06 (JB)     |             |             | 04 (KMM)    |             |
|                               |  |             |                                  |             |             |           |     |     |             |             | 04 (TWU)    |             |             |
|                               |  |             |                                  |             |             |           |     |     |             |             | 07 (SBU)    |             | 31 (MR)     |
| 4                             | Food Safety Management System : ISO 22000 Awareness & Interpretation                               | 1           | 250.00                           | AWF         | SBL         | N/A       |     |     |             |             |             |             |             |
| 5                             | Hazard Analysis and Critical Control Point (HACCP) and Good Manufacturing Practice (GMP) Awareness | 1           | 250.00                           | AWF         | SBL         | N/A       |     |     |             |             |             |             |             |
| 6                             | Malaysian Sustainable Palm Oil (MSPO) MS 2530:2013 Awareness / Introduction                        | 1           | 350.00                           | AWM         | SBL         | N/A       |     |     | 07 (HQ)     |             |             | 13 (HQ)     | 12 (HQ)     |
|                               |  |             |                                  |             |             |           |     |     | 10 (SDK)    |             | 04 (TWU)    |             | 01 (KK)     |
|                               |  |             |                                  |             |             |           |     |     | 26(MR)      |             |             |             |             |
| <b>Public Programmes</b>      |  |             |                                  |             |             |           |     |     |             |             |             |             |             |
| 7                             | OSH Management System : ISO 45001:2018 Interpretation and Implementation                           | 2           | 800.00                           | IIMS        | SBL         | CEP & CCD |     |     | 20-21(HQ)   |             | 04-07 (HQ)  |             | 26-29 (HQ)  |
|                               |  |             |                                  |             |             |           |     |     | 25-26 (TWU) |             |             | 03-07 (KK)  |             |
| 8                             | OSH Management System : ISO 45001:2018 Internal Audit  | 3           | 1,200.00                         | IAO         | SBL         | CEP & CCD |     |     | 24-26 (JB)  |             | 18-20 (HQ)  |             | 21-23 (TWU) |
|                               |  |             |                                  |             |             |           |     |     |             |             | 27-29 (SDK) |             | 13-15 (TWU) |
| 9                             | Quality Management System (QMS) ISO 9001:2015 Internal Audit                                       | 2           | 800.00                           | IAQ         | SBL         | CCD       |     |     |             | 28-29 (HQ)  |             |             | 05-06 (JB)  |
|                               |  |             |                                  |             |             |           |     |     | 09-10 (SDK) |             |             | 14-17 (TWU) |             |
|                               |  |             |                                  |             |             |           |     |     |             |             | 13-14 (MR)  |             |             |
| 10                            | Environmental Management System (EMS) ISO 14001:2015 Internal Audit                                | 2           | 800.00                           | IAE         | SBL         | CCD       |     |     |             | 02-03 (KK)  |             |             | 18-19 (TWU) |
|                               |  |             |                                  |             |             |           |     |     | 24-27 (KCH) |             | 05-06 (SBU) |             |             |
| 11                            | Malaysian Sustainable Palm Oil (MSPO) MS 2530:2013 Interpretation and Implementation               | 2           | 800.00                           | IIMSPO      | SBL         | CCD       |     |     |             | 14-15 (HQ)  |             |             | 13-14 (HQ)  |
|                               |  |             |                                  |             |             |           |     |     | 05-06 (TWU) |             | 12-13 (KK)  |             | 21-22 (SDK) |
| 12                            | Malaysian Sustainable Palm Oil (MSPO) MS 2530:2013 Internal Audit                                  | 3           | 1,200.00                         | IAM         | SBL         | CCD       |     |     |             | 17-19 (HQ)  |             |             | 09-10 (HQ)  |
|                               |  |             |                                  |             |             |           |     |     |             | 23-25 (TWU) | 14-16 (SDK) |             | 23-25 (KK)  |
|                               |  |             |                                  |             |             |           |     |     |             |             |             |             |             |
| <b>Competency Programme</b>   |  |             |                                  |             |             |           |     |     |             |             |             |             |             |
| 13                            | OSH Management System : ISO 45001:2018 Lead Auditor  | 5           | 3,000.00                         | LAC         | SBL         | CEP       |     |     | 09-13 (HQ)  |             | 03-07 (JB)  |             | 03-07 (HQ)  |
|                               |  |             |                                  |             |             |           |     |     |             | 6-10 (TWU)  |             |             | 03-07 (KK)  |
|                               |  |             |                                  |             |             |           |     |     |             |             |             | 26-30 (MR)  |             |
| 14                            | Malaysian Sustainable Palm Oil MS 2530:2013 (MSPO) Auditor   | Lead        | 3,800.00                         | LAM         | SBL         | CCD       |     |     | 25-29 (HQ)  |             | 24-28 (HQ)  |             | 17-21 (HQ)  |
|                               |  |             |                                  |             |             |           |     |     | 02-06 (TWU) |             |             | 8-12 (TWU)  | 10-14 (KK)  |
| 15                            | IRCA Approved Quality Management System (QMS) 9001:2015 Lead Auditor                               | ISO         | 3,600.00<br>3,950.00<br>3,950.00 | LAQ         | SBL         | CCD       |     |     |             |             |             |             | 03-07 (KCH) |
| 16                            | IRCA Approved Environmental Management System (EMS) ISO 14001:2015 Lead Auditor                    | ISO         | 3,600.00<br>3,950.00<br>3,950.00 | LAE         | SBL         | CCD       |     |     |             |             |             | 22-24 (HQ)  | 05-09 (SBU) |

\*OSM MS ORGAS 18001 & MS 1722 program will be changed to ISO 45001 once the new standard has been published.  
 1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)  
**REMARKS & DISCLAIMER :**  
 1) All Schedules Programmes are available to be conducted as In-house Programmes. PLEASE CONTACT US FOR QUOTATIONS.  
 2) All informations are correct at the time of printing. There are, however, subject to changes by the Management of NIOSH CERTIFICATION. Participants will be notified of changes.  
 3) All the course fee are inclusive of 6% Goods & Service Tax (GST)