

COURSE PROGRAMME

Day 1 Mr. Marvin/Mr. Rosdi/Mr. Ambrose

8.00am-13.00am Course Introduction and Ice Breaking

- Legislation and Standards
- Osha 1994 & FMA 1967
- Dosh Guidelines for The Prevention of Falls At Workplace 2007

- Climbing Principle
- Fall Arrest
- Work Restraint
- Work Positioning

14.00pm-17.00pm

- Knot (Technique Only, Practical Will Be Conducted at Site)
- Climb In Climb Out (CICO)
- Log Book

- HIRARC (Technique Only, Practical Will Be Conducted at Site)
- Lifting Technique (General: Pulley Systems, Details at Practical Sessions)
- Work Area Protection (Public, Workers, Pedestrian)

Day 2 Mr. Marvin/Mr. Rosdi/Mr. Ambrose

8.00am-10.30am Assessment - Objective

10.00am-13.00pm Practical at student place
(installation of safety harness)

14.00pm-15.00pm Lunch break

14.00pm-16.00pm Revision

16.00pm-17.00pm Assessment - Practical

COMPETENCY: WORKING SAFELY AT HEIGHT (WAH)



**FOR MORE DETAILS,
PLEASE CONTACT**

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KENYALANG WCCT SDN BHD

DATE
01ST-02ND APRIL 2022

METHOD:
ELEARNING (CISCO WEBEX)

FEE:
RM180.00/PERSON
(35 paxs only)

**PRACTICAL ASSESSMENT: COMPULSARY HAVE SAFETY HARNESS*

COURSE OUTLINE

INTRODUCTION

This is a 2-day program specially designed for participants who is working at height. The program is aimed at helping participants understand the hazard and risk working at height and how to prevent from falling accident. Working at height has been an issue due to highest number of accident. According to SOCSO 2007 reports in "Person falling" there are 13417 reported cases with 228 reported fatalities. Knowledge, skill and attitude are very important in order to prevent falling accident with the proper use of a Full Body Harness.

ENTRY REQUIREMENT

- Participant must be Physically fit
- Not afraid of heights

OBJECTIVE

Upon completion of this programme, the participants will be able to:

- Describe the responsibilities of both employers and employees towards OSH at the workplace
- Apply WAH principle on site and work safely at height
- Identify WAH hazards

ASSESSMENT CRITERIA

Participants are required to sit for Theory and Practical assessment, which includes multiple-choice questions and skill demonstrations.

METHODOLOGY

- Lecture
- Demonstration (hands on sessions)
- Question and Answers
- Practical on site
- Participant centered

WHO SHOULD ATTEND

- Employees who work at height
- Managers / Executives, Safety and Health Officers
- OSH Practitioners, Safety and Health Committee Members
- Supervisors and all levels of workers.

About Speaker

Rosdi Japar has a diverse background and versatility in Health, Safety and Environment (HSE) in various industry such as Marine Vessel Maintenance, Ship Construction and Offshore Marine in safety experience about 6 years and extensively on management and supervision in HSEMS implementation. He is also experienced in Construction industry in Civil and Structure has assigned and specializing in HSE Audits, Internal Training and HSE Management System in developing, implementing and sustaining an effective integrated in HSEMS. He is a registered Safety and Health Officer with DOSH Since 2015. Besides, he is registered and Competent Authorized Gas Tester and Entrance Supervisor and acquired in Scaffolder Level 1(BASIC) with DOSH. His demonstration ability as HSE personnel to develop strategy large and diver's organization while working with a variety of partner and stakeholder.