



COURSE TITLE	: Working Safely at Height	COURSE CODE	: WAH
COURSE DURATION	: 2-day(s) / 15.25-hour(s)	COURSE LEVEL	: Basic
COURSE CATEGORY	: Competency	VALIDITY	: 3 years
HRD CORP SCHEME	: Claimable	EXAMINATION FEE	: RM150.00
COURSE FEE	: RM702.00 (inclusive of 8% SST)		
TOTAL FEE	: RM852.00 (inclusive of 8% SST)		

1. OBJECTIVE(S):

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

- i. Describe the responsibilities of both employers and employees towards OSH at the workplace.
- ii. Identify workplace hazards on tower operation.
- iii. Select the appropriate steps to provide a safe working environment.

2. TARGET GROUP(S):

- i. -

3. ENTRY REQUIREMENT(S):

- i. Physically, medically and mentally fit.

4. TOPIC(S):

- i. Theory.
 - a. Legislation.
 - b. WAH update.
 - c. WAH principle.
- ii. WAH Practical.
 - a. Assignment 1 & 2.
 - b. Assessment.
- iii. Debrief & Discussion.

5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.



6. LIST OF TEACHING AID(S):



- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Practical.

8. LIST OF PERSONAL PROTECTIVE EQUIPMENT:

- i. Climbing safety shoe (mid cut).
- ii. Climbing safety helmet.
- iii. Leather glove.

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

DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	NIOSH
0900 - 1000	1.00	Introduction • Legislation • WAH Principle	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1300	2.75	Continuation	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Group A - Low Structure Group B - PPE Inspection (Practical)	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1715	1.50	Group A - PPE Inspection Group B - Low Structure (Practical)	
1715 - 1830	1.25	Structure Climbing (Practical)	
	8.00	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1000	1.50	Review of Day 1	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1045	0.50	Theory Assessment	ECD
1045 - 1300	2.25	Practical Assessment	
1300 - 1400	1.25	LUNCH	
1400 - 1530	1.50	Continuation	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1715	1.50	Continuation	
	7.25	END OF THE COURSE	