



**COURSE TITLE** : Interactive Training Series – Working Safely at Height  
**COURSE DURATION** : 1-day(s) / 7.00-hour(s) **COURSE CODE** : ITSWAH  
**COURSE CATEGORY** : Non-Competency **COURSE LEVEL** : Basic  
**HRD CORP SCHEME** : Claimable  
**COURSE FEE** : RM432.00 (inclusive of 8% SST)

**1. OBJECTIVE(S):**

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

- i. Explain OSH legal requirements related to WAH.
- ii. Explain the Hazard and the principle of WAH.

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

- i. Managers / Executives.
- ii. Safety and Health Officers.
- iii. OSH practitioners.
- iv. Safety and Health Committee members.
- v. Supervisors and all levels of workers.

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

- i. Able to read and write in Bahasa Malaysia and English.

**4. TOPIC(S):**

- i. Legal Requirement
- ii. Hazard and Control
- iii. Principal of Climbing and Working Safely at Height
- iv. Experiential Learning.

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

- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.
- iii. Guidelines for the Prevention of Falls at Workplaces 2007.



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

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

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Discussion.
- iii. Practical.

**COURSE TITLE: INTERACTIVE TRAINING SERIES – WORKING SAFELY AT HEIGHT**

**DAY ONE**

| TIME        | HOUR        | TOPIC  | TRAINER / FACILITATOR |
|-------------|-------------|--|-----------------------|
| 0830 - 0900 | 0.50        | Registration and Course Briefing                   | NIOSH                 |
| 0900 - 1000 | 1.00        | Legal Requirement                                  |                       |
| 1000 - 1015 | 0.25        | MORNING TEA BREAK                                  |                       |
| 1015 - 1115 | 1.00        | Hazard and Control                                 |                       |
| 1115 -1300  | 1.75        | Principal of Climbing and Working Safely at Height |                       |
| 1300 - 1400 | 1.00        | LUNCH  |                       |
| 1400 - 1530 | 1.50        | Experiential Learning                              |                       |
| 1530 - 1545 | 0.25        | AFTERNOON TEA BREAK                                |                       |
| 1545 - 1730 | 1.75        | Continuation Experiential Learning                 |                       |
|             | <b>7.00</b> | <b>END OF THE COURSE</b>                           |                       |