#### INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA

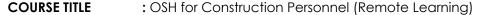
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH



COURSE CURRICULUM

TEL: 03 - 8911 3800 FAX: 03 - 8926 3900

URL: www.niosh.com.my



COURSE DURATION: 3-day(s) / 20.50-hour(s) COURSE CODE: OCP-RL

**COURSE CATEGORY**: Non-Competency **COURSE LEVEL**: Basic

HRD CORP SCHEME : Claimable

COURSE FEE : RM 648.00 (inclusive of 8% SST)

# 1. OBJECTIVE(S):

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

i. Enhance knowledge and awareness on occupational safety & health of good practices in the construction activities.

ii. List down legal requirement pertaining to OSH for construction activities.

iii. Manage OSH for construction activities.

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

i. Project Management Team (Managers/ Executives).

ii. Safety and Health Officers.

iii. Site Safety Supervisors.

iv. Site Supervisors.

v. Safety and Health Committee members.

vi. Project Consultant.

vii. Sub-Contractor.

viii. OSH practitioners.

### 3. ENTRY REQUIREMENT(S):

i. Must have device (Computer/Laptop) to participate in e-learning platform. The use of mobile phones is NOT PERMITTED; **AND** 

ii. Must have good internet connection; AND

iii. Zoom account registered with personal email.

iv. Must use Google Chrome or Mozilla Firefox only.

#### 4. TOPIC(S):

i. OSH Awareness.

ii. Legislation.

iii. Preconstruction & Arrangement.

iv. OSH Policy.

v. HIRARC.

vi. OSH Plan.

Page 1 of 4 Revision No.: PDD211115

#### INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA



#### NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

# KURIKULUM KURSUS

COURSE CURRICULUM

TEL: 03 - 8911 3800 FAX: 03 - 8926 3900 URL: www.niosh.com.my



vii. Site Planning, Statutory Requirements & General Site Rules.

viii. Safe Work Practices.

ix. Consultation & Communication.

x. Documentation.

xi. Control & Monitoring.

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

- i. Occupational Safety and Health Act 1994 and Its Regulations.
- ii. Factories and Machinery Act (FMA) 1967 and Its Regulations.

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

- i. Computer/Laptop.
- ii. Learning accessories.
- iii. DVD player & audio speaker.
- iv. Forklift model.

#### 7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion and Q&A.

Page 2 of 4 Revision No.: PDD211115



NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH				
COURSE SCHEDULE				
Document No.	Revision No.	Page		
NIOSH-PDD-CS-OCP-RL	PDD211115	3 / 4		

# COURSE TITLE: OSH FOR CONSTRUCTION PERSONNEL (REMOTE LEARNING)

## **DAY ONE**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0800 – 0830	0.50	Registration	NIOSH
0830 – 0900	0.50	1.1 Introduction to the Course	
0900 – 0930	0.50	1.2 OSH Awareness	
0930 – 1030	1.00	1.3 Legislation	
1030 – 1045	0.25	BREAK	
1045 – 1245	2.00	Continuation	
1245 – 1400	1.25	LUNCH BREAK	
1400 – 1500	1.00	Continuation	
1500 – 1515	0.25	BREAK	
1515 – 1700	1.75	Continuation	
	6.75	END OF DAY ONE	

## **DAY TWO**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 – 1045	1.75	2.1 Preconstruction & Arrangement	
1045 – 1100	0.25	BREAK	
1100 – 1230	1.50	2.2 OSH Policy	
1230 – 1315	0.75	2.3 HIRARC	
1315 – 1415	1.00	LUNCH BREAK	
1415 – 1500	0.75	Continuation	
1500 – 1600	1.00	2.4 OSH Plan	
1600 – 1615	0.25	BREAK	
1615 – 1730	1.25	2.5 Site Planning	
	7.00	END OF DAY TWO	

COURSE SCHEDULE NIOSH MALAYSIA



# NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

#### COURSE SCHEDULE

Document No.	Revision No.	Page
NIOSH-PDD-CS-OCP-RL	PDD211115	4 / 4

## **DAY THREE**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 – 1030	1.50	3.1 Safe Work Practices	
1030 – 1045	0.25	BREAK	
1045 – 1245	2.00	3.2 Consultation & Communication	
1245 – 1400	1.25	LUNCH BREAK	
1400 – 1600	2.00	3.3 Documentation	
1600 – 1615	0.25	BREAK	
1615 – 1730	1.25	3.4 Control & Monitoring	
	6.75	END OF THE COURSE	

COURSE SCHEDULE NIOSH MALAYSIA