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| COURSE TITLE | : OSH & Environmental Management Programme (Remote Learning) | COURSE CODE | : OSHE-RL |
| COURSE DURATION | : 2-day(s) / 13.75-hour(s) | COURSE LEVEL | : Basic |
| COURSE CATEGORY | : Non-Competency | | |
| HRD CORP SCHEME | : Claimable | | |
| COURSE FEE | : RM 432.00 (inclusive of 8% SST) | | |

1. OBJECTIVE(S):

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

- i. Understand the scope of OSH and the Environment (OSHE) in the organisation.
- ii. Comprehend the reasons why OSHE has to be managed.
- iii. Analyse the sources of OSHE harm and their effects.
- iv. Choose the appropriate way of managing OSHE hazards.

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. 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. Introduction.
- ii. Overview of Management Systems, Legal and other Requirements.
- iii. HIRARC & JSA.
- iv. Environmental Aspect and OSH Hazard Identification.
- v. OSHE Risk and Impact Assessment.
- vi. Water Pollution Control.
- vii. Air pollution Control.
- viii. Introduction to Scheduled Waste Management.
- ix. OSHE Objective Setting and Programme Development.
- x. Monitoring and Enforcement.



xi. Emergency Response and Spill Control.

5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994.
- ii. Environmental Quality Act 1974.

6. LIST OF TEACHING AID(S):

- i. Computer/ Laptop.
- ii. Learning accessories.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion.

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|---|---|---------------------------|---------------|
|   | NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH | | |
| | COURSE SCHEDULE | | |
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COURSE TITLE: OSH & ENVIRONMENTAL MANAGEMENT PROGRAMME (REMOTE LEARNING)

DAY ONE

| TIME | HOUR | TOPIC | TRAINER / FACILITATOR |
|-------------|-------------|--|-----------------------|
| 0830 – 0900 | 0.50 | Registration | NIOSH |
| 0900 – 1000 | 1.00 | 1.1 Introduction | |
| 1000 – 1015 | 0.25 | BREAK | |
| 1015 – 1115 | 1.00 | Continuation | |
| 1115 – 1215 | 1.00 | 1.2 Overview of Management Systems, Legal and Other Requirements | |
| 1215 – 1315 | 1.00 | 1.3 HIRARC and JSA | |
| 1315 – 1430 | 1.25 | LUNCH BREAK | |
| 1430 – 1600 | 1.50 | 1.4 Environmental Aspect and OSH Hazard Identification | |
| 1600 – 1615 | 0.25 | BREAK | |
| 1615 – 1745 | 1.50 | 1.5 OSHE Risk and Impact Assessment | |
| | 7.00 | END OF DAY ONE | |

DAY TWO

| TIME | HOUR | TOPIC | TRAINER / FACILITATOR |
|-------------|-------------|--|-----------------------|
| 0900 – 1000 | 1.00 | 2.1 Water Pollution Control | |
| 1000 – 1015 | 0.25 | BREAK | |
| 1015 – 1115 | 1.00 | 2.2 Air Pollution Control | |
| 1115 – 1245 | 1.50 | 2.3 Introduction to Scheduled Waste Management | |
| 1245 – 1400 | 1.25 | LUNCH BREAK | |
| 1400 – 1515 | 1.25 | 2.4 OSHE Objective Setting and Programme Development | |
| 1515 – 1530 | 0.25 | BREAK | |
| 1530 – 1630 | 1.00 | 2.5 Monitoring and Enforcement | |
| 1630 – 1730 | 1.00 | 2.6 Emergency Response and Spill Control | |
| | 6.75 | END OF THE COURSE | |