

Proposal for :

1 Day Course – Safe Working at Height (SWAH)

HRDC Claimable SBL Khas



HRDCorp SBL-Khas Course No: [10001249682](#)

Course Summary

Working at height refers people working from any place where there is possibility of potential fall and injure themselves, which may be a ladder, open floor, edge of roof etc. working at height requires proper precautions to safeguard themselves falling from height which may result in serious injury. Falling from height is one among the prominent cause of work related injury. It's the duty of employer to make sure that the work from height works are done with all precautionary actions.

Who should opt for Work at Height Safety Training?

- Safety Officer, Supervisors and staffs working at height

Outcomes of Hazardous Work at Height Course

The following topics would be covered under this training:

- Basic hazards of Work at Height
- Preventing Falls and Falling Materials
- Emergency Rescue
- Inspection of Access Equipment
- Minimising Distance and Consequence of a Fall
- Head Protection
- Safety Working Practices for Access Equipment

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Objectives

The primary objectives of this training are:

- 1) To expose participants on Safe Working at Height principles.
- 2) To update participants to Technical Application on Safe Working at Height.
- 3) To train participants on Hazards Identification, Consequences and counter measures related to Safe Working at Height.
- 4) To educate delegates on Personal Protective Equipment (PPE) required for Safe Working at Height.
- 5) To expose delegates to safe method of working on elevated level to reduce hazards and risks.
- 6) Ensure delegates understand on 100% Tie-Off procedure method and application.

Duration

1 Day Course (9am to 5pm)

Methodology

Lectures, Slides Presentation, Video Presentation, Demonstrations, Group Discussions and Practical Hands On Guidance and Exercise.

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Course Outline for 1 Day Course (9am to 5pm)

Day 1

Module 1 : Introduction to Principles of Working at Height

Activity related to Working at Height

Hazard related to Working at Height

Hazard Management & Control

Hazard Identification, Risk Assessment and Risk Control (HIRARC) Principles

Module 2 : Equipment for Working at Height

Technical Specification of Equipments for Working at Height

Application of equipments for Working at Height

PPE require for Working at Height

Module 3 : Emergency Response Plan

Working at Height Rescue Plan

Rescue Approaches

Suspended Trauma Management

Module 4 : Fall Protection Devices

(Practical Exercise)

Equipment Inspection – Visual & Physical

Donning and Doffing Procedure

Do and Don't

Tie Off Procedure

Shock Absorber

Single and Double Lanyards and Application

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Tentative Program for Day 1

DATE	TIME	ACTIVITIES	ACTION BY
DAY 1	8.55 AM - 9.00 AM	Arrival / Registration	<i>Trainees</i>
	9.00 AM - 9.15 AM	Introduction	<i>Trainer</i>
	9.15 AM - 10.15 AM	Module 1	<i>Trainer</i>
	10.15 AM - 10.30 AM	Morning Tea Break	
	10.30 AM - 12.00 PM	Module 2	<i>Trainer</i>
	12.00 PM - 1.00 PM	Module 3	<i>Trainer</i>
	1.00 PM - 2.00 PM	Lunch Break	
	2.00 PM - 3.00 PM	Module 3	<i>Trainer</i>
	3.00 PM - 4.00 PM	Module 4	<i>Trainer</i>
	4.00 PM - 4.15 PM	Afternoon Tea Break	
4.15 PM - 5.00 PM	Q&A / Assessment	<i>All Trainees</i>	

Trainer's Background

Mr. Mat Noor Bin Hassan (IC No: 630526-07-5741) has more than 20 years experience in Safety & Health Management and education. He earned his Master of OSH Management, from Open University Malaysia.

As a Trainer, Mr. Nizam had delivered various training regarding Safety & Health such as Ergonomic, Working at Height (WAH), Emergency Response Plan (ERP), Basic Fire Watch and others.



His Professional Development is as per below :

1. Registered Safety & Health Officer - JKPP/IS/438/2/175
2. Construction Safety & Health Officer - CIDB-J/CSHO/13/0018
3. Registered Authorized Gas Tester & ES - JKPP-HQ/13/AGTES/00/957
4. Registered Scaffold Erector - JKPP-SPP/A/PP/029/2007
5. Scaffolding Inspector - TRIDENT-C-2145
6. Registered ISO45001-2018 Auditor - IRCA-6008941
7. Registered SHASSIC Assessor - LPIM: SPT/SHQ1/14/3 JH3 435
8. Registered AESP-ESICW Trainer - JKPP/HIE/P38.4
9. Registered WSO - WSO-01780
10. Registered Trained Ergonomic Assessor
11. Certified Forklift Instructor - AECS-TTFL/6160623/26

Mr. Kamarul Anuar bin Isnawan is a highly distinguished and Certified Trainer with over 33 years of continuous service in fire safety rescue, and training. His expertise is rooted in his ongoing career. He is still serving with the Fire and Rescue Department of Malaysia (Jabatan Bomba Dan Penyelamat, Malaysia).

As a Trainer, Mr.Kamarul had delivered various training regarding, SCBA, Fire Rescue, Fire Fighting, Working at Height (WAH), Emergency Response Plan (ERP), and others.



His Professional Development is as per below :

1. Malaysian Skills Diploma (Level 4) - Implementation Of OSH Operations
2. Accredited HRDC Trainer and Certified Train The Trainer (TTT) under the National Competency Standard Malaysia,
3. Malaysian Skills Certificate (Level 3) in Fire, Rescue and HAZMAT Operations.
4. Serving as a Station Training Officer (Pegawai Latihan Balai), Fire Investigation Officer (Pegawai Siasatan Punca Kebakaran), and a Team Supervisor (Penyelia Pasukan).

Co-Trainers

Trainers From JKPP/DOSH, Jabatan Bomba dan Penyelamat Malaysia, Pasukan Bomba Sukarela Saujana Utama, Selangor and Safety Officers (Green Book).

Fees & Registration Form

Training Fees for In-House Programme

RM 430.00 per participant.

The fees includes the SST, Food 4X per day, Test, Practical Coaching and Certification. The overall fees is claimable under HRD Corp SBL-Khas Scheme. Please Call or Whasapp for In-House Training Program. We support all locations in West Malaysia, Sabah and Sarawak.

Registration

Please call us at 03-60385838 or 013-5127777 or 017-406.5551 (Mr. Eddy, Mr. Suhaimi) or email the registration form below to admin@penyedia latihan.com

IN-HOUSE PROGRAM REGISTRATION FORM

For In-House Training, please Call or WhatsApp us the information below :

Course / Training Subject : **1 Day Course – Safe Working at Height (SWAH)**

Training Date Requested :

Estimated Total Number of Participants :

Venue :

Company Name :

Company Address :
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HR Contact Person :

HR Contact Number :

Email :

Training Collaboration



Our Popular HRDCorp Claimable SBL-Khas Courses

PUBLIC TRAINING PROGRAM

Fees : All the below fees inclusive of SST, Notes, Certificates, Meals etc.

OSH Coordinator Course (3 Days)

RM 795 per participant (UNISEL, Shah Alam)

Click for VTT



[Click here to Request Quotation](#)

Forklift Skills, Safety & Daily Maintenance (1 Day)

RM 430 per participant (UNISEL, Shah Alam)



[Click here to Request Module & Quotation](#)

First Aid, CPR & AED Training (1 Day)

RM 430 per participant (UNISEL, Shah Alam)



[Click here to Request Module & Quotation](#)

Emergency Res. Team / Fire Fighting (1 Day)

RM 480 per participant (UNISEL, Shah Alam)



[Click here to Request Module & Quotation](#)

Safety and Health Committee Training (1 Day)

RM 430 per participant (UNISEL, Shah Alam)



[Click here to Request Module & Quotation](#)

DOSH MyKKP System – Step By Step (2 Days)

RM 1400 per participant (UNISEL, Shah Alam)



[Click here to Request Module & Quotation](#)

Professional Certificate

Forklift Train The Trainer (3 Days)

RM 3,798 per participant (UNISEL, Shah Alam)



[Click here to Request Module & Quotation](#)

Professional Certificate

Reach Truck Train The Trainer (3 Days)

RM 3,798 per participant (UNISEL, Shah Alam)



[Click here to Request Module & Quotation](#)

Contact : Eddy 03-6038.58.58, 013 – 512 7777 , Suhaimi 017 - 406 5551

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Our Popular HRDCorp Claimable SBL-Khas Courses

IN-HOUSE TRAINING PROGRAM

(Venue: At Your Own Premise)

Fees : All the fees below inclusive of SST, Notes, Certificates etc. for companies in Peninsular M'sia.

OSH Coordinator Course (3 Days) RM 12,800 for 10 to 30 Staffs (at your premise)		Click here to Request Module & Quotation
Forklift Skills, Safety & Daily Maintenance (1 Day) RM 4,300 for 30 participants (at your premise)		Click here to Request Module & Quotation
First Aid, CPR & AED Training (1 Day) RM 4,300 for 30 participants (at your premise)		Click here to Request Module & Quotation
Emergency Res. Team / Fire Fighting (1 Day) RM 4,800 for 30 participants (at your premise)		Click here to Request Module & Quotation
Overhead Travelling Crane (1 Day) RM 4,800 for 30 participants (at your premise)		Click here to Request Module & Quotation
Ergonomic & Manual Handling in Workplace (1 Day) RM 4,800 for 30 participants (at your premise)		Click here to Request Module & Quotation
Safety and Health Committee Training (1 Day) RM 4,800 for 30 participants (at your premise)		Click here to Request Module & Quotation
HIRARC & OSHA (Amendment) Act 2022 (2 Days) RM 8,600 for 30 participants (at your premise)		Click here to Request Module & Quotation

Contact : Eddy 03-6038.58.58, 013 – 512 7777 , Suhaimi 017 - 406 5551

Email: eddy@penyediaatihan.com OR admin@penyediaatihan.com

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