

Proposal for :

1 Day Course – Safe Working at Height (SWAH)

HRDC Claimable SBL Khas



HRDCorp SBL-Khas Course No: **10001249682**

Introduction

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.

Target Participants

Safety Officer, OSHC, Supervisors and Staffs working at height

Course Main Topics

The following topics would be covered under this training:

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

FR RESOURCES GROUP PLT (COID: LLP0004151LGN)

Registered with



Proposal for :

1 Day Course – Safe Working at Height (SWAH)

HRDC Claimable SBL Khas

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 Guidance and Exercise.

Proposal for :

1 Day Course – Safe Working at Height (SWAH)

HRDC Claimable SBL Khas

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

Proposal for :

1 Day Course – Safe Working at Height (SWAH)

HRDC Claimable SBL Khas

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 4	<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>

Principal Trainer

MR. KAMARUL ANUAR BIN ISNAWAN

Mr. Kamarul Anuar Bin Isnawan is a highly distinguished and a Certified Trainer with more than 33 years of continuous service in Fire Safety, Rescue, and BOMBA training. His expertise is rooted in his ongoing career. Currently he is still serving with the Fire and Rescue Department of Malaysia (Jabatan Bomba Dan Penyelamat, Malaysia)



Core Expertise and Certification

Mr. Kamarul Anuar is highly proficient in Firefighting and Occupational Safety and Health (OSH) and holds three important certifications:

- 1) Malaysian Skills Diploma (Level 4) In Implementation Of Occupational Safety and Health Operations.
- 2) Certified Train The Trainer (TTT) under the National Competency Standard Malaysia, demonstrating his skill in knowledge transfer.
- 3) Malaysian Skills Certificate (Level 3) in Fire, Rescue and HAZMAT Operations.

His professional roles includes serving as a Station Training Officer a Fire Cause Investigation Officer (Pegawai Siasatan Punca Kebakaran), and a Team Supervisor (Penyelia Pasukan).

Mr Khairul Anuar's Key Training Activities

With a proven capability to provide firefighting training to the public, Kamarul is an active safety educator whose activities includes :

- a) Consultation on Emergency Response Plan (ERP), Organizing Emergency Response Team (ERT) / OKK training for government and private sectors.
- b) Conducting monthly training for Volunteer Fire Fighter (PBS).
- c) Delivering fire safety training and briefings to institutions, companies, and local communities.
- d) Serving as an invited speaker at government and private institutions.

This profile establishes Kamarul Anuar Bin Isnawan as a well respected, possess vast experiences and a qualified trainer. He is ready to deliver high-impact ERP, ERT, Safety, Work at Height, HAZMAT and Emergency Response education based on his key competencies.

Other Trainers

Safety Officers, Certified Trainers from Jabatan Bomba dan Penyelamat Malaysia, and Certified Trainers from Persatuan Bomba Sukarela Saujana Utama.

Proposal for :

1 Day Course – Safe Working at Height (SWAH)

HRDC Claimable SBL Khas

Course Fees - Public Training (1 Day Course)

RM 430.00 per participant (Venue at UNISEL, Shah Alam, Selangor)

Fees includes Food and Refreshment, Training Materials, **Certificate** and **High Quality Training Certification Card** valid for 3 (Three) Years. The fees are Claimable under HRDCorp Skim Bantuan Latihan Khas (**SBL-Khas**).

Course Fees - In House Training (1 Day Course)

RM 4,800.00 for a group of 10 to 30 participants (Area: Peninsular Malaysia)

Fees includes the Training Materials, Certificate of Attendance and PVC Training Certification Card valid for 3 (Three) Years. The fees are Claimable under HRDCorp Skim Bantuan Latihan Khas (**SBL-Khas**).

Registration

Please Call us at 03-6038.58.38 or Email the Registration Form below to :
eddy@penyedia latihan.com

REGISTRATION FORM

Click Here if you like to
Register by using
Google Form

Dear Mr. Eddy, please register as per below :

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

HRDCorp SBL Khas Course Registered No: **10001249682**

Requested Date :

Company Name :

Company Address :

.....

.....

HR Contact Person :

HR Contact Number : Email

FR RESOURCES GROUP PLT (COID: LLP0004151LGN)

Registered with



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

Training Collaboration



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 for VTT



[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

Training Collaboration

