

LOCK-OUT TAG-OUT TRAINING PROGRAM



1 Day Course - HRDCorp SBL Khas Course No: 10001372676

Training Objectives

This Lockout Tagout (LOTO) training course provides essential knowledge for those who may need to undertake lockout tagout operations safely. Lockout/Tagout is a proactive system that allows maintenance workers, cleaners, or other members of staff to practice their work safely, knowing that the machinery or equipment they are working on is disabled and has no risk or chance of switching on, which could cause serious injury or even death. The training also reviews specific written checklists, proper locking mechanism to be used, energy control procedures for the systems and equipment serviced and maintained by group personnels.

Upon completion of the course, participants shall be able :

1. To check, maintain and look for the deteriorating conditions in the current protective mechanisms.
2. Able to effectively apply the procedures and equipment used (DO's & DONT's).
3. Able to apply the learnings and make Safety as an essential working culture.
4. Understand and practise the right SOP/SWP and regulations relating to lockout/tagout.

Intended Audience

Safety Practitioners, Safety and Health Officers/Committee Members, Heads of Department, Supervisors and staff with the LOTO Safe operations responsibilities.

Methodologies

Lectures, discussions, case studies, practical demonstration, slides and video presentations.

FR RESOURCES GROUP (COID: LLP0004151LGN. is Registered with :



LOCK-OUT TAG-OUT TRAINING PROGRAM

Modules & Programme

Day 1

Module 1 : Introduction to Lock Out/Tag Out (LOTO)

Introduction to Lock Out/Tag Out (LOTO)

Accidents, Hazards and Risks during LOTO

Types of machinery and plant operations involved in LOTO

Risks from failures to ensure LOTO in place

Case studies - Legal requirements

Module 2 : Risk Assessment and Safe Systems of Work (Theory)

Who should carry out the risk assessment in LOTO and the 5 Steps?

Step 1: Identify the hazards Before, During and After LOTO

Step 2: Decide who might be harmed and how?

Step 3: Evaluate / Assess the risks and implement controls.

Step 4: Record your findings.

Step 5: Review and update.

The hierarchy of control, SOPs and SWPs in LOTO

Permits-to-work during LOTO

Module 3 Safe Systems of Work for Lock Out/Tag Out (Theory & Practical)

The 7 steps of LOTO

[Step 1](#): Preparation • [Step 2](#): Initial information and training • Supervision and monitoring • Emergency procedures • [Step 3](#): Initial isolation of work equipment
[Step 4](#): LOTO - Lock out of work equipment • [Step 5](#): LOTO - Tagging and testing
[Step 6](#): Communication and monitoring • [Step 7](#): Completion of work and return to service.

Module 4 (Practical)

Practical Guidance

Training Written Test

LOCK-OUT TAG-OUT TRAINING PROGRAM

Tentative Programme Schedule

Day	Time	Activity	Notes
Day 1	8.50 – 8.55 AM	Arrival Day 1	Trainees
	8.55 – 9.00 AM	Registration Day 1	Trainees
	9.00 – 10.15 AM	Module 1	Trainer
	10.15 – 10.30 AM	Morning Tea	
	10.30 – 12.00 PM	Module 2	Trainer
	12.00 – 1.00 PM	Module 3	Trainer
	1.00 – 2.00 PM	Lunch	
	2.00 – 2.45 PM	Module 3	Trainer
	2.45 – 4.00 PM	Module 4	Trainer
	4.00 – 4.15 PM	Afternoon Tea	
	4.15 – 5.00 PM	Module 4, Q&A	Trainee
	5.00 – 5.15 PM	Closing Wrap-up	Trainer

Trainers Background

Mr. Mat Noor Bin Hassan (IC No: 630526-07-5741)

Exec. Master of OSH Management (OUM), TTT HRDCorp : Exempted

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



His Professional Development is as per below :

1. Registered Safety & Health Officer - JKKP/IS/438/2/175
2. Construction Safety & Health Officer - CIDB-J/CSHO/13/0018
3. Registered Authorized Gas Tester & ES - JKKP-HQ/13/AGTES/00/957
4. Registered Scaffold Erector - JKKP-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 - JKKP/HIE/P38.4
9. Registered WSO - WSO-01780 10. Registered Trained Ergonomic Assessor - DOSH-ID474(AERA) ID821(IERA)
11. Certified Forklift Instructor - AECS-TTTFLL/6160623/26

Mr. Azizan Bin Yahya

MOSH & Risk Mgmt (OUM), HRDF TTT No.4769

Mr. Azizan bin Yahya (IC No: 590109-05-5279) has more than 25 years experience in Safety & Health Management and HSE-MS Audit. He earned his Master in Occupational Safety & Health and Risk Management from Open University Malaysia.

As a Trainer, Mr. Azizan had delivered various training regarding Safety & Health such as Site Safety Supervisor (10 Days Program), SHO Program and Emergency Response Plan (ERP).

His additional Professional Development is as per below :

1. Safety and Health Officer (DOSH Registered)
2. Authorised Gas Tester and Entrant Supervisor (DOSH Registered)
3. Qualified SICW Trainer
4. Crane Operating Course-Registered With DOSH (Competent Person)
5. Registered With DOSH for Frame & Tubular Scaffolding (Competent Person)
6. Niosh PETRONAS Safety Passport (NPSP)
7. Scaffolding Course (Frame & Tubular Types)
8. AGT (Authorized Gas Tester) & Confined Space
9. Permit to Work System Training
10. Basic Offshore Safety & Emergency Training (BOSIET)
11. Helicopter Underwater Escape Training (HUET)
12. Emergency Breathing System (EBS)
13. Certified Forklift Facilitator (EACS)



Fees & Registration

Course Fees - Public Training (1 Day Course)

RM 480.00 per participant (Venue at UNISEL, Shah Alam. Selangor)

The fees includes Food and Refreshment, Training Materials, Training Certificate 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)

The fees includes the Trainer and Assistants, Training Materials and Certificate 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 017-406-5551 or Email the Registration Form below to :

admin@penyediaatihan.com

REGISTRATION FORM

Dear Mr. Eddy, please register as per below :

Subject : Lock-Out Tag-Out Training Program

Requested Date :

Company Name :

Company Address :

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HR Contact Person :

HR Contact Number : Email

FR RESOURCES GROUP (COID: LLP0004151LGN. Ia Training Provider Registered with



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

Training Collaboration



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 10,800 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 4,300 for 30 participants (at your premise)



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

Ergonomic & Manual Handling in Workplace (1 Day)

RM 4,300 for 30 participants (at your premise)

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

Safety and Health Committee Training (1 Day)

RM 4,300 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](#)

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Email: admin@penyediaatihan.com

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