



**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  
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|                        |   |                        |                |
|------------------------|---|------------------------|----------------|
| <b>COURSE TITLE</b>    | : Construction Safety and Health Trainers | <b>COURSE CODE</b>     | : CSHT         |
| <b>COURSE DURATION</b> | : 4-day(s) / 20.00-hour(s)                | <b>COURSE LEVEL</b>    | : Intermediate |
| <b>COURSE CATEGORY</b> | : Competency                              |                        |                |
| <b>HRD CORP SCHEME</b> | : Claimable                               |                        |                |
| <b>COURSE FEE</b>      | : RM 2,160.00 (inclusive of 8% SST)       | <b>EXAMINATION FEE</b> | : RM300.00     |
| <b>TOTAL FEE</b>       | : RM 2,460.00 (inclusive of 8% SST)       |                        |                |

**1. OBJECTIVE(S):**

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

- i. Conduct induction course in construction industry.
- ii. Register with CIDB as a competent trainer.

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

- i. Registered Safety and Health Officers.
- ii. Site Managers / Supervisors.

**3. ENTRY REQUIREMENT(S):**

- i. Registered Safety and Health Officers with at least 6 months experience as a Safety and Health Officer at construction sites; **OR**
- ii. Site Supervisors/Managers with at least 3 years of experience related to safety and health in the construction industry (E.g.: Safety Committee Members, Auditors, Accident Investigation Members, SHASSIC Assessor); **AND**
- iii. Must be a CIDB green card holder; **AND**
- iv. Accredited Certificate Train the Trainer (TTT1) Competency Programme conducted by NIOSH and recognised by HRDF.

**4. TOPIC(S):**

- i. Topic 1 - Overview of the Programme.
- ii. Topic 2 - Overview of Legal Requirement.
- iii. Topic 3 - Factories & Machinery (Building Operations & Works of Engineering Construction) (Safety) Regulations 1986.
- iv. Topic 4 - Risk Management.
- v. Topic 5 - Construction Management Planning and Managing.



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

- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.
- iii. UBBL.
- iv. CIDB Act.
- v. OHSAS 18001: 2007.
- vi. MS 1722: 2011.
- vii. ISO 45001: 2018.

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

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Group discussion (exercise/ case study/ video).
- iii. Presentation.

**Note:** Participant is required to bring along laptop (for presentation) during the training session.

**COURSE TITLE: CONSTRUCTION SAFETY AND HEALTH TRAINERS**

**DAY ONE**

| TIME        | HOUR        | TOPIC  | TRAINER / FACILITATOR |
|-------------|-------------|--|-----------------------|
| 0845 - 0900 | 0.25        | Introduction   | NIOSH                 |
| 0900 - 0930 | 0.50        | Assessment Briefing  | ECD                   |
| 0930 - 1030 | 1.00        | Topic 1: Overview of the Programme   |                       |
| 1030 - 1045 | 0.25        | MORNING TEA BREAK  |                       |
| 1045 - 1300 | 2.25        | Topic 2: Overview of Legal Requirement   |                       |
| 1300 - 1400 | 1.00        | LUNCH  |                       |
| 1400 - 1530 | 1.50        | Topic 3: Factories & Machinery (Building Operations & Works of Engineering Construction) (Safety) Regulations 1986 |                       |
| 1545 - 1600 | 0.25        | AFTERNOON TEA BREAK  |                       |
| 1545 - 1700 | 1.25        | Topic 4: Risk Management   |                       |
| 1700 - 1730 | 0.50        | Group Exercise and Presentation  |                       |
|             | <b>6.50</b> | <b>END OF DAY ONE</b>  |                       |

**DAY TWO**

| TIME        | HOUR        | TOPIC  | TRAINER / FACILITATOR |
|-------------|-------------|--|-----------------------|
| 0830 - 0900 | 0.50        | Construction Management Planning and Managing:<br>Topic 5 (A): Overview of Construction Work |                       |
| 0900 - 1030 | 1.50        | Topic 5 (B): Building, Renovation and Operation  |                       |
| 1030 - 1045 | 0.25        | MORNING TEA BREAK  |                       |
| 1045 - 1115 | 0.50        | Continuation   |                       |
| 1115 - 1300 | 1.75        | Topic 5 (C): Works of Engineering Construction   |                       |
| 1300 - 1400 | 1.00        | LUNCH  |                       |
| 1400 - 1530 | 1.50        | Topic 5 (D): Mechanical and Electrical Works in Construction                                 |                       |
| 1530 - 1545 | 0.25        | AFTERNOON TEA BREAK  |                       |
| 1545 - 1645 | 1.00        | Topic 5 (E): General Safety  |                       |
| 1645 - 1730 | 0.75        | Group Exercise and Presentation  |                       |
|             | <b>7.50</b> | <b>END OF DAY TWO</b>  |                       |

### DAY THREE

| TIME        | HOUR        | TOPIC                                  | TRAINER / FACILITATOR |
|-------------|-------------|--|-----------------------|
| 0900 - 1000 | 1.00        | Written Assessment                     | ECD                   |
| 1000 - 1015 | 0.25        | MORNING TEA BREAK                      |                       |
| 1015 - 1145 | 1.50        | Lesson Plan Preparation                | NIOSH                 |
| 1145 - 1300 | 1.25        | Preparation for Practical Presentation |                       |
| 1300 - 1400 | 1.00        | LUNCH                                  |                       |
| 1400 - 1515 | 1.25        | Preparation for Practical Presentation |                       |
| 1515 - 1530 | 0.25        | AFTERNOON TEA BREAK                    |                       |
| 1530 - 1730 | 2.00        | Preparation for Practical Presentation |                       |
|             | <b>6.00</b> | <b>END OF DAY THREE</b>                |                       |

### DAY FOUR

| TIME        | HOUR | TOPIC                               | TRAINER / FACILITATOR |
|-------------|------|-------------------------------------|-----------------------|
| 0900 - 1030 | 1.50 | Practical Presentation & Evaluation | ECD                   |
| 1030 - 1045 | 0.25 | MORNING TEA BREAK                   |                       |
| 1045 - 1300 | 2.25 | Practical Presentation & Evaluation | ECD                   |
| 1300 - 1400 | 1.00 | LUNCH                               |                       |
| 1400 - 1530 | 1.50 | Practical Presentation & Evaluation | ECD                   |
| 1530 - 1545 | 0.25 | AFTERNOON TEA BREAK                 |                       |
| 1545 - 1815 | 2.50 | Practical Presentation & Evaluation | ECD                   |
| 1815 - 1830 | 0.25 | Evaluation & Closing                | NIOSH                 |
|             |      | <b>END OF THE COURSE</b>            |                       |

**Note:** This course was previously known as Safety Induction for Construction Worker - Trainer's Programme (SICW).