



COURSE TITLE	: : Site Safety Supervisor – Occupational Safety		
COURSE DURATION	: 7-day(s) / 47.00-hour(s)	COURSE CODE	: SSS-OS
COURSE CATEGORY	: Competency	COURSE LEVEL	: Basic
HRDC CLAIMABLE	: Course fee only		
COURSE FEE	: RM1,080.00 (inclusive of 8% SST)	EXAMINATION FEE	: -

1. OBJECTIVE(S):

At the end of the course, the participant will be able to elaborate OSH requirements for site management.

2. TARGET GROUP(S):

- i. Site Safety Supervisor
- ii. Site Foreman
- iii. Any interested parties

3. ENTRY REQUIREMENT(S):

Malaysian citizen; **AND**
Passed Safety and Health Officer (SHO) exam.

4. TOPIC(S):

- i. Part 2(A) Introduction to OSH Legislation.
- ii. Part 2(B) OSHA
- iii. Part 2(C) Regulations under OSHA
- iv. Part 2(D) CDM Regulations
- v. Part 4(A) Site Initial Planning
- vi. Part 4(B) General Control
- vii. Part 4(C) Welfare Provision
- viii. Part 4(D) Vehicle and Plant Movement
- ix. Part 4(E) Work Equipment
- x. Part 4(F) Electrical Safety
- xi. Part 4(G) Fire Safety
- xii. Part 4(H) Working at Height
- xiii. Part 4(I) Excavation
- xiv. Part 4(J) Demolition work
- xv. Part 4(K) Lifting Operation



5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994.
- ii. Introduction to Health and Safety in Construction, 5th edi. 2016.
- iii. CDM Regulations, P.U. (A) 147/2024
- iv. OSHCIM Guidelines 2017
- v. ISO 45001

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. Discussion.

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	COURSE SCHEDULE		
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COURSE TITLE: : SITE SAFETY SUPERVISOR – OCCUPATIONAL SAFETY

DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1000	1.50	Part 1 Introduction	
1000 - 1015	0.25	Morning break	
1015 - 1045	0.50	Part 1 Introduction (Continuation)	
1045 - 1145	1.00	Part 2(A) Introduction to OSH Legislation	
1145 – 1300	1.25	Part 2(B) OSHA	
1300 – 1400	1.00	Lunch	
1400 - 1530	1.50	Part 2(B) OSHA (Continuation)	
1530 – 1545	0.25	Afternoon break	
1545 - 1630	0.75	Part 2(B) OSHA (Continuation)	
1630 - 1800	1.50	Part 2(C) Regulations under OSHA	
	8.00	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 – 1000	1.50	Part 2(C) Regulations under OSHA (Continuation)	
1000 – 1015	0.25	Morning break	
1015 - 1245	2.50	Part 2 (D) CDM Regulations	
1245 – 1345	1.00	Lunch	
1345 - 1530	1.75	Part 3(A) OSHMS Planning	
1530 – 1545	0.25	Afternoon break	
1545 - 1600	0.25	Part 3(A) OSHMS Planning (Continuation)	
1600 - 1630	0.50	Part 3(B) OSH Policy	
1630 - 1800	1.50	Part 3(C) OSH Management	
1800	8.00	END OF DAY TWO	

DAY THREE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0900	0.50	Part 3(C) OSH Management (Continuation)	
0900 - 0930	0.50	Part 3(D) Human and Behavior Factors	
0930 - 1000	0.50	Part 3(E) HIRARC	
1000 - 1015	0.25	Morning break	
1015 - 1115	1.00	Part 3(E) HIRARC (Continuation)	
1115 - 1145	0.50	Part 3(F) General Principles	
1145 - 1245	1.00	Part 3(G) SWP	
1245 - 1300	0.25	Part 3(H) PTW	
1300 - 1400	1.00	Lunch	
1400 - 1415	0.25	Part 3(H) PTW (Continuation)	
1415 - 1515	1.00	Part 3(I) Monitoring, Investigating & Record Keeping	
1515 - 1530	0.25	Part 3(J) Audit	
1530 - 1545	0.25	Afternoon break	
1545 - 1600	0.25	Part 3(J) Audit (Continuation)	
1600 - 1800	2.00	Part 4(A) Site Initial Planning	
1800	8.00	END OF DAY THREE	

DAY FOUR

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.50	Part 4(A) Site Initial Planning (Continuation)	
1000 - 1015	0.25	Morning break	
1015 - 1045	0.50	Part 4(A) Site Initial Planning (Continuation)	
1045 - 1215	1.50	Part 4(B) General Control	
1215 - 1300	0.75	Part 4(C) Welfare Provision	
1300 - 1400	1.00	Lunch	
1400 - 1530	1.50	Part 4(C) Welfare Provision (Continuation)	
1530 - 1545	0.25	Afternoon break	
1545 - 1630	0.75	Part 4(C) Welfare Provision (Continuation)	
1630 - 1800	1.50	Part 4(D) Vehicle and Plant Movement	
1800	8.00	END OF DAY FOUR	

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DAY FIVE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.50	Part 4(D) Vehicle and Plant Movement (Continuation)	
1000 - 1015	0.25	Morning break	
1015 - 1300	2.75	Part 4(E) Work Equipment	
1300 - 1400	1.00	Lunch	
1400 - 1415	0.25	Part 4(E) Work Equipment (Continuation)	
1415 - 1530	1.25	Part 4(F) Electrical Safety	
1530 - 1545	0.25	Afternoon break	
1545 - 1730	1.75	Part 4(F) Electrical Safety (Continuation)	
1730 - 1800	0.50	Part 4(G) Fire Safety	
1800	8.00	END OF DAY FIVE	

DAY SIX

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.50	Part 4(G) Fire Safety (Continuation)	
1000 - 1015	0.25	Morning break	
1015 - 1045	0.50	Part 4(G) Fire Safety (Continuation)	
1045 - 1300	2.25	Part 4(H) Working at Height	
1300 - 1400	1.00	Lunch	
1400 - 1530	1.50	Part 4(H) Working at Height (Continuation)	
1530 - 1545	0.25	Break	
1545 - 1600	0.25	Part 4(H) Working at Height (Continuation)	
1600 - 1800	2.00	Part 4(I) Excavation	
1800	8.00	END OF DAY SIX	

DAY SEVEN

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0930	1.00	Part 4(I) Excavation (Continuation)	
0930 - 1000	0.50	Part 4(J) Demolition work	
1000 - 1015	0.25	Morning Tea Break	
1015 - 1300	2.75	Part 4(J) Demolition work (Continuation)	
1300 - 1400	1.00	Lunch	
1400 - 1415	0.25	Part 4(J) Demolition work (Continuation)	
1415 - 1530	1.25	Part 4(K) Lifting Operation	
1530 - 1545	0.25	Break	
1545 - 1900	3.25	Part 4(K) Lifting Operation (Continuation)	
1900	9.00	END OF THE COURSE	