



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
URL: www.niosh.com.my



COURSE TITLE	: Compliance to Regulations under Occupational Safety and Health Act 1994 (Remote Learning)		
COURSE DURATION	: 2-day(s) / 13.50-hour(s)	COURSE CODE	: CRO-RL
COURSE CATEGORY	: Non-Competency	COURSE LEVEL	: Basic
HRD CORP SCHEME	: Claimable		
COURSE FEE	: RM432.00 (inclusive of 8% SST)		

1. OBJECTIVE(S):

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

- i. Describe the salient provision Occupational Safety and Health Act (OSHA) 1994.
- ii. State the requirements of regulations under OSHA 1994.
- iii. List down the provision at workplace.

2. TARGET GROUP(S):

- i. Industry covered under OSHA 1994.
- ii. Management Groups.
- iii. Safety and Health Committee Members.
- iv. Supervisors or Middle Management.
- v. Union Representatives.
- vi. Student.

3. ENTRY REQUIREMENT(S):

- i. Must have device (Computer, Laptop or Tablet) to participate in e-learning platform. The use of mobile phones is NOT PERMITTED; **AND**
- ii. Must have good internet connection; **AND**
- iii. Zoom account registered with personal email

4. TOPIC(S):

- i. Salient Provision to Occupational Safety and Health Act (OSHA) 1994.
- ii. OSH (Employers' Safety and Health General Policy Statements) (Exception) Regulations 1995.
- iii. OSH (Safety and Health Committee) Regulations 1996.
- iv. OSH (Safety and Health Officer) Regulations 1997.
- v. OSH (Notification of Accident, Dangerous Occurrence, Occupational Poisoning and Occupational Disease) Regulations 2004.
- vi. OSH (Control of Industrial Major Accident Hazards) Regulations 1996.



- vii. OSH (Use and Standards of Exposure of Chemicals Hazardous to Health) Regulations 2000.
- viii. OSH (Classification, Packaging and Labelling of Hazardous Chemicals) Regulations 2013 & ICOP on Chemicals Classification and Hazard Communication 2014.
- ix. OSH (Noise Exposure) Regulations 2019.

5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994.
- ii. Industry Code of Practice and Guidelines Under OSHA 1994
- iii. Continuous Education Programme (CEP) Guidelines 2011.

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.
 - a. Identify probabilities violations of OSHA act & proposed compliance with OSHA act based on the violation of the law.
 - b. How to write Safety and Health Policy.
 - c. How to write minutes of Occupational Safety and Health (OSH) Committee meeting.
 - d. How to require employing a qualified and registered SHO in the industries.
 - e. How to report using website on MyKKP.
 - f. How to describe the need for USECHH Regulations
 - g. How to understand the physical hazard, health hazard, SDS Format & Labelling.
 - h. How to describe the need on noise hazard identification checklists.

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	COURSE SCHEDULE		
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COURSE TITLE: COMPLIANCE TO REGULATIONS UNDER OCCUPATIONAL SAFETY AND HEALTH ACT 1994 (REMOTE LEARNING)

DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0845	0.25	Introduction	NIOSH
0845 - 0900	0.25	Video: Bright Sparklers Sg. Buloh	
0900 - 1000	1.00	Topic 1 - Salient Provision to Occupational Safety and Health Act (OSHA) 1994	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1200	1.75	Continuation • Discussion: 3 Sample Work Activities	
1200 - 1300	1.00	Topic 2 - Safety & Health Policy (Exception) Regulation 1995 • Discussion: OSH Policy	
1300 - 1400	1.00	LUNCH	
1400 - 1545	1.75	Topic 3 - Safety & Health Committee Regulation 1996 • Discussion: Sample of minutes of Safety and Health Committee meeting	
1545 - 1600	0.25	AFTERNOON TEA BREAK	
1600 - 1715	1.25	Topic 4 - Safety & Health Officer Regulations and Order 1997 • Discussion: Type of Industry	
	7.00	END OF DAY ONE	

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DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 - 1030	1.50	Topic 5 - Notification of Accidents, Dangerous Occurrences, Occupational Poisoning and Occupational Diseases (NADAPOD) Regulation 2004 • Exercise: How to fill up JKPP 6	
1030 – 1045	0.25	MORNING TEA BREAK	
1045 – 1145	1.00	Topic 6 - Control of Industrial Major Accident Hazards (CIMAHA) Regulations 1996	
1145 – 1315	1.50	Topic 7 - Use and Standard of Exposure Chemical Hazardous to Health (USECHH) Regulation 2000 • Discussion: Paint work activities	
1315 – 1415	1.00	LUNCH	
1415 – 1515	1.00	Topic 8 - Classification, Labelling and Safety Data Sheet of Hazardous Chemicals (CLASS) Regulation 2013 & Industry Code of Practice on Chemicals Classification and Hazard Communication (ICOP) 2014 • Discussion: Petrol Pump Label	
1515 – 1530	0.25	AFTERNOON TEA BREAK	
1530 – 1630	1.00	Topic 9 - Occupational Safety and Health (Noise Exposure) Regulations 2019 • Discussion: Checklist for Identification of Excessive Noise	
1630 – 1700	0.50	Continuous Assessment & Discussion	
	6.50	END OF THE COURSE	