



COURSE TITLE : Kiken Yochi Training (Remote Learning)
COURSE DURATION : 2-day(s) / 13.00-hour(s) **COURSE CODE** : KYT-RL
COURSE CATEGORY : Non-Competency **COURSE LEVEL** : Basic
HRD CORP SCHEME : Claimable
COURSE FEE : RM 432.00 (inclusive of 8% SST)

1. OBJECTIVE(S):

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

- i. State the definition of Zero Accident Campaign.
- ii. Demonstrate techniques in KY Health and 1-minute meditation.
- iii. Demonstrate Finger Pointing and Calling Exercise.
- iv. Perform 4 Round of KYT.
- v. Present individual action plan in implementing KYT at the workplace.

2. TARGET GROUP(S):

- i. Managers/ Executives.
- ii. Safety and Health Officers.
- iii. OSH practitioners.
- iv. Safety and Health Committee members.
- v. Supervisors.

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. Introduction.
- ii. Zero Accident Campaign (ZAC).
- iii. Hazard Prediction Training.
- iv. Finger Pointing and Calling.
- v. Basic 4 Round Method.
- vi. Hazard Identification, Risk Assessment and Risk Control (HIRARC).



5. LIST OF REFERENCE BOOK(S):

- i. None.

6. LIST OF TEACHING AID(S):

- i. Computer/ Laptop.
- ii. Learning accessories.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion.
- iii. Exercise by Group.

 	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH		
	COURSE SCHEDULE		
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DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	NIOSH
0900 - 0930	0.50	Course Introduction and Ice Breaking	
0930 - 1030	1.00	Zero Accident Campaign	
1030 - 1045	0.25	BREAK	
1045 - 1115	0.50	Continuation	
1115 - 1300	1.75	Hazard Prediction Training	
1300 - 1400	1.00	LUNCH BREAK	
1400 - 1430	1.50	Finger Pointing and Calling Exercise	
1530 - 1545	0.25	BREAK	
1545 - 1700	1.25	KYT 4 Round Method	
	6.50	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 - 1030	1.50	Hazard Identification and Risk Assessment in KYT	
1030 - 1045	0.25	BREAK	
1045 - 1300	2.25	Exercise by Group	
1300 - 1400	1.00	LUNCH BREAK	
1400 - 1530	1.50	Continuation	
1530 - 1545	0.25	BREAK	
1545 - 1700	1.25	Summary and Q&A	
	6.50	END OF THE COURSE	