



COURSE TITLE : OSH for Construction Personnel (Remote Learning)
COURSE DURATION : 3-day(s) / 20.50-hour(s) **COURSE CODE** : OCP-RL
COURSE CATEGORY : Non-Competency **COURSE LEVEL** : Basic
HRD CORP SCHEME : Claimable
COURSE FEE : RM 648.00 (inclusive of 8% SST)

1. OBJECTIVE(S):

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

- i. Enhance knowledge and awareness on occupational safety & health of good practices in the construction activities.
- ii. List down legal requirement pertaining to OSH for construction activities.
- iii. Manage OSH for construction activities.

2. TARGET GROUP(S):

- i. Project Management Team (Managers/ Executives).
- ii. Safety and Health Officers.
- iii. Site Safety Supervisors.
- iv. Site Supervisors.
- v. Safety and Health Committee members.
- vi. Project Consultant.
- vii. Sub-Contractor.
- viii. OSH practitioners.

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. OSH Awareness.
- ii. Legislation.
- iii. Preconstruction & Arrangement.
- iv. OSH Policy.
- v. HIRARC.
- vi. OSH Plan.
- vii. Site Planning, Statutory Requirements & General Site Rules.



- viii. Safe Work Practices.
- ix. Consultation & Communication.
- x. Documentation.
- xi. Control & Monitoring.

5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994 and Its Regulations.
- ii. Factories and Machinery Act (FMA) 1967 and Its Regulations.

6. LIST OF TEACHING AID(S):

- i. Computer/ Laptop.
- ii. Learning accessories.
- iii. DVD player & audio speaker.
- iv. Forklift model.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion and Q&A.

	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH		
	COURSE SCHEDULE		
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COURSE TITLE: OSH FOR CONSTRUCTION PERSONNEL (REMOTE LEARNING)

DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0800 – 0830	0.50	Registration	NIOSH
0830 – 0900	0.50	1.1 Introduction to the Course	
0900 – 0930	0.50	1.2 OSH Awareness	
0930 – 1030	1.00	1.3 Legislation	
1030 – 1045	0.25	BREAK	
1045 – 1245	2.00	Continuation	
1245 – 1400	1.25	LUNCH BREAK	
1400 – 1500	1.00	Continuation	
1500 – 1515	0.25	BREAK	
1515 – 1700	1.75	Continuation	
	6.75	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 – 1045	1.75	2.1 Preconstruction & Arrangement	
1045 – 1100	0.25	BREAK	
1100 – 1230	1.50	2.2 OSH Policy	
1230 – 1315	0.75	2.3 HIRARC	
1315 – 1415	1.00	LUNCH BREAK	
1415 – 1500	0.75	Continuation	
1500 – 1600	1.00	2.4 OSH Plan	
1600 – 1615	0.25	BREAK	
1615 – 1730	1.25	2.5 Site Planning	
	7.00	END OF DAY TWO	

DAY THREE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0900 – 1030	1.50	3.1 Safe Work Practices	
1030 – 1045	0.25	BREAK	
1045 – 1245	2.00	3.2 Consultation & Communication	
1245 – 1400	1.25	LUNCH BREAK	
1400 – 1600	2.00	3.3 Documentation	
1600 – 1615	0.25	BREAK	
1615 – 1730	1.25	3.4 Control & Monitoring	
	6.75	END OF THE COURSE	