



## **OCCUPATIONAL SAFETY, HEALTH AND ENVIRONMENT MANAGEMENT TRAINING**



MTBM Group Sdn. Bhd. (1600656-M)

Level 8, MCT Tower, Sky Park, One City, Jalan USJ 25/1, 47650 Subang Jaya, Selangor

**Course Title:** Occupational Safety, Health and Environment Management Training

**Course Validity:** 2 Days

**Validity:** Not Applicable

**HRD Corp Scheme:** Claimable

## **INTRODUCTION:**

This training provides participants with a comprehensive understanding of fundamental Occupational Safety, Health and Environmental (OSHE) management principles. The programme covers legal requirements, risk management methods, environmental aspects and impacts, operational controls, emergency preparedness and the integration of OSHE responsibilities across the organisation. Participants will learn practical approaches aligned with OSHA 1994 (Amendment 2022), Environmental Quality Act 1974, DOSH/DOE guidelines and ISO 45001 & ISO 14001 requirements to enhance overall OSHE performance and compliance.

## **OBJECTIVE(S):**

- Understand the principles of OSHE management and regulatory frameworks.
- Identify OSHE hazards, risks and environmental impacts.
- Apply risk assessment and aspect-impact evaluation techniques.
- Implement operational control measures for safety and environment.
- Strengthen emergency preparedness and response capability.
- Understand duties under OSHA 1994, EQA 1974 and related regulations.
- Promote OSHE culture and worker participation.
- Support continual improvement in OSHE performance.

**TARGET GROUP(S):**

- OSH Practitioners (SHO/SSS)
- Environmental Officers / Coordinators
- Supervisors & Line Leaders
- Engineers, Technicians & Executives
- Safety and Health Committee Members
- Managers & Operational Personnel
- Anyone involved in OSHE compliance and management

**ENTRY REQUIREMENT(S):**

- Able to read and communicate in Malay/English
- Basic OSH/environmental exposure is recommended

**TOPIC(S):**

1. Introduction to OSHE Management
2. OSHA 1994, Amendment 2022 & Key Provisions
3. Environmental Quality Act 1974 & Major Regulations
4. Hazard Identification & Risk Assessment (HIRARC)
5. Environmental Aspect & Impact Evaluation (EAI)
6. Operational Controls (Safety & Environmental Controls)
7. PPE, Emergency Preparedness & Spill Response
8. Waste Management & Pollution Prevention
9. Incident Reporting, Environmental Monitoring & Compliance
10. OSHE Culture, Leadership & Continual Improvement

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

- Occupational Safety and Health Act 1994 & Amendment 2022
- Environmental Quality Act 1974 and Subsidiary Regulations
- DOSH Guidelines (HIRARC, PPE, Emergency Response)
- DOE Guidelines (Scheduled Waste, Effluent, Air Emission)
- ISO 45001:2018 & ISO 14001:2015 Standards

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

- LCD projector
- HIRARC & EAI templates
- Case study sheets
- PPE & spill kit samples
- Flip chart / whiteboard

**METHODOLOGY(S):**

- Interactive lecture
- Group discussion
- Case studies
- Practical activities
- Scenario-based exercises

## TRAINING SCHEDULE

### Day 1

Time	Activity / Topic
8:30 am – 9:00 am	Registration & Introduction
9:00 am – 10:15 am	Topic 1: Introduction to OSHE Management
10:15 am – 10:30 am	<b>Morning Tea Break</b>
10:30 am – 12:30 pm	Topic 2: OSHA 1994 & Amendment 2022 – Key Provisions
12:30 pm – 1:30 pm	<b>Lunch Break</b>
1:30 pm – 3:30 pm	Topic 3: Environmental Quality Act 1974 & Regulations
3:30 pm – 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm – 5:00 pm	Topic 4: Hazard Identification & Risk Assessment (HIRARC)

## Day 2

Time	Activity / Topic
8:30 am – 9:00 am	Recap of Day 1
9:00 am – 10:15 am	Topic 5: Environmental Aspect & Impact Evaluation (EAI)
10:15 am – 10:30 am	<b>Morning Tea Break</b>
10:30 pm – 12:30 pm	Topic 6: Operational Controls (Safety & Environmental Controls)
12:30 pm – 1:30 pm	<b>Lunch Break</b>
1:30 pm – 3:30 pm	Topic 7–8: Emergency Preparedness, Spill Response & Waste Management
3:30 pm – 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm – 5:00 pm	Topic 9–10: Compliance Monitoring, OSHE Culture & Continual Improvement