



WORKING AT HEIGHT (WAH) COMPETENCY 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: Working at Height (WAH) Competency Training

Course Validity: 2 Days

Validity: 3 Years

HRD Corp Scheme: Claimable

INTRODUCTION

This 2-day training program is designed to provide participants with the essential knowledge and practical skills required to work safely at height. The course emphasizes hazard identification, risk assessment, proper use of fall protection equipment, and compliance with regulatory requirements to ensure workplace safety during work at height activities.

OBJECTIVE(S):

- Understand the principles and regulations related to working at height.
- Identify hazards and conduct risk assessments for work at height tasks.
- Learn the proper use and maintenance of fall protection systems and equipment.
- Gain practical skills for working safely in height-related scenarios.
- Promote a culture of safety and compliance in height-related work activities.

TARGET GROUP(S):

- Workers performing tasks at height.
- Supervisors and safety officers.
- Maintenance and construction personnel.
- Employees in industries involving elevated work environments.

ENTRY REQUIREMENT(S):

- Able to read, write, and communicate verbally in Malay/English.

TOPIC(S):

1. Introduction to Working at Height and Relevant Regulations.
2. Hazard Identification and Risk Assessment for Working at Height.
3. Fall Protection Systems: Equipment and Maintenance.
4. Safe Practices and Procedures for Working at Height.
5. Emergency Response and Rescue Planning for Height-Related Incidents.

LIST OF REFERENCE BOOK(S):

- Occupational Safety and Health Act (OSHA) Guidelines for Working at Height.
- Fall Protection Standards and Best Practices.

LIST OF TEACHING AID(S):

- Harnesses, lanyards, and other fall protection equipment.
- Scaffolds, ladders, and elevated platforms for demonstrations.
- LCD projector and computer.
- Whiteboard with accessories.

METHODOLOGY(S):

- Lecture.
- Practical demonstrations of fall protection equipment.
- Group discussions and scenario analysis.
- Hands-on practice with working at height techniques.

TRAINING SCHEDULE

Day 1

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 10:30 am	Topic 1: Introduction to Working at Height and Relevant Regulations
10:30 am - 10:45 am	Morning Tea Break
10:45 am - 12:30 pm	Topic 2: Hazard Identification and Risk Assessment for Working at Height
12:30 pm - 1:30 pm	Lunch Break
1:30 pm - 3:30 pm	Group Activity: Conducting Risk Assessments
3:30 pm - 3:45 pm	Afternoon Tea Break
3:45 pm - 5:00 pm	Topic 3: Fall Protection Systems: Equipment and Maintenance

TRAINING SCHEDULE

Day 2

Time	Activity/Topic
8:30 am - 9:00 am	Recap of Day 1
9:00 am - 10:30 am	Topic 4: Safe Practices and Procedures for Working at Height
10:30 am - 10:45 am	Morning Tea Break
10:45 am - 12:30 pm	Practical Session: Proper Use of Fall Protection Equipment
12:30 pm - 1:30 pm	Lunch Break
1:30 pm - 3:30 pm	Topic 5: Emergency Response and Rescue Planning
3:30 pm - 3:45 pm	Afternoon Tea Break
3:45 pm - 5:00 pm	Practical Exercise: Simulating Rescue Operations