



## **INTERACTIVE TRAINING SERIES – WORKING SAFELY AT HEIGHT TRAINING**



MTBM Group Sdn. Bhd. (1600656-M)

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



+603 8022 8330



+603 8022 8201



info@mtbmgroup.com



mtbmgroup.com

**Course Title:** Interactive Training Series – Working Safely at Height Training

**Course Validity:** 1 Day

**Validity:** Not Applicable

**HRD Corp Scheme:** Claimable

## **INTRODUCTION:**

This training provides participants with practical and interactive learning on working safely at height, focusing on hazard recognition, safe use of fall protection equipment, inspection of tools and anchorage systems, and emergency response. The programme incorporates demonstrations, scenario-based activities, and hands-on practice to strengthen awareness and develop competent behaviour when performing tasks at elevated positions. Aligned with OSHA 1994 (Amendment 2022), DOSH guidelines and industry best practices, this training aims to reduce fall-related risks and enhance workplace safety competence.

## **OBJECTIVE(S):**

- Identify hazards and risks associated with working at height.
- Apply safe systems of work for elevated tasks.
- Use fall protection equipment correctly (harness, lanyards, connectors).
- Conduct basic inspection of harnesses, lifelines and anchorage systems.
- Understand ladder safety, platform usage and scaffold considerations.
- Respond effectively during height-related emergencies.
- Improve hazard reporting and safe decision-making.
- Reinforce safe behaviour through interactive activities.

**TARGET GROUP(S):**

- Workers performing tasks at height
- Supervisors & Line Leaders
- Maintenance & Engineering Personnel
- Construction workers & contractors
- Safety and Health Committee Members
- Any employee exposed to height-related risks

**ENTRY REQUIREMENT(S):**

- Able to read and communicate in Malay/English
- Physically fit for practical demonstrations

**TOPIC(S):**

1. Introduction to Working at Height Safety
2. Common Hazards & Risk Factors at Height
3. Fall Prevention & Fall Protection Systems
4. Selection, Use & Inspection of PPE for Height Work
5. Safe Use of Ladders, Platforms & Elevated Equipment
6. Anchor Points, Lifelines & Safe Access Systems
7. Emergency Preparedness & Rescue Considerations
8. Interactive Scenarios, Demonstrations & Practical Activities

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

- OSHA 1994 & OSHA (Amendment) Act 2022
- DOSH Guidelines for Working at Height
- Industry Code of Practice for Working at Height
- ISO 45001:2018 (Operational Control & Work at Height Requirements)

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

- LCD projector
- Fall protection equipment (harness, lanyard, connectors)
- Rope, lifeline & anchorage demonstration kit
- Ladder & platform visuals
- Flip chart / whiteboard

**METHODOLOGY(S):**

- Interactive lecture
- Group discussion
- Demonstrations
- Scenario-based activities
- Hands-on practice

## TRAINING SCHEDULE

### 1 Day

Time	Activity / Topic
8:30 am – 9:00 am	Registration & Introduction
9:00 am – 10:15 am	Topic 1: Introduction to Working at Height Safety
10:15 am – 10:30 am	<b>Morning Tea Break</b>
10:30 am – 12:30 pm	Topic 2–3: Height Hazards, Fall Prevention & Protection Systems
12:30 pm – 1:30 pm	<b>Lunch Break</b>
1:30 pm – 3:00 pm	Topic 4–5: PPE Use, Inspection & Safe Ladder / Platform Practices
3:00 pm – 3:15 pm	<b>Afternoon Tea Break</b>
3:15 pm – 5:00 pm	Topic 6–8: Anchors, Lifelines, Emergency Response & Interactive Activities