



COMPLIANCE TO REGULATIONS UNDER OCCUPATIONAL SAFETY AND HEALTH ACT 1994 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: Compliance to Regulations Under Occupational Safety and Health Act 1994

Course Validity: 2 Days

Validity: 3 Years

HRD Corp Scheme: Claimable

INTRODUCTION:

This course provides a comprehensive overview of the Occupational Safety and Health Act 1994 (OSHA 1994) and OSHA (Amendment) 2022, focusing on employer and employee duties, regulatory compliance, enforcement mechanisms, and key regulations enforced by DOSH. Participants will learn how to interpret legal requirements and apply them effectively within their workplace to strengthen OSH governance, documentation, risk management and incident prevention.

OBJECTIVE(S):

- Understand the scope and purpose of OSHA 1994 and its amendments.
- Identify duties and responsibilities under the Act.
- Recognise key regulations and their compliance requirements.
- Understand DOSH functions and enforcement powers.
- Apply OSH legal requirements into daily operations and risk assessment.
- Strengthen organisational compliance through documentation and PTW systems.

TARGET GROUP(S):

- OSH Practitioners (SHO/SSS)
- Managers & Supervisors
- Safety and Health Committee Members
- HR & Admin personnel
- Maintenance & Engineering personnel
- Employees involved in regulated activities

ENTRY REQUIREMENT(S):

- Able to read and communicate in Malay/English
- Basic OSH understanding recommended

TOPIC(S):

1. Overview of OSHA 1994 & OSHA Amendment 2022
2. Duties of Employers, Employees & Self-Employed Persons
3. DOSH Roles, Powers & Enforcement
4. Key Regulations (USECHH, Noise, CLASS, ICOP)
5. Safety and Health Committee Requirements
6. Permit-to-Work (PTW) & Control of Hazardous Activities
7. Risk Assessment (HIRARC) & Control Measures
8. Documentation, Reporting & Record-Keeping
9. Penalties & Non-Compliance
10. Case Studies & Compliance Scenarios

LIST OF REFERENCE BOOK(S):

- OSHA 1994
- OSHA (Amendment) Act 2022
- USECHH Regulations 2000
- Noise Exposure Regulations 2019
- CLASS Regulations 2013
- DOSH Guidelines & ICOPs
- ISO 45001 (Legal & Other Requirements)

LIST OF TEACHING AID(S):

- LCD projector
- Legal reference extracts
- Checklists and forms
- Flip chart / whiteboard

METHODOLOGY(S):

- Lecture
- Case Studies
- Group Discussions
- Practical Compliance Exercises

TRAINING SCHEDULE

Day 1

Time	Activity / Topic
8:30 am – 9:00 am	Registration & Introduction
9:00 am – 10:15 am	Topic 1: Overview of OSHA 1994 & OSHA Amendment 2022
10:15 am – 10:30 am	Morning Tea Break
10:30 am – 12:30 pm	Topic 2: Duties of Employers, Employees & Self-Employed
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 3:30 pm	Topic 3: Roles, Powers & Enforcement by DOSH
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Topic 4: Key Regulations Under OSHA (USECHH, Noise, CLASS, ICOP)

Day 2

Time	Activity / Topic
8:30 am – 9:00 am	Recap of Day 1
9:00 am – 10:15 am	Topic 5: Safety & Health Committee Requirements
10:15 am – 10:30 am	Morning Tea Break
10:30 am – 12:30 pm	Topic 6: Permit-to-Work & Control of Hazardous Activities
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 3:30 pm	Topic 7: Risk Assessment (HIRARC) & Control Measures
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Topic 8–10: Documentation, Penalties & Case Studies