



OCCUPATIONAL SAFETY AND HEALTH FOR CONSTRUCTION PERSONNEL 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 and Health for Construction Personnel Training

Course Validity: 3 Days

Validity: Not Applicable

HRD Corp Scheme: Claimable

INTRODUCTION:

This training provides construction personnel with the essential knowledge and competencies required to work safely on construction sites. The programme covers legal requirements, construction hazard identification, safe work practices, machinery and equipment safety, working at height, excavation safety, lifting operations, traffic management and emergency response. The training incorporates interactive and practical elements aligned with OSHA 1994 (Amendment 2022), CIDB requirements, DOSH regulations and ISO 45001, ensuring a safer, more compliant and productive construction environment.

OBJECTIVE(S):

- Understand OSH roles and responsibilities in construction activities.
- Recognize key hazards and apply risk control measures.
- Comply with OSHA 1994, OSHA Amendment 2022, CIDB & DOSH regulations.
- Apply safe systems of work for high-risk activities.
- Use PPE and engineering controls effectively.
- Identify unsafe conditions, conduct basic inspections and report hazards.
- Strengthen emergency preparedness at construction sites.
- Promote a strong safety culture among construction workers and supervisors.

TARGET GROUP(S):

- Construction Workers
- Site Supervisors & Site Safety Supervisors (SSS)
- Safety and Health Committee Members
- Engineers, Technicians & Skilled Workers
- Project Managers & Coordinators
- Contractors and Subcontractors
- Any personnel involved in construction operations

ENTRY REQUIREMENT(S):

- Able to read and communicate in Malay/English
- Basic understanding of construction operations recommended

TOPIC(S):

1. Introduction to Construction OSH Requirements
2. OSHA 1994, OSHA Amendment 2022 & CIDB Regulations
3. Construction Site Hazard Identification & Risk Assessment
4. PPE, Safety Signage & Site Access Control
5. Working at Height Safety & Fall Protection
6. Scaffolding, Ladders & Platform Safety
7. Machinery, Tools & Equipment Safety in Construction
8. Electrical Safety, LOTO & Temporary Wiring
9. Excavation, Trenching & Confined Space Considerations
10. Lifting Operations, Cranes & Rigging Safety
11. Traffic & Vehicle Management at Construction Sites
12. Housekeeping, Chemical Handling & Fire Safety
13. Emergency Response, First Aid & Incident Reporting

LIST OF REFERENCE BOOK(S):

- OSHA 1994 & OSHA (Amendment) Act 2022
- CIDB Construction Industry Standards
- DOSH Guidelines for Construction Safety
- Industry Code of Practice for Working at Height
- ISO 45001:2018 (Operational Controls for Construction Activities)

LIST OF TEACHING AID(S):

- LCD projector
- Construction equipment visuals
- PPE samples (helmets, harness, vests, gloves)
- Sample forms (HIRARC, permit-to-work, inspection checklists)
- Flip chart / whiteboard

METHODOLOGY(S):

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

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 Construction OSH Requirements
10:15 am – 10:30 am	Morning Tea Break
10:30 am – 12:30 pm	Topic 2: OSHA 1994, OSHA Amendment 2022 & CIDB Regulations
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 3:30 pm	Topic 3: Construction Hazard Identification & Risk Assessment
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Topic 4: PPE, Site Access & Safety Signage

Day 2

Time	Activity / Topic
8:30 am – 9:00 am	Recap of Day 1
9:00 am – 10:15 am	Topic 5: Working at Height Safety & Fall Protection
10:15 am – 10:30 am	Morning Tea Break
10:30 am – 12:30 pm	Topic 6: Scaffolding, Ladders & Platform Safety
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 3:30 pm	Topic 7: Machinery, Tools & Equipment Safety
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Topic 8: Electrical Safety & LOTO for Construction

Day 3

Time	Activity / Topic
8:30 am – 9:00 am	Recap of Day 2
9:00 am – 10:15 am	Topic 9: Excavation, Trenching & Confined Space Basics
10:15 am – 10:30 am	Morning Tea Break
10:30 am – 12:30 pm	Topic 10: Lifting Operations, Cranes & Rigging Safety
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 3:30 pm	Topic 11: Traffic Management & Site Vehicle Safety
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Topic 12–14: Fire Safety, Emergency Response & Practical Demonstrations