



## **WATER SAFETY RESPONDER 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:** Water Safety Responder Training

**Course Validity:** 2 Days

**Validity:** Not Applicable

**HRD Corp Scheme:** Claimable

### **INTRODUCTION:**

This training provides participants with essential knowledge and hands-on skills required to respond effectively to water-related emergencies in workplace or outdoor environments. The programme covers water hazard identification, risk assessment, rescue techniques, use of water safety equipment, victim approach and recovery, and emergency action planning. Participants will engage in interactive learning, demonstrations and practical drills aligned with workplace safety requirements and recognized water safety standards.

### **OBJECTIVE(S):**

- Understand water hazards and associated risks in various environments.
- Perform basic water safety assessment and preventive measures.
- Use water safety and rescue equipment correctly.
- Apply safe and effective water rescue techniques.
- Respond to drowning incidents and aquatic emergencies.
- Perform safe victim approach, support and extraction.
- Communicate and coordinate during water rescue operations.
- Strengthen readiness through scenario-based practice.

**TARGET GROUP(S):**

- Emergency Response Team (ERT)
- Lifeguards & Water Activity Supervisors
- Resort, hotel, theme park & recreational staff
- Safety & Security Personnel
- Workplace responders near ponds, tanks, basins, rivers or coastal sites
- Community responders & volunteers

**ENTRY REQUIREMENT(S):**

- Able to read and communicate in Malay/English
- Basic swimming ability recommended

**TOPIC(S):**

1. Introduction to Water Safety & Hazard Identification
2. Types of Water Environments & Risk Factors
3. Legal, Safety & Organisational Requirements
4. Water Safety Equipment: Types, Functions & Usage
5. Water Rescue Techniques (Reach, Throw, Wade, Row Assistance)
6. Safe Victim Approach, Contact & Stabilisation
7. Drowning Recognition & Emergency First Response
8. Communication, Coordination & Incident Management
9. Water Safety Emergency Planning
10. Practical Drills, Simulations & Case Studies

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

- OSHA 1994 & OSHA (Amendment) Act 2022
- DOSH Guidelines on Emergency Preparedness
- Water Safety Guidelines (International & Local Standards)
- ISO 45001:2018 (Emergency Response Clause)

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

- LCD projector
- Rescue equipment (floatation devices, throw bags, poles)
- First aid kit
- Demonstration videos & scenario cards
- Flip chart / whiteboard

**METHODOLOGY(S):**

- Interactive lecture
- Group discussion
- Demonstrations
- Practical drills
- 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 Water Safety & Hazards
10:15 am – 10:30 am	<b>Morning Tea Break</b>
10:30 am – 12:30 pm	Topic 2: Water Environments, Risks & Safety Requirements
12:30 pm – 1:30 pm	<b>Lunch Break</b>
1:30 pm – 3:30 pm	Topic 3–4: Water Safety Equipment & Handling Techniques
3:30 pm – 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm – 5:00 pm	Topic 5: Water Rescue Techniques (Reach, Throw, Wade)

## Day 2

Time	Activity / Topic
8:30 am – 9:00 am	Recap of Day 1
9:00 am – 10:15 am	Topic 6: Victim Approach, Contact & Safe Handling
10:15 am – 10:30 am	<b>Morning Tea Break</b>
10:30 am – 12:30 pm	Topic 7: Drowning Recognition & Emergency First Response
12:30 pm – 1:30 pm	<b>Lunch Break</b>
1:30 pm – 3:30 pm	Topic 8–9: Communication, Rescue Coordination & Emergency Planning
3:30 pm – 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm – 5:00 pm	Topic 10: Practical Drills, Simulations & Final Review