



## **SOLID WASTE & RESOURCE RECOVERY 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:** Solid Waste & Resource Recovery Training

**Course Validity:** 2 Days

**Validity:** Not Applicable

**HRD Corp Scheme:** Claimable

## **INTRODUCTION**

This training provides participants with foundational knowledge of solid waste management, waste minimisation strategies and resource recovery approaches. It introduces waste classifications, environmental impacts, compliance requirements and practical methods for reducing, reusing and recovering materials. The course strengthens understanding of sustainable waste systems and promotes resource-efficient operations.

## **OBJECTIVE(S):**

- Understand solid waste types, sources and environmental impacts
- Learn waste minimisation principles and 3R practices
- Strengthen knowledge of resource recovery and recycling processes
- Understand regulatory requirements and compliance obligations
- Learn monitoring, documentation and waste reporting basics
- Promote sustainable waste management and circular economy practices
- Support organisations in improving waste performance and efficiency

**TARGET GROUP(S):**

- Environmental, EHS and sustainability teams
- Facility, production and warehouse personnel
- Waste management handlers and coordinators
- Local authorities and service operators
- Organisations aiming to improve waste performance

**ENTRY REQUIREMENT(S):**

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

**TOPIC(S):**

1. Introduction to Solid Waste Types, Sources and Impacts
2. Waste Classification, Segregation and Handling Requirements
3. Waste Minimisation Strategies and 3R Approaches
4. Resource Recovery, Recycling and Reprocessing Concepts
5. Collection Systems, Storage Practices and Waste Flow Control
6. Regulatory, Reporting and Compliance Requirements
7. Monitoring, Documentation and Waste Data Management
8. Sustainable Waste Solutions and Circular Economy Best Practices

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

- DOE Malaysia Solid Waste & Environmental Guidelines
- Waste Management & 3R Manuals
- Resource Recovery & Recycling References
- Circular Economy & Sustainable Waste Management Guides

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

- LCD projector
- Computer
- Whiteboard with accessories

**METHODOLOGY(S):**

- Lecture
- Case studies
- Group discussions
- Demonstrations
- Practical waste segregation and assessment exercises

## TRAINING SCHEDULE

### Day 1

Time	Activity / Topic
8:30 am – 9:00 am	Registration and Introduction
9:00 am – 9:45 am	Topic 1: Solid Waste Types, Sources & Impacts
9:45 am – 10:30 am	Topic 2: Waste Classification & Handling
10:30 am – 10:45 am	<b>Morning Tea Break</b>
10:45 am – 11:30 am	Topic 3: Waste Minimisation & 3R Approaches
11:30 am – 12:30 pm	Topic 4: Resource Recovery & Recycling
12:30 pm – 1:30 pm	<b>Lunch Break</b>
1:30 pm – 2:30 pm	Demonstration: Waste Segregation Practical
2:30 pm – 3:30 pm	Case Study: Waste Stream Mapping
3:30 pm – 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm – 5:00 pm	Workshop: Identifying Waste Reduction Opportunities

## TRAINING SCHEDULE

### Day 2

Time	Activity / Topic
8:30 am – 9:00 am	Recap of Day 1 & Q&A
9:00 am – 9:45 am	Topic 5: Collection Systems & Waste Flow Control
9:45 am – 10:30 am	Topic 6: Regulatory & Compliance Requirements
10:30 am – 10:45 am	<b>Morning Tea Break</b>
10:45 am – 11:30 am	Topic 7: Monitoring, Documentation & Waste Data
11:30 am – 12:30 pm	Practical: Waste Data Review & Reporting
12:30 pm – 1:30 pm	<b>Lunch Break</b>
1:30 pm – 2:30 pm	Topic 8: Sustainable Waste Solutions & Circular Economy
2:30 pm – 3:30 pm	Group Exercise: Resource Recovery Improvement Plan
3:30 pm – 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm – 5:00 pm	Final Review, Q&A & Closing