



## WORKING AT HEIGHT (WAH) AWARENESS 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:** Working at Height (WAH) Awareness Training

**Course Validity:** 1 Day

**Validity:** Not Applicable

**HRD Corp Scheme:** Claimable

## **INTRODUCTION**

This 1-day awareness training program is designed to provide participants with fundamental knowledge about the risks and safety measures associated with working at height. The course focuses on recognizing hazards, understanding fall protection systems, and promoting safe work practices to minimize incidents in elevated work environments.

## **OBJECTIVE(S):**

- Understand the importance and principles of working at height safety.
- Learn to identify hazards associated with working at height.
- Gain awareness of fall protection systems and their applications.
- Promote safe practices for working at height.
- Enhance awareness of legal and regulatory requirements.

## **TARGET GROUP(S):**

- Employees performing tasks at height.
- Supervisors and safety officers.
- Maintenance and construction personnel.
- General employees requiring awareness of height-related risks.

**ENTRY REQUIREMENT(S):**

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

**TOPIC(S):**

1. Introduction to Working at Height and Its Importance.
2. Hazards and Risks Associated with Working at Height.
3. Overview of Fall Protection Systems and Equipment.
4. Safe Practices and Procedures for Working at Height.
5. Legal and Regulatory Requirements for Working at Height.

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

- Occupational Safety and Health Act (OSHA) Guidelines for Working at Height.
- Fall Protection Standards and Regulations.

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

- LCD projector and computer.
- Fall protection equipment (harness, lanyards, etc.) for demonstration.
- Whiteboard with accessories.

**METHODOLOGY(S):**

- Lecture.
- Group discussions.
- Demonstration of fall protection equipment.
- Case studies on height-related incidents.

## TRAINING SCHEDULE

### Day 1

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 9:45 am	Topic 1: Introduction to Working at Height and Its Importance
9:45 am - 10:30 am	Topic 2: Hazards and Risks Associated with Working at Height
10:30 am - 10:45 am	<b>Morning Tea Break</b>
10:45 am - 11:30 pm	Topic 3: Overview of Fall Protection Systems and Equipment
11;30 am - 12:30 pm	Topic 4: Safe Practices and Procedures for Working at Height
12:30 pm - 1:30 pm	<b>Lunch Break</b>
1:30 pm - 2:30 pm	Topic 5: Legal and Regulatory Requirements for Working at Height
2:30 pm -4:30 pm	Practical Demonstration: Fall Protection Equipment and Safety Tips
4:30 pm - 4:45 pm	<b>Afternoon Tea Break</b>
4:45 pm - 5:00 pm	Closing, Feedback, and Certificate Distribution

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