



RESOURCE EFFICIENCY & WASTE MINIMISATION 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: Resource Efficiency & Waste Minimisation Training

Course Validity: 2 Days

Validity: Not Applicable

HRD Corp Scheme: Claimable

INTRODUCTION

This training provides participants with practical knowledge and structured approaches to improve resource utilisation and minimise waste across operational activities. It highlights efficiency gaps, waste hotspots and cost-saving opportunities through measurement tools, optimisation methods and recognised best practices. Participants will learn how to analyse waste streams, track resource usage, identify reduction opportunities and develop improvement plans aligned with sustainability and regulatory requirements.

OBJECTIVE(S):

- Understand key concepts of resource efficiency and waste minimisation
- Learn to identify waste streams, inefficiencies and hotspots
- Strengthen skills in waste measurement and monitoring
- Apply proven strategies to reduce waste in operations
- Improve compliance with environmental obligations
- Support implementation of sustainable resource practices
- Enhance capability for continuous improvement
- Contribute to long-term cost savings and operational optimisation

TARGET GROUP(S):

- ESG and sustainability teams
- Environmental & HSE personnel
- Operations, production & process improvement teams
- Warehouse, logistics & facility staff
- Organisations seeking efficiency and cost reduction

ENTRY REQUIREMENT(S):

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

TOPIC(S):

1. Introduction to Resource Efficiency Concepts & Principles
2. Identifying Waste Streams, Sources and Hotspots
3. Measurement Tools, Waste Profiling & Monitoring Methods
4. Waste Minimisation Techniques & Best Practices
5. Lean Approaches for Resource Use Optimisation
6. Environmental Compliance Requirements
7. Circular Economy Strategies & Material Recovery Options
8. Developing Resource Efficiency Action Plans

LIST OF REFERENCE BOOK(S):

- ISO 14001:2015 Environmental Management System Guidelines
- Waste Minimisation & Resource Efficiency Best Practice Manuals
- Circular Economy & Sustainable Resource Use References
- Environmental Compliance & Waste Management Guidelines

LIST OF TEACHING AID(S):

- LCD projector
- Computer
- Whiteboard with accessories

METHODOLOGY(S):

- Lecture
- Case studies
- Group discussions
- Waste-mapping exercises
- Practical assessment workshops

TRAINING SCHEDULE

Day 1

Time	Activity / Topic
8:30 am – 9:00 am	Registration and Introduction
9:00 am – 9:45 am	Topic 1: Resource Efficiency Concepts & Principles
9:45 am – 10:30 am	Topic 2: Identifying Waste Streams & Hotspots
10:30 am – 10:45 am	Morning Tea Break
10:45 am – 11:30 am	Topic 3: Measurement Tools & Waste Profiling
11:30 am – 12:30 pm	Topic 4: Waste Minimisation Techniques
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 2:30 pm	Case Study: Operational Waste Reduction Applications
2:30 pm – 3:30 pm	Workshop: Waste Mapping & Material Flow Analysis
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Practical Exercise: Identifying 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: Lean Approaches for Resource Optimisation
9:45 am – 10:30 am	Topic 6: Environmental Compliance Requirements
10:30 am – 10:45 am	Morning Tea Break
10:45 am – 11:30 am	Topic 7: Circular Economy & Recovery Opportunities
11:30 am – 12:30 pm	Practical: Analysing Waste & Resource Data
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 2:30 pm	Topic 8: Developing Resource Efficiency Action Plans
2:30 pm – 3:30 pm	Group Exercise: Improvement Plan Development
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Final Review, Q&A & Closing