

Course Outline

Title of Program : WORKING AT HEIGHT

About the Course

Falling from height is one of the most frequent incident happened in construction as well as in oil and gas industry. About one third of falling from height incident end up in fatality cases. The root cause of falling from height incidents is mostly due to lack of safety knowledge and skill when working at height. Thus, this course is focusing to develop the worker's safety knowledge and skill when working at height and preventing accident at workplace.

Outcome of the Course

Upon completion of this program, participants will be able to:

- 1) Describe the responsibilities of employer and employees for working at height activity as well as at the workplace
- 2) Identify the hazards when working at height
- 3) Identify the right PPE for working at height
- 4) Safe techniques for working at height

Who Should Attend :

- 1) Managers/Executives
- 1) Safety and Health Officers
- 2) OSH Practitioners
- 3) Safety and Health Committee Member
- 4) Supervisors
- 5) All workers who work at height

Tentative

Program: Day 1

TIME	HOURS	TOPIC
0900 – 0915	0.25	Overview of the Course
0915 – 1015	1.0	Legislation <ul style="list-style-type: none">• OSHA 1994• FMA 1967 (BOWEC)
1015 – 1030	0.25	Tea Break
1030 – 1245	2.25	Overview of Hazard on Working at Height/Tower Operations, Hazard Identification, Risk Assessment and Risk Control
1300 – 1400	<i>1.0</i>	<i>Lunch</i>
1400 - 1515	1.25	Operational Procedure and PPE <ul style="list-style-type: none">• Working Attire• PPE Familiarization• Pre-work Procedures
1530 – 1545	0.25	Tea Break
1545 – 1715	1.5	<ul style="list-style-type: none">• PPE Utilization• Keep & Care of equipment

Day 2

TIME	HOURS	TOPIC
0900 – 1030	1.5	Introduction to Equipment /PPE • Activity session overview • Belt and Full body Harness Comparison • Knots and Application • Temporary Anchor • Basic Hauling Techniques • Stretching & Warm-up
1030– 1045	0.25	Tea Break
1045 – 1300	2.25	Practical for tower operation & Rescue – Individual
1300 – 1400	1.0	<i>Lunch</i>
1400 – 1530	1.0	• Practical for Tower Operation & Rescue – Individual (tinue & Evaluation)
1530 – 1545	0.25	Tea Break
1545 – 1645	1.0	Continuation
1645 – 1715	0.5	• Q&A Review • Evaluation and Closing

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