

## INTRODUCTION

Work at height awareness training is a training designed to provide workers with the knowledge and skills necessary to safely work at heights. This type of training is essential for workers who are required to work at height, such as those who work on scaffolding, ladders, or roofs.

## OBJECTIVE

### Participants will be benefit by being able to:

- Understanding the risks and hazards associated with working at height, and the importance of risk assessments.
- Knowing the legal requirements and regulations related to working at height in the specific industry
- Identifying and selecting appropriate equipment for working at height
- Knowing the safe work procedures for working at height, including accessing heights safely, maintaining a safe working area, and controlling access to the area below.

## COURSE CONTENTS

### Introduction

- Introduction to Work at Height
- Overview of the risks and hazards associated with working at height.
- OSHA legal requirements and regulations, FMA

### Risk Assessment

- Identify, assess and control the risks associated with working at height.

### Equipment selection & inspection

- Selection and use of appropriate equipment for working at height
- Pre-inspection of equipment for Work at height
- Work at Height Procedures
- Rescue planning for working at height

### Work at height procedure & rescue planning

### Practical

- Practical Demonstrations
- Work at height practical session

### Assessment & Evaluation

- Group Assessment & Evaluation

## CERTIFICATION

Certificate of Attendance

## TARGET GROUP

Workers who are required to work at height in their job  
**Maximum 15 pax per group**

## METHODOLOGY

Theory Presentation

Group Discussion

Hands on practical

HRDF SBL-KHAS  
Claimable



## ABOUT SPEAKER

### Trainer:

DEVISEN RAJANATHAN (HRD Corp Registered Trainer / HSE Practitioner )

### Education

Executive Master in Health, Safety and Environment (UMP)  
Executive Diploma in Health, Safety and Environment (OUM)

### Qualification

- HRD Corp Certified Trainer & Competent Safety and Health Officer (DOSHS)
- Over 25 years of experience in Health, Safety & Environment (HSE) across multiple industries
- Certified in various safety competencies including NEBOSH, ISO 45001, Working at Height, Forklift Handling & HIRARC
- Extensive experience in consultancy, audit, accident investigation and OSH management system implementation
- Conducted training and consultancy for major industries including manufacturing, plantation, construction, logistics and healthcare

## FOR MORE DETAIL, PLEASE CONTACT

### YN Safety and Health Consultancy Services

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Other Safety and Health Consultancy Services are provided. Please contact to get more details.