

INTRODUCTION

Working at height involves significant risks that can lead to serious injury or fatal accidents if not properly managed. This training provides essential knowledge and practical skills to ensure safe working practices at height, including hazard identification, risk assessment, proper use of equipment and emergency procedures.

OBJECTIVE

Participants will be benefit by being able to:

- Understand risks and hazards associated with working at height
- Comply with legal requirements and safety regulations
- Identify and select appropriate equipment for work at height
- Apply safe work procedures and control measures
- Perform basic rescue and emergency response procedures

COURSE CONTENTS

Introduction & Legal Requirements

- Introduction to work at height
- Risks and hazards at height
- OSHA 1994 & FMA 1967
- Relevant standards and requirements

Risk Assessment & Control

- Hazard identification and risk assessment
- Working at height principles
- Fall factor and risk control measures
- Safe system of work

Equipment & Safe Work Practices

- Selection and inspection of equipment (ladder, scaffold, fall protection)
- PPE usage (harness, helmet, lanyard)
- Preparing safe work area and access control
- Safe climbing, descending and ladder usage

Theory and Practical Exam

- Written Assessment
- Practical Assessment

CERTIFICATION

Certificate of Achievement + Certified Card (valid 2 years)

TARGET GROUP

- Workers working at height
- Technicians/Site workers
- Construction/Maintenance personnel
- * **Maximum 20 pax per group**

METHODOLOGY

Theory Presentation

Group Discussion

Theory & Practical Assessment

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 (DOSH)
- 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.