

Basic Work-At-Height (WAH) Course

Course Duration: 2-day; Instructor-led

Time Schedule: 9am-5pm

Lunch: 1:00pm- 2:00pm

Morning Tea-break: 10:30am-10:45am

Afternoon Tea-break: 3:30pm -3:45pm

OVERVIEW

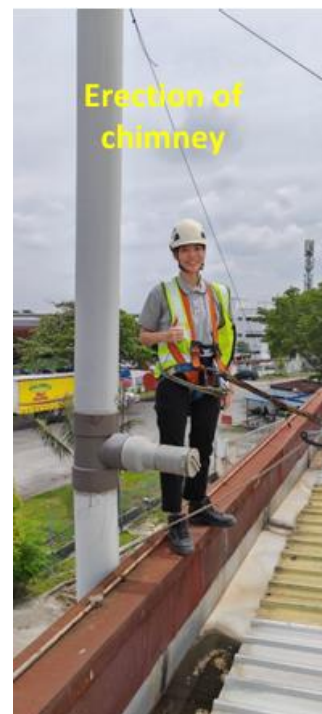
This Two-Day Basic Work-At-Height (WAH) Course is suitable for all construction workers, factory employees, engineers, contractors and maintenance staff who has absolute ZERO TO LITTLE knowledge of working at height. This course teaches the inherent dangers of Working at Height (WAH), legislation surrounding WAH, history of WAH, equipment and techniques. The second day of the course is a full day practical session where Participants will don various safety harnesses and fittings and conduct WAH exercises.

LEARNING OUTCOME

Participants will learn the history, legislation and guidelines surrounding WAH, hazards from fall from height, types of safety harnesses, lanyards, techniques for safe WAH. Of utmost importance is the Occupational Safety and Health Act (OSHA) 2022 Amendment (effective 1st June 2024) where participants will learn the key differences and enhancements over the principal Act of 1994. In addition, participants will understand the types of safety harnesses, various fittings and techniques for proper anchoring to ensure safe WAH. Most importantly, participants will be exposed to actual and practical work at height experience involving climbing a monkey ladder, temporary work platform and even a skylift to reach 12 metres in height. All participants who have attended both the morning and afternoon sessions for both days will be awarded a Certificate of Participation each. Upon completion participants are encouraged to attend our Two-Day Intermediate WAH Course (Basic Rope Access and Lifelines), and Two Day Advanced WAH Course (Rescue).

METHODOLOGY

- Theory
- Images and Video presentation
- Display and demonstration of various PPEs
- Practical
- Case studies



COURSE OUTLINE

Day 1

Morning Session

- Introduction
- Occupational Safety and Health Act 1994 + 2022A
- Duties and responsibilities of employer and employees
- Three entities not covered under OSHA 2022A
- Right of employees to withdraw from conducting hazardous works
- Prohibition of employers from taking action against employees
- Enhanced Penalties
- Safety Health and Welfare Regulations 1970
- Draft Work-At-Height Regulations 20??
- NADOPOD (Notification of Accident, Dangerous Occurrence, Occupational Poisoning and Occupational Disease) Regulations 2004
- CIDB Construction Industry Standard CIS 15:2019 – Guidelines on Prevention of Fall at Construction Site
- Prescribed fall distance in Malaysia and in various countries.

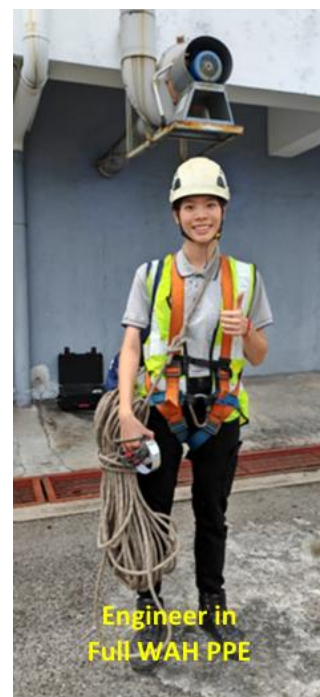
Afternoon Session

- General Principles of Prevention
- Definition & History of WAH
- Personal Fall Protection System
- Work Restraint & Work Positioning System
- Effects from Fall from height
- Accidents and Incidents
- Unsafe work locations
- Fragile surfaces, soft ground, near edge, tipping hazard, tripping hazard etc.
- Types of Safety Harnesses
- Types of anchoring hooks
- Lanyards and Carabiners
- Types of Work Platforms
- Basic Techniques of donning – demonstration.
- Selecting suitable anchoring points
- Anchoring techniques, direct and loop.
- Quiz & End of Day 1

Day 2

Morning Session

- Review of yesterday's training
- OSHA 1994 (2022A)
- Safety Health and Welfare Regulations 1970



- NADOPOD (Notification of Accident, Dangerous Occurrence, Occupational Poisoning and Occupational Disease) Regulations 2004
- CIDB Construction Industry Standard CIS 15:2019 – Guidelines on Prevention of Fall at Construction Site
- Wearing helmets, safety shoes and work gloves.
- Practical Donning of Safety Harness at own pace
- Practical Donning of Suspension Harness at own pace
- Fall Arrest Harness – each participant wear 5 times at 25 seconds or less
- Suspension Harness – each participant wear 5 times at 45 seconds or less
- Why double lanyard?
- Attach to front or rear?
- Skylift and their parts.

Afternoon Session

- Identify parts of temporary work platform
- Erection of temporary work platform and vertical monkey ladder
- Barricading and signposting.
- Proper emotional attitude and behaviour before climbing.
- Proper methodology of climbing monkey ladder
- Accessing a temporary work platform.
- Anchoring and securing
- Proceed to skylift parked outside and check:
- Physical Condition (use a checklist)
- Certificate of Fitness (Sijil Perakuan Kelayakan)
- Certificate of competency of operator
- Barricading and signposting.
- Identify major parts of the skylift.
- Calm down, take deep breath and bravely access the skyiift platform.
- Raising and controlling skylift to reach building roof, then descend.
- Q&A Session
- End of course

