



BASIC WORKING AT HEIGHT

SABAH SKILLS & TECHNOLOGY CENTRE

INTRODUCTION

80% works in the constructions industry is working at height it's either worked on ladder, roof top, platform, scaffolding or tower (transmission / communication). Statistic shows that higher rates of fatalities and casualties come from these activities hence on WAH training programmed is to prevent from major accident and to educated skill workers.

LEARNING OBJECTIVES

Upon completion of this programmed, the participants will be able to:

- Describe the responsibilities of both employers and employees towards OSH at the workplace.
- Identify workplace hazards on tower operation.
- Select the appropriate steps to provide a safe working environment.
- Select type of fall preventions equipment.

COURSE CONTENTS

- Legislation
- Overview hazard working at tower, roof top, scaffolding. (HIRARC)
- Operations procedure and PPE
- Familiarizations of Equipment and care of equipment.
- Anchorage and knots.

WHO SHOULD ATTEND

All groups involved in working at height.

METHODOLOGY

Lecture and Practical.

RESOURCE PERSON

Robert Lingga Anak Mangge is currently a trainer for MSTs Asia. He start his career with Fire & Rescue Department, as an Operation Officer and he moves on his passion on training with RDI training consultancy, Bintulu where he been appoint to be Senior Fire Fighting Trainer. He join Rotary Mec (M) Sdn Bhd as Safety Supervisor & Environmental and a First Aider. Robert has been involved in various project that required him to in charge and monitoring process, among the project were with Petra Resources Sdn Bhd, Malaysian China Hydro (Sime Darby) Joint-Venture, Bakun Hydro and many more.

Duration

2 Days

SSTC Member

RM 901.00

Non SSTC Member

RM 954.00

FSI's Member

RM 927.50

Fee is inclusive of refreshment, lunch, course materials and certificate of attendance

*Rates inclusive of 6% GST

Sabah Skills & Technology Centre

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