

OSH COORDINATOR TRAINING (OSH C)



Perintis OSH Sdn Bhd



3-days



HRDC
Claimable



In-House



Introduction:

The OSH Coordinator plays a pivotal role in maintaining workplace safety and health compliance. This course equips participants with knowledge and practical skills to coordinate, implement, and monitor occupational safety and health (OSH) programs. Participants will understand workplace hazards, legal requirements, risk management, and safe work practices.

Training Methodology:

Lecture with visual aids, case studies, role play, practical exercises, group discussion, workplace assessment, and hands-on HIRARC exercises

Objectives:

- Understand the role and responsibilities of an OSH Coordinator
- Identify workplace hazards and assess risks
- Understand applicable OSH laws and compliance requirements
- Apply safety management practices in the workplace

Benefits:

- Gain practical knowledge to implement and monitor OSH programs effectively
- Learn to identify hazards and perform risk assessments
- Understand regulatory requirements and reporting obligations
- Promote a culture of workplace safety and health



Course Outline

Challenges and Realities of OSH in the Workplace

- Workplace OSH challenges and real-life scenarios

Fundamentals of OSH Legislation

- Overview of OSH laws and regulations
- Compliance responsibilities for employers and employees

Fundamentals of OSH Management in the Workplace

- Implementation of OSH management systems
- Roles and responsibilities in OSH management

Chemical Management

- Safe handling, storage, and disposal of chemicals
- Hazard communication

Introduction to Occupational Diseases

- Common occupational diseases
- Risk factors and preventive measures

Introduction to Workplace Road Safety (WRRS)

- Road safety principles for workplace transport
- Vehicle operation and management

Course Outline

Hazard Identification, Risk Assessment, and Risk Control (HIRARC)

- Identifying workplace hazards
- Risk assessment and control measures

Practical HIRARC Training

- Hands-on exercises on hazard identification, risk assessment, and control planning

Handling and Storage of Materials

- Safe handling and storage practices for materials and substances

Workstation Design and Lighting

- Ergonomic workstation design
- Proper lighting for safety and productivity

Productive Machinery Safety

- Safe operation of machinery and equipment
- Preventive maintenance and machine guarding

Workplace Premises and Welfare Facilities

- Workplace facilities and welfare
- Amenities, hygiene, and safe environment

Contact Us :



+60 13-725-9122



info@perintosh.com



11-1 Jalan 2A/27A, Seksyen 1 Wangsa Maju, 53300 Kuala Lumpur