

WORKING AT HEIGHT TRAINING



Perintis OSH Sdn Bhd



1-day



HRDC
Claimable



In-House



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Introduction:

Working at height is one of the most high-risk activities in many industries. This course provides participants with the knowledge and practical skills to work safely at height, understand legal requirements, and use fall protection equipment correctly. Emphasis is placed on hazard identification, risk assessment, safe work procedures, and emergency response.

Training Methodology:

Lecture with visual aids, practical demonstrations, hands-on exercises, case studies, and group discussion

Objectives:

- Understand hazards associated with working at height
- Learn legal and regulatory requirements for work at height
- Identify risks and implement control measures
- Use fall protection equipment correctly
- Respond appropriately to emergencies at height

Benefits:

- Reduce the risk of falls and related injuries
- Learn safe work procedures and fall prevention strategies
- Gain hands-on experience with personal fall protection equipment (PFPE)
- Understand legal compliance for working at height
- Enhance workplace safety culture and awareness

Course Outline

Introduction to Working at Height

- Work at height overview, hazards, and legal responsibilities

Risk Assessment and Control Measures

- Height hazard identification, risk assessment, and control measures

Fall Protection Systems

- Fall protection equipment, safety systems, and proper usage

Safe Work Procedures

- Work planning, access control, and safe work practices

Emergency Response and Rescue

- Rescue planning, first aid, and emergency procedures

Practical Assessment

- Fall protection practice, hazard identification, and control discussion

Contact Us :



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