



# PREVENTING OSH RISK & IMPLEMENTING OSH PROGRAMME

**JANUARY 13-14, 2025 (MONDAY-TUESDAY)**  
**8.45AM – 5.00PM** FMM INSTITUTE, PERAK



Occupational Health & Safety has become a critical issue due to the fast development in the manufacturing and development Industries in our country. As such the Malaysian Government had taken the initiative of implementing Occupational Safety & Health Act 1994 to protect our workers. In 2022 the government further enhanced the OSH Act 1994.

The purpose of this program is to educate the Participants on meeting the requirements of the various Acts and Regulations with regards to Occupational Safety & Health and the actions the Management needs to take to the expectations of Employees and the Government with regards to Occupational Safety and Health.

## ....COURSE CONTENTS....

### Module 1;

1. General Safety
    - a. Hazard
    - b. Danger
    - c. Risk
    - d. Incident
    - e. Causes of Accidents
      - In Industries.
      - When commuting.
    - f. Behaviour Based Safety
      - Actions
      - Unsafe Actions.
      - Correcting the negative attitude or characters
- ❖ *Video Show 1 "It only takes a second to be safe"*

### Module 2

1. Brief History of Occupational Safety & Health Management.

2. Occupational Safety and Health Legislation with regards to Risk.

### Module 3

1. Management's Commitment on Preventing OSH Risk
    - a. Safety Policy
    - b. OSH Committee
    - c. OSH Coordinator / Safety Officer.
    - d. Workplace Inspection
  2. Identifying Workplace Hazard
    - a. Understanding the details of all category of Hazards.
    - b. Identifying all the different Hazards in all the work activities in the organisation.
- ❖ *Video Show 2 "Chemical Safety"*

3. Risk Assessment
  - a. Likelihood
  - b. Severity
4. Risk Assessment Stage 1: Stage 2
  - ❖ *Video Show 3 "Manual Handling"*
5. Risk Control

### Module 4

1. Implementation of OSH Program
    - a. Description of OSH Program.
    - b. OSH Awareness Program.
    - c. 7 core elements of a safety program.
    - d. 10 ways to get your program started
- ❖ *Video Show 4 "General Safety"*

## ...OBJECTIVES...

After attending this program, participants will be able to describe:

- Occupational Safety & Health's brief history.
- OS&H's Acts and Regulations with regards to OSH Risks.
- The steps the organization has to take to prevent OSH risks.
- Understanding OSH Programs, and implementing the program.

## ....WHO SHOULD ATTEND....

Safety & Health Management, SHO & Committee members / Operation Managers & Supervisors

## ....TRAINING METHODOLOGY....

Class Room / Notes / Videos / Workshop

## ....TRAINER....

**MR. ANBALAGAN RAMASAMY** holds a Bachelor of Science in Electrical and Electronics Engineering from Southern Pacific University, Certificate in Factory Management from Sanno Institute of Management, Japan. He is a Competent Occupational SH Officer registered with DOSH and an Ergonomic Trained Person. He is also a Certified Lead Assessor in ISO14001 and ISO 45001 and an OHSAS18001:2007 Lead Auditor. He has 32 years of working experience in areas such as Maintenance, Production, Human Resource, Training, EHS and Facilities and his last position was at the Managerial level. His career success includes setting up and facilitating of Small Group Work Teams, Leading TPM Teams, Cost saving projects, Leading Preventive and Predictive Maintenance Teams in setting up Preventive and Predictive Maintenance System, assisted in ISO9001; TS16949; ISO14001; OHSAS18001 certification and recertification.

**MR. ANBALAGAN**, a certified trainer registered with PSMB has conducted numerous OSH related Public and In-House courses since 2005 in areas such as Chemical Safety, Forklift and Reach Truck Competency, Emergency Response, Fire Fighting, Ergonomics Risk Assessment, SH Committee, Safety Inspection, Electrical Safety, EMS, Schedule Waste, ISO 14001 and ISO 45001. In the past, he has conducted courses for organizations such as CS Opto, Mineba Electrical, Jabil, Dorsett Regency Hotel, Molex, Mattel, Southern Steel, Swiss Profile, Robert Bosch, United Sweetheart, Maestro Swiss, Oriental Summit, Agilent, Berjaya Hotel, Amphenol TCS, Hume Cement, Shangri-La Group, Muda Paper Mill, GS Paper & Packaging, Sony Electronics and many others. In addition, his Training expertise includes Environmental, OSH Legislations, HIRARC, Machine Safety, PPE, Warehouse Safety, Accident Investigation and OHSAS 18001.

## ....COURSE DETAILS....

Date **January 13-14, 2025 (Monday-Tuesday)**

Time **8.45am - 5.00pm**

Venue **FMM Institute Perak**

**No 1, Lorong Raja DiHilir, 30350 Ipoh, Perak**

Medium of Instruction **English**

CPD: **14 hours**

Fees  **Members RM1,134.00/pax**

**Non-Members RM1,296.00/pax**

*(Fees inclusive of Service Tax at 8%, Course Materials, Refreshment, Lunch and Certificate of Attendance)*

## ....ADMINISTRATIVE DETAILS....

### HRD CORP CLAIMABLE COURSE DETAILS

- Training Provider: **FMM Institute Perak** ■ MyCoID : **475427W\_PERAK**
- HRD Corp Programme No: **Provided upon confirmation**

### DISCLAIMER

The FMM Institute reserves the right to change the facilitator, date and to vary / cancel the course should unavoidable circumstances arise. All efforts will be taken to inform participants of the changes.

### REGISTRATION

- Upon **Faxing/Mailing** the completed **Registration Form** to FMM Institute, you are **deemed** to have read and **accepted** the terms and conditions. The **course** would also be **deemed** as **confirmed** unless informed otherwise.
- Will be based on **First-Come-First served** basis.

### PAYMENT

- Cheques** made in favour of "**FMM Institute**" should be forwarded to FMM Institute Perak.
- For **HRD Corp Claimable Course**, an **Attendance of 100%** is a **must**, in any case, **employers will be billed in full**
- FMM Institute SST Registration No. **W10-1901-32000105**

### CANCELLATION

Must be in Writing with Reasons ■ 7 days before the course – No payment charged ■ 3 – 6 days before the course - 50% payment charged ■ < 3 days before the course – Full payment charged ■ Participants who did not turn-up will be charged full payment ■ Replacements can be accepted at no additional cost

~ Registration Form ~

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FMM Institute

No 1, Lorong Raja DiHilir, 30350 Ipoh, Perak

Fax: 05-5488221

**Closing Date:**  
**JANUARY 6, 2025**

Dear Sir / Madam, please register the following participant(s) for the above programme.

1.	Name		Designation	
	NRIC		HP No	
2.	Name		Designation	
	NRIC		HP No	
3.	Name		Designation	
	NRIC		HP No	

*(Please attach a separate list if space is insufficient)*

We hereby confirmed that *(Please tick (✓) in appropriate box):-*

- We **will be claiming from HRD Corp** and full payment would made to FMM Institute in the event that no disbursement from HRD Corp under any circumstances
- We will **NOT BE CLAIMING from HRD Corp**. Enclosed cheque/bank draft No \_\_\_\_\_ for RM \_\_\_\_\_ being payment for \_\_\_\_\_ participant(s) made in favour of the "**FMM Institute**".

Submitted by:

Name:	Designation:	
Company:	Tel:	Fax:
Address:		
Email:	FMM Membership No	