INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH
KURIKULUM KURSUS
COURSE CURRICULUM
TEL: 03 - 8911 3800 FAX: 03 - 8926 3900
URL: www.niosh.com.my

COURSE TITLE	: Site Safety Supervisor		
COURSE DURATION	: 10-day(s) / 80.00-hour(s)	**COURSE CODE**	: SSS
COURSE CATEGORY	: Competency	**COURSE LEVEL**	: Basic
HRD CORP SCHEME	: Claimable (1000182363)		
COURSE FEE	: RM1,458.00 (inclusive of 8% SST)		
EXAMINATION FEE	: RM350.00 (payable separately)		

1. OBJECTIVE(S):

At the end of the course, the participant will be able to:

i. Describe the OSH legislative requirements pertaining to construction site.
ii. Conduct the risk management at the workplace.
iii. Elaborate OSH requirements for site management.
iv. Be a competent Site Safety Supervisor (SSS).

2. TARGET GROUP(S):

i. Site Safety Supervisor.
ii. Site Foreman / Supervisor.
iii. Any interested parties.

3. ENTRY REQUIREMENT(S):

i. Malaysian citizen; **AND**
ii. Minimum LCE/ SRP/ PMR/ PT3 or equivalent

4. TOPIC(S):

i. Introduction of Site Safety Supervisor
ii. Legislation.
iii. OSH Management Systems.
iv. Occupational Safety – hazard and control measures
v. Occupational Health – hazard and control measures
vi. Site Visit.

5. LIST OF REFERENCE BOOK(S):

i. Occupational Safety and Health Act 1994.
ii. Introduction to Health and Safety in Construction, 5th edi. 2016.
iii. CDM Regulations, P.U. (A) 147/2024
iv. OSHCIM Guidelines 2017
v. ISO 45001

6. LIST OF TEACHING AID(S):

i. LCD projector.
ii. Computer.
iii. White board with accessories.
iv. Flip chart with accessories.

7. LIST OF CLASSROOM ACTIVITIES:

i. Lecture.
ii. Discussion.
iii. Presentation.
iv. Site visit.

Note: Participant is required to bring along Personal Protective Equipment (e.g. Safety Boot and Safety Helmet) during site visit session on Day 10.

COURSE TITLE: SITE SAFETY SUPERVISOR

DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 1000	1.50	**Part 1 Introduction**	
1000 - 1015	0.25	Morning break	
1015 - 1045	0.50	**Part 1 Introduction (Continuation)**	
1045 - 1145	1.00	**Part 2(A) Introduction to OSH Legislation**	
1145 – 1300	1.25	**Part 2(B) OSHA**	
1300 – 1400	1.00	Lunch	
1400 - 1530	1.50	**Part 2(B) OSHA (Continuation)**	
1530 – 1545	0.25	Afternoon break	
1545 - 1630	0.75	**Part 2(B) OSHA (Continuation)**	
1630 - 1800	1.50	**Part 2(C) Regulations under OSHA**	
	8.00	**END OF DAY ONE**	

DAY TWO

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 – 1000	1.50	**Part 2(C) Regulations under OSHA (Continuation)**	
1000 – 1015	0.25	Morning break	
1015 - 1245	2.50	**Part 2 (D) CDM Regulations**	
1245 – 1345	1.00	Lunch	
1345 - 1530	1.75	**Part 3(A) OSHMS Planning**	
1530 – 1545	0.25	Afternoon break	
1545 - 1600	0.25	**Part 3(A) OSHMS Planning (Continuation)**	
1600 - 1630	0.50	**Part 3(B) OSH Policy**	
1630 - 1800	1.50	**Part 3(C) OSH Management**	
1800	**8.00**	**END OF DAY TWO**	

DAY THREE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0900	0.50	**Part 3(C) OSH Management (Continuation)**	
0900 - 0930	0.50	**Part 3(D) Human and Behavior Factors**	
0930 - 1000	0.50	**Part 3(E) HIRARC**	
1000 - 1015	0.25	Morning break	
1015 - 1115	1.00	**Part 3(E) HIRARC (Continuation)**	
1115 - 1145	0.50	**Part 3(F) General Principles**	
1145 - 1245	1.00	**Part 3(G) SWP**	
1245 - 1300	0.25	**Part 3(H) PTW**	
1300 - 1400	1.00	Lunch	
1400 - 1415	0.25	**Part 3(H) PTW (Continuation)**	
1415 - 1515	1.00	**Part 3(I) Monitoring, Investigating & Record Keeping**	
1515 - 1530	0.25	**Part 3(J) Audit**	
1530 - 1545	0.25	Afternoon break	
1545 - 1600	0.25	**Part 3(J) Audit (Continuation)**	
1600 - 1800	2.00	**Part 4(A) Site Initial Planning**	
1800	**8.00**	**END OF DAY THREE**	

DAY FOUR

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.50	**Part 4(A) Site Initial Planning (Continuation)**	
1000 - 1015	0.25	Morning break	
1015 - 1045	0.50	**Part 4(A) Site Initial Planning (Continuation)**	
1045 - 1215	1.50	**Part 4(B) General Control**	
1215 - 1300	0.75	**Part 4(C) Welfare Provision**	
1300 – 1400	1.00	Lunch	
1400 – 1530	1.50	**Part 4(C) Welfare Provision (Continuation)**	
1530 - 1545	0.25	Afternoon break	
1545 – 1630	0.75	**Part 4(C) Welfare Provision (Continuation)**	
1630 - 1800	1.50	**Part 4(D) Vehicle and Plant Movement**	
1800	**8.00**	**END OF DAY FOUR**	

DAY FIVE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.50	**Part 4(D) Vehicle and Plant Movement (Continuation)**	
1000 - 1015	0.25	Morning break	
1015 - 1300	2.75	**Part 4(E) Work Equipment**	
1300 – 1400	1.00	Lunch	
1400 - 1415	0.25	**Part 4(E) Work Equipment (Continuation)**	
1415 - 1530	1.25	**Part 4(F) Electrical Safety**	
1530 – 1545	0.25	Afternoon break	
1545 -1730	1.75	**Part 4(F) Electrical Safety (Continuation)**	
1730 -1800	0.50	**Part 4(G) Fire Safety**	
1800	**8.00**	**END OF DAY FIVE**	

DAY SIX

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.50	**Part 4(G) Fire Safety (Continuation)**	
1000 – 1015	0.25	Morning break	
1015 - 1045	0.50	**Part 4(G) Fire Safety (Continuation)**	
1045 - 1300	2.25	**Part 4(H) Working at Height**	
1300 – 1400	1.00	Lunch	
1400 – 1530	1.50	**Part 4(H) Working at Height (Continuation)**	
1530 – 1545	0.25	Break	
1545 – 1600	0.25	**Part 4(H) Working at Height (Continuation)**	
1600 - 1800	2.00	**Part 4(I) Excavation**	
1800	**8.00**	**END OF DAY SIX**	

DAY SEVEN

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0930	1.00	**Part 4(I) Excavation (Continuation)**	
0930 - 1000	0.50	**Part 4(J) Demolition work**	
1000 - 1015	0.25	Morning Tea Break	
1015 - 1300	2.75	**Part 4(J) Demolition work (Continuation)**	
1300 - 1400	1.00	Lunch	
1400 – 1415	0.25	**Part 4(J) Demolition work (Continuation)**	
1415 – 1530	1.25	**Part 4(K) Lifting Operation**	
1530 – 1545	0.25	Break	
1545 – 1900	3.25	**Part 4(K) Lifting Operation (Continuation)**	
1900	**9.00**	**END OF DAY SEVEN**	

DAY EIGHT

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0930	1.50	**Part 5(A) Musculoskeletal**	
1000 - 1015	0.25	Morning Tea Break	
1015 – 1245	2.50	**Part 5(A) Musculoskeletal (Continuation)**	
1245 - 1300	0.25	**Part 5(B) Chemical and Biological**	
1300 - 1400	1.00	Lunch	
1400 - 1530	1.50	**Part 5(B) Chemical and Biological (Continuation)**	
1530 - 1545	0.25	Break	
1545 - 1700	1.25	**Part 5(B) Chemical and Biological (Continuation)**	
1700	**7.00**	**END OF DAY EIGHT**	

DAY NINE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.50	**Part 5(C) Physical and Psychological Health**	
1000 - 1015	0.25	Break	
1015 - 1300	2.75	**Part 5(C) Physical and Psychological Health (Continuation)**	
1300 - 1400	1.25	Lunch	
1400 - 1445	0.75	**Part 5(C) Physical and Psychological Health (Continuation)**	
1445 - 1530	0.75	**Part 5(D) Works in Confined Space**	
1530 - 1545	0.50	Break	
1545 – 1800	2.25	**Part 5(D) Works in Confined Space (Continuation)**	
1800	**8.00**	**END OF DAY NINE**	

DAY TEN

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1300	4.50	**Part VIII: Site Visit**	
1300 - 1415	1.00	Lunch	
1415 - 1530	1.25	Group Assignment	
1530 - 1545	0.25	Break	
1545 - 1800	2.25	Group Presentation	
1800	**8.00**	**END OF THE COURSE**	