



A member of **RelyOnNutec**

FUNDAMENTALS OF HEALTH AND SAFETY AT WORK



Fundamentals of Health and Safety at Work has been designed for all employees to ensure an awareness of hazards and risks that exist in the workplace and to encourage close cooperation with the employer on all matters of health & safety.

Mode of Delivery

- ✓ Scheduled Webinar Classes
- ✓ Scheduled Courses at MSTS Training Centres (Kuala Lumpur, Johor, Cherating and Miri)
- ✓ Delivery at Client's Location
- ✓ E-Learning in various languages

COMING SOON



Module 1

Introduction to Health and Safety at Work

- Importance of Health and Safety at Work
- Who is Responsible for Safety and Health in the Workplace?
- Employer Responsibilities
- Employee Responsibilities



Module 2

Definition of Hazards and Risks

- Type of Hazards
- Hazards that are Difficult to Identify
- What is a Hazard?
- What is a Risk?
- What is a Risk Assessment?
- Likelihood and Consequences
- Hierarchy of Control
- As Low as Reasonability Practicable



Module 3

Hazard Identification

- Chemicals and Harmful Substances
- Display Screen Equipment
- Confined Space Entry
- Electricity
- Fire
- Working at Height
- Lighting
- Manual Handling
- Noise
- Personal Hygiene
- Plant and Machinery
- Slips, Trips and Falls
- Stress
- Working in Hot Environments
- Vehicles at the Workplace



Module 4

Enhancing Safety Performance

- Managing Safety at the Workplace
- How workers can Improve Safety
- Behavioural Safety
- Safe Systems of Work
- Permit to Work
- Safety Signages
- Personal Protective Equipment (PPE)
- Duty of Safety Committees and Safety and Health Officers
- Emergency Procedures
- Incidents, Accidents and Near Misses including reporting
- Pandemic Awareness