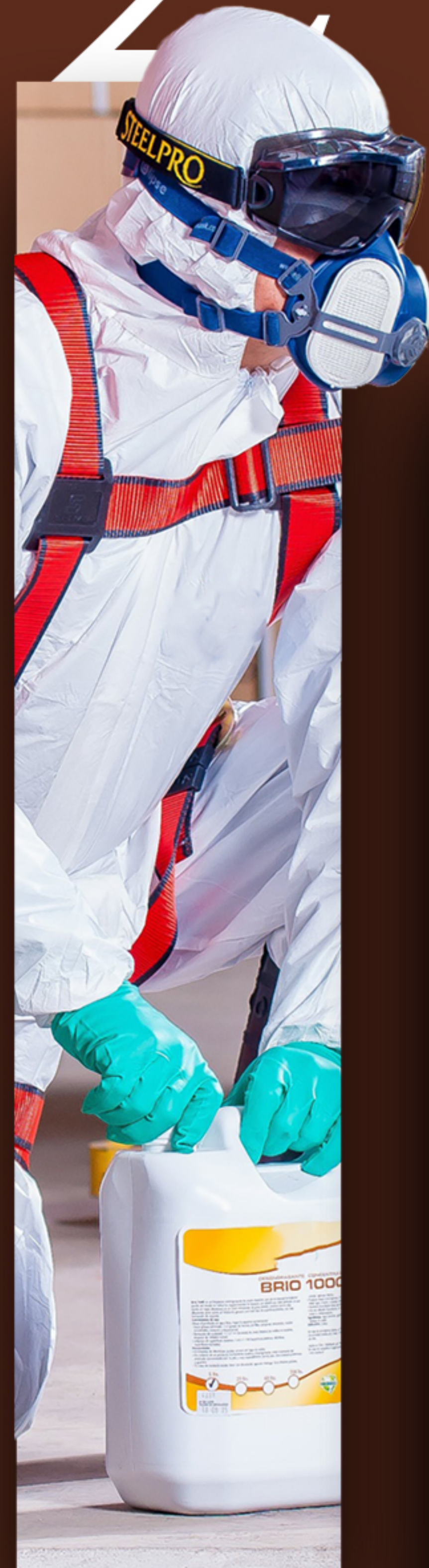


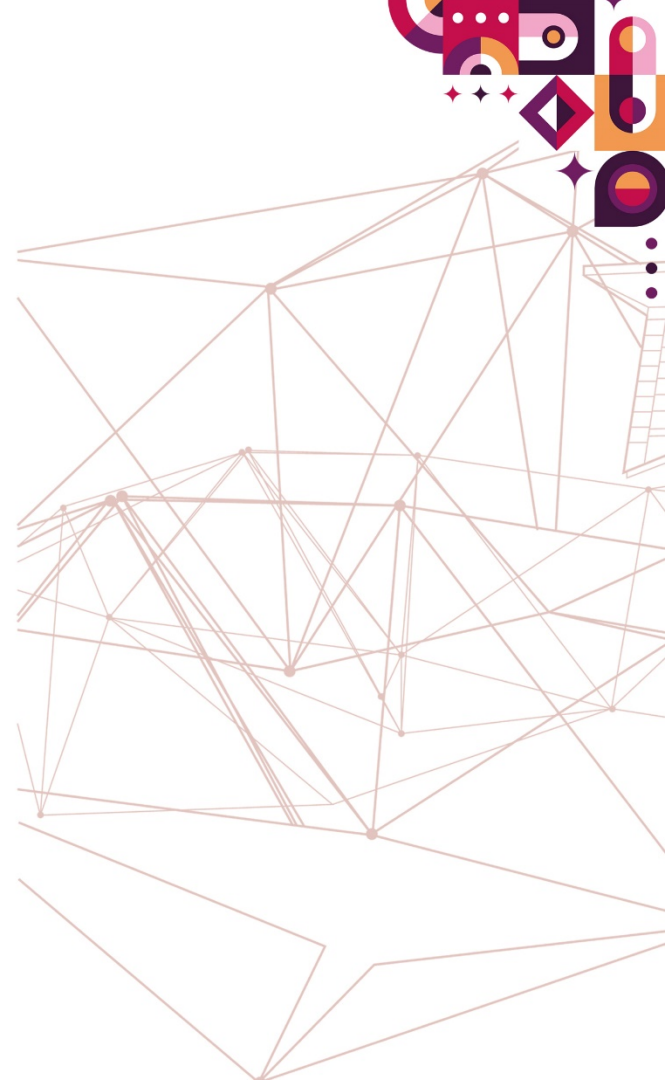
2025



COURSE SCHEDULE

TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA

LIST OF COURSES



COURSE CODE	COURSE TITLE	COURSE FEE (RM)	SST 8% (RM)	COURSE FEE AFTER SST 8% (RM)	EXAMINATION FEE (RM)	TOTAL FEE (RM)	TRAINING DURATION	HRD CORP SCHEME
TRAINERS PROGRAMME								
CSHT	Construction Safety and Health Trainers	2,000.00	160.00	2,160.00	300.00	2,460.00	4	CLAIMABLE
CST	Confined Space Safety (Trainer's Program)	3,000.00	240.00	3,240.00	1,000.00	4,240.00	5	CLAIMABLE
TTT1	OSH Train the Trainer Competency Based Programme	1,300.00	104.00	1,404.00	200.00	1,604.00	5	CLAIMABLE
TTT2	Training Management for Business	2,350.00	188.00	2,538.00	200.00	2,738.00	6	CLAIMABLE
REGULATORY COMPETENCY PROGRAMME								
AESP	Authorised Entrant and Standby Person for Confined Space	570.00	45.60	615.60	280.00	895.60	2	CLAIMABLE
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	270.00	21.60	291.60	230.00	521.60	1	CLAIMABLE
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	1,000.00	80.00	1,080.00	500.00	1,580.00	3	CLAIMABLE
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	300.00	24.00	324.00	350.00	674.00	2	CLAIMABLE
BSC	Basic Scaffolder Course	1,850.00	148.00	1,961.00	280.00	2,241.00	10	CLAIMABLE
CHRA	Chemical Health Risk Assessment	4,900.00	392.00	5,292.00	400.00	5,692.00	11	CLAIMABLE
HT1	Hygiene Technician 1 (Chemical Monitoring)	3,000.00	240.00	3,240.00	700.00	3,940.00	5	CLAIMABLE
HT2	Hygiene Technician 2 (Inspection, Testing and Examination of Engineering Control Equipment)	3,000.00	240.00	3,240.00	700.00	3,940.00	5	CLAIMABLE
IAQ	Indoor Air Quality Assessor	3,000.00	240.00	3,240.00	700.00	3,940.00	5	CLAIMABLE
NRA	Noise Risk Assessor	1,600.00	128.00	1,728.00	700.00	2,428.00	4	CLAIMABLE
OSHC	Occupational Safety and Health Coordinator	800.00	64.00	864.00	0.00	864.00	3	CLAIMABLE
OHD	Occupational Health Doctor	3,900.00	312.00	4,212.00	350.00	4,562.00	9	CLAIMABLE
SHO	Safety and Health Officer (Full time)	3,000.00	240.00	3,240.00	950.00	4,190.00	22	CLAIMABLE
SHOM	Safety and Health Officer (Modular)	3,000.00	240.00	3,240.00	950.00	4,190.00	22	CLAIMABLE
SHOP	Pegawai Safety and Health Officer (Part time)	3,000.00	240.00	3,240.00	950.00	4,190.00	22	CLAIMABLE
SSS	Site Safety Supervisor (Full time)	1,350.00	108.00	1,458.00	350.00	1,808.00	10	CLAIMABLE
SSS-P	Site Safety Supervisor (Part time)	1,350.00	108.00	1,458.00	350.00	1,808.00	10	CLAIMABLE
SSS-OS	Site Safety Supervisor - Occupational Safety (Module 6)	940.00	75.20	1,015.20	0.00	1,015.20	5	NON-CLAIMABLE

COURSE CODE	COURSE TITLE	COURSE FEE (RM)	SST 8% (RM)	COURSE FEE AFTER SST 8% (RM)	EXAMINATION FEE (RM)	TOTAL FEE (RM)	TRAINING DURATION	HRD CORP SCHEME
SKILLS COMPETENCY PROGRAMME								
BOFA	Basic Occupational First Aid	700.00	56.00	756.00	150.00	906.00	2	CLAIMABLE
BRS	Basic Rigging and Slinging	550.00	44.00	594.00	150.00	744.00	2	CLAIMABLE
CRINS	Crane and Machinery Safety Inspection	1,000.00	80.00	1,080.00	0.00	1,080.00	2	CLAIMABLE
CSR	Confined Space Rescue and First Response	925.00	74.00	999.00	575.00	1,574.00	4	CLAIMABLE
CWP-RAA	Construction Work Permit For Receiving Authorized Authority (For Tenaga Nasional GRID Development Contractor)	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
ERA1	Ergonomics Trained Person for Initial Ergonomics Risk Assessment	900.00	72.00	972.00	100.00	1,072.00	2	CLAIMABLE
ERA2	Ergonomics Trained Person for Advanced Ergonomics Risk Assessment	1,600.00	128.00	1,728.00	300.00	2,028.00	4	CLAIMABLE
HPWJ	Safe Operation of High Pressure Water Jetting	1,280.00	102.40	1,356.80	0.00	1,356.80	3	CLAIMABLE
HPWJ-R	Safe Operation of High Pressure Water Jetting Refresher	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
IET	Inert Space Entry	2,150.00	172.00	2,322.00	350.00	2,672.00	5	CLAIMABLE
IET-R	Inert Space Entry Refresher	1,150.00	92.00	1,242.00	350.00	1,592.00	3	CLAIMABLE
FWS	Fire Watcher Safety	400.00	32.00	432.00	0.00	432.00	1	CLAIMABLE
OHN	Occupational Health Nurse	3,600.00	288.00	3,888.00	400.00	4,288.00	10	CLAIMABLE
SHFT	Safe Handling of Forklift Truck	1,000.00	80.00	1,080.00	250.00	1,330.00	3	CLAIMABLE
SHFT-R	Safe Handling of Forklift Truck Refresher	300.00	24.00	324.00	0.00	324.00	1	CLAIMABLE
SHFT1	Basic Safe Handling of Forklift Truck	850.00	68.00	918.00	0.00	918.00	2	CLAIMABLE
SIGM	Signalman	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
WAH	Working Safely at Height	650.00	52.00	702.00	150.00	852.00	2	CLAIMABLE
WAH-R	Working Safely at Height Refresher	650.00	52.00	702.00	0.00	702.00	1	CLAIMABLE

COURSE CODE	COURSE TITLE	COURSE FEE (RM)	SST 8% (RM)	COURSE FEE AFTER SST 8% (RM)	EXAMINATION FEE (RM)	TOTAL FEE (RM)	TRAINING DURATION	HRD CORP SCHEME
AWARENESS PROGRAMME								
BBSO	Behaviour Based Safety for Observer	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
BDMA	Business Assurance Disinfectant Management Assurance	1,200.00	96.00	1,272.00	0.00	1,272.00	2	CLAIMABLE
BFMA	Business Assurance Facility Management Assurance	5,000.00	400.00	5,300.00	0.00	5,300.00	2	CLAIMABLE
BPIH	Basic Principle of Industrial Hygiene	1,600.00	128.00	1,728.00	0.00	1,728.00	4	CLAIMABLE
BPM	Back Protection Management	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
CFMA	Compliance to Factories and Machinery Act 1967 and It's Regulations	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
CLASS1	Fundamental of Classification, Labelling and Safety Data Sheet of Hazardous Chemicals	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
CLASS2	Classification, Labelling and Safety Data Sheet of Hazardous Chemicals for Classifier	1,000.00	80.00	1,080.00	0.00	1,080.00	4	CLAIMABLE
CRO	Compliance to Regulations Under Occupational Safety and Health Act 1994	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
ECOMM	Effective Communication in OSH	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
EHCD	Effective Hygiene, Cleaning & Disinfecting for Facility	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
EMG	Fundamentals and Applications of Surface Electromyography	1,500.00	120.00	1,620.00	0.00	1,620.00	5	CLAIMABLE
EMHW	Ergonomics and Manual Handling in The Workplace	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
EPRP	Emergency Preparedness and Response Plan	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
ESHC	JEffective Safety and Health Committee	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
FAIR	Full Accident Investigation and Reporting	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
FOSH-SV	Fundamental Occupational Safety and Health for Supervisor	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
H2S	Safe Working in The Hydrogen Sulphide Environment	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
HIPS	<i>High Impact OSH Presentation Skills</i>	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
HLPAP	Hearing Loss Prevention and Audiometric Testing	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
IRAT	Incident Reporting and Analysis Technique	1,200.00	96.00	1,296.00	0.00	1,296.00	3	CLAIMABLE
ITSLS	Interactive Training Series-Laboratory Safety	400.00	32.00	432.00	0.00	424.00	1	CLAIMABLE
ITSWAH	Interactive Training Series – Working Safely at Height	400.00	32.00	432.00	0.00	424.00	1	CLAIMABLE

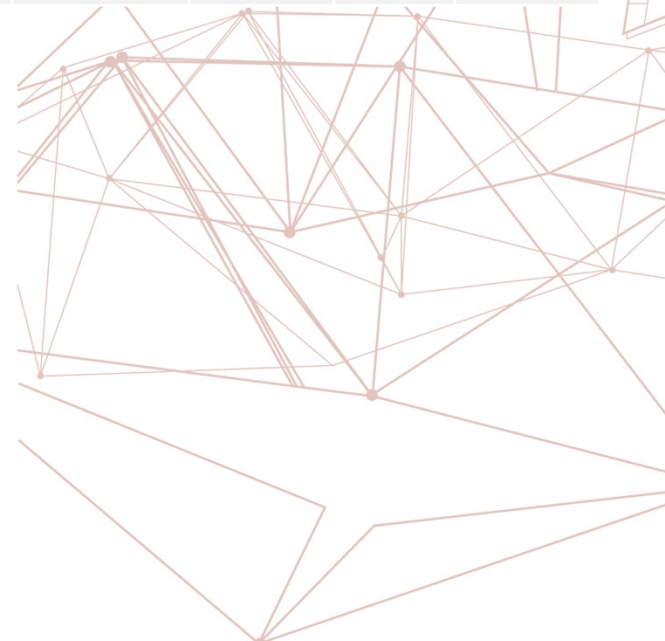
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AWARENESS PROGRAMME								
KYT	Kiken Yochi Training	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
LFTA	Lung Function Testing and Analysis	570.00	45.60	615.60	0.00	615.60	1	CLAIMABLE
LSC	Lifting Supervisor	1,100.00	88.00	1,166.00	0.00	1,166.00	3	CLAIMABLE
MHA	Mental Health Awareness	400.00	32.00	432.00	0.00	424.00	1	CLAIMABLE
OCP	Occupational Safety and Health for Construction Personnel	1,200.00	96.00	1,296.00	0.00	1,296.00	3	CLAIMABLE
OHDW	Occupational Health Doctor Examination Workshop	300.00	24.00	318.00	0.00	318.00	2	CLAIMABLE
OHNW	Occupational Health Nurse Examination Workshop	300.00	24.00	318.00	0.00	318.00	2	CLAIMABLE
OSHA	Occupational Safety and Health Act 1994	400.00	32.00	432.00	0.00	432.00	1	CLAIMABLE
OSHE	Occupational Safety, Health and Environment Management	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
OSFA	Basic Offshore Occupational First Aid	850.00	68.00	850.00	150.00	1,000.00	4	CLAIMABLE
OSHO	Occupational Safety and Health in the Office	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
OSHSPO	<i>Occupational Safety and Health in Sport</i>	200.00	16.00	212.00	0.00	212.00	1	CLAIMABLE
PSM	<i>Process Safety Management</i>	1,200.00	96.00	1,296.00	0.00	1,296.00	3	CLAIMABLE
SDD	<i>Safe and Defensive Driving for Workers</i>	1,000.00	80.00	1,080.00	0.00	1,080.00	2	CLAIMABLE
SHEP	<i>Safety and Health Officer Enrichment Program</i>	1,800.00	144.00	1,944.00	0.00	1,944.00	6	CLAIMABLE
SHOW	<i>Safety and Health Officer Examination Workshop</i>	100.00	8.00	108.00	0.00	108.00	1	CLAIMABLE
SMRW	<i>Safe Motorcycle Riding For Workers</i>	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
STUC	<i>Safety in the Use of Chemicals</i>	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
TDGR	<i>Transportation of Dangerous Goods By Road</i>	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
UIH	<i>Understanding, Evaluating and Implementing Effective HIRARC at the Workplace</i>	1,200.00	96.00	1,296.00	0.00	1,296.00	3	CLAIMABLE
UPTW	<i>Understanding and Implementation of Permit to Work at Workplace</i>	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
WICS	<i>Workplace Infection Control & Safety</i>	400.00	32.00	432.00	0.00	432.00	1	CLAIMABLE
WSR	<i>Water Safety Responder</i>	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE

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SAFETY INDUCTION PROGRAMME								
AKSC	Air Kelantan Safety Card	180.00	14.40	194.40	0.00	194.40	1	CLAIMABLE
ANSP	Air Selangor – NIOSH Safety Passport	180.00	14.40	194.40	0.00	194.40	1	CLAIMABLE
CSPSAR	Contractor Safety Passport System - All Risks Work	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
CSPSHR	Contractor Safety Passport System - High Risk Work	75.00	6.00	81.00	0.00	81.00	0.5	CLAIMABLE
CSPSLR	Contractor Safety Passport System - Low Risk Work	75.00	6.00	81.00	0.00	81.00	0.5	CLAIMABLE
EISP	E - Idaman Safety Passport	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
EOSP	Expressway Operations Safety Passport	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
NASP	NIOSH – ASTRO Safety Passport	226.42	18.11	244.53	0.00	244.53	1	CLAIMABLE
NCSP	NIOSH - Cenviro Safety Passport	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
NNSP	NIOSH - NESTLE Safety Passport	180.00	14.40	194.40	0.00	194.40	1	CLAIMABLE
NOMSP	NIOSH - OM Safety Passport	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
NTMSP	NIOSH – TM Safety Passport	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
NTSP	NIOSH – TENAGA Safety Passport	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
NTLSP	NIOSH -Tenaga Safety Leader Passport	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
OGSP	Oil and Gas Safety Passport	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
OGSP-R	Oil and Gas Safety Passport - Refresher	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
PLSP	Plantation Safety Passport	180.00	14.40	194.40	0.00	194.40	1	NON-CLAIMABLE
PRHP1	PETRONAS Retail HSE Passport - Level 1	102.83	8.23	111.06	0.00	111.06	1	CLAIMABLE
SESP	Sarawak Energy Safety Passport	250.00	20.00	270.00	0.00	270.00	1	CLAIMABLE
SLGSP	Sabah Local Government Safety Passport	75.00	6.00	81.00	0.00	81.00	0.5	NON-CLAIMABLE
SRSP	SHELL Retail Safety Passport	169.81	13.58	183.39	0.00	183.39	1	CLAIMABLE

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REMOTE LEARNING PROGRAMME								
TRAINERS PROGRAMME								
TTT1-RL	OSH Train the Trainer Competency Based Programme	750.00	60.00	810.00	200.00	1010.00	5	CLAIMABLE
TTT2-RL	Training Management For Business (Remote Learning)	1175.00	94.00	1269.00	200.00	1469.00	6	CLAIMABLE
SKILLS COMPETENCY PROGRAMME								
OHN-RL	Occupational Health Nurse(Remote Learning)	1800.00	144.00	1944.00	400.00	2344.00	10	CLAIMABLE
AWARENESS PROGRAMME								
BBSO-RL	Behaviour Based Safety for Observer (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
BDMA-RL	Business Assurance Disinfectant Management Assurance	1,200.00	96.00	1296.00	0.00	1296.00	2	CLAIMABLE
BFMA	Business Assurance Facility Management Assurance (Remote Learning)	5,000.00	400.00	5400.00	0.00	5400.00	2	CLAIMABLE
BPIH-RL	Basic Principle of Industrial Hygiene (Remote Learning)	800.00	64.00	864.00	0.00	864.00	4	CLAIMABLE
BPM-RL	Back Protection Management (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
CFMA-RL	Compliance to Factories and Machinery Act 1967 and It's Regulations (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
CRO-RL	Compliance to Regulations Under Occupational Safety and Health Act 1994 (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
CWP-RAA-RL	Construction Work Permit For Receiving Authorized Authority (For Tenaga Nasional GRID Development Contractor)(Remote Learning)	600.00	48.00	648.00	0.00	648.00	2	CLAIMABLE
ECOMM-RL	Effective Communication in OSH (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
EHCD-RL	Effective Hygiene, Cleaning & Disinfecting for Facility	800.00	64.00	864.00	0.00	864.00	2	CLAIMABLE
EMHW-RL	Ergonomics and Manual Handling in the Workplace (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
ESHC-RL	Effective Safety and Health Committee (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
EPRP-RL	Emergency Preparedness and Response Plan (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
FOSH-SV-RL	Fundamental Occupational Safety and Health for Supervisor (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
H2S-RL	Safe Working in The Hydrogen Sulphide Environment (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
HIPS-RL	High Impact OSH Presentation Skills (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE

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AWARENESS PROGRAMME								
HLPAP-RL	Hearing Loss Prevention and Audiometric Testing Programme (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
IRAT-RL	Incident Reporting and Analysis Technique (Remote Learning)	600.00	48.00	648.00	0.00	648.00	3	CLAIMABLE
KYT-RL	Kiken Yochi Training (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
LFTA-RL	Lung Function Testing and Analysis (Remote Learning)	300.00	24.00	324.00	0.00	324.00	1	CLAIMABLE
OCP-RL	Occupational Safety and Health for Construction Personnel (Remote Learning)	600.00	48.00	648.00	0.00	648.00	3	CLAIMABLE
OHDW-RL	Occupational Health Doctor Examination Workshop (Remote Learning)	200.00	16.00	216.00	0.00	216.00	2	CLAIMABLE
OHNW-RL	Occupational Health Nurse Examination Workshop (Remote Learning)	200.00	16.00	216.00	0.00	216.00	2	CLAIMABLE
OSHA-RL	Occupational Safety and Health Act 1994 (Remote Learning)	200.00	16.00	216.00	0.00	216.00	1	CLAIMABLE
OSHE-RL	Occupational Safety, Health and Environment Management (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
OSHO-RL	Occupational Safety and Health in The Office (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
OSHSPO-RL	Occupational Safety and Health in Sports (Remote Learning)	100.00	8.00	108.00	0.00	108.00	1	CLAIMABLE
PSM-RL	Process Safety Management (Remote Learning)	600.00	48.00	648.00	0.00	648.00	3	CLAIMABLE
SHEP-RL	Safety and Health Officer Enrichment Program (Remote Learning)	900.00	72.00	972.00	0.00	972.00	6	CLAIMABLE
STUC-RL	Safety in the Use of Chemicals (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
TDGR-RL	Transportation of Dangerous Goods By Road (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
UIH-RL	Understanding, Evaluating and Implementing Effective HIRARC at The Workplace (Remote Learning)	600.00	48.00	648.00	0.00	648.00	3	CLAIMABLE
UPTW-RL	Understanding and Implementation of Permit to Work at Workplace (Remote Learning)	400.00	32.00	432.00	0.00	432.00	2	CLAIMABLE
WICS-RL	Water Safety Responder (Remote Learning)	200.00	16.00	216.00	0.00	216.00	1	CLAIMABLE

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SAFETY INDUCTION PROGRAMME								
CSPSAR-RL	Contractor Safety Passport System - All Risks Work (Remote Learning)	200.00	16.00	216.00	0.00	216.00	1	CLAIMABLE
CPSHR-RL	Contractor Safety Passport System - High Risk Work (Remote Learning)	60.00	4.80	64.80	0.00	64.80	0.5	CLAIMABLE
CPSLR-RL	Contractor Safety Passport System - Low Risk Work (Remote Learning)	60.00	4.80	64.80	0.00	64.80	0.5	CLAIMABLE
EOSP-RL	PExpressway Operations Safety Passport (Remote Learning)	200.00	16.00	216.00	0.00	216.00	1	CLAIMABLE
OGSP-RL	Oil and Gas Safety Passport (Remote Learning)	200.00	16.00	216.00	0.00	216.00	1	CLAIMABLE
OGSPR-RL	Oil and Gas Safety Passport Refresher (Remote Learning)	200.00	16.00	216.00	0.00	216.00	1	CLAIMABLE





COURSE SCHEDULE

***HEADQUARTERS OFFICE (HQ)
BANDAR BARU BANGI***

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

Course Code	Course Title	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
TRAINERS PROGRAMME													
CSHT	Construction Safety and Health Trainers					5-8			11-15			10-13	
CST	Confined Space Safety (Trainer's Program)												
TTT1	OSH Train the Trainer Competency Based Programme	13-17	03-07, 24-28	10-14	07-11, 21-25	5-9, 26-30	16-20	07-11, 21-25	04-08, 25-29	08-12, 22-26	06-10, 27-31	03-07, 24-28	08-12
TTT2	Training Management for Business							14-19					
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	6-7, 8-9, 11-12, 13-14, 15-16, 18-19, 20-21, 22-23, 25-26	1-2, 3-4, 5-6, 8-9, 12-13, 15-16, 17-18, 19-20, 22-23, 24-25, 26-27	1-2, 3-4, 5-6, 8-9, 10-11, 12-13, 19-20, 22-23, 24-25, 26-27	7-8, 9-10, 12-13, 14-15, 16-17, 19-20, 21-22, 23-24, 26-27, 28-29	5-6, 7-8, 13-14, 15-16, 17-18, 19-20, 21-22, 24-25, 30-1/7	3-4, 10-11, 14-15, 16-17, 18-19, 21, 24, 25	2-3, 5-6, 7-8, 9-10, 12-13, 14-15, 16-17, 19-20, 21-22, 23-24, 26-27, 28-29, 30-31	4-5, 6-7, 9-10, 11-12, 13-14, 16-17, 18-19, 20-21, 22-23, 24-25, 26-26, 27-28	2-3, 4-5, 6-7, 8-9, 10-11, 17-18, 20-21, 22-23, 24-25, 27-28, 29-30	1-2, 4-5, 6-7, 8-9, 11-12, 13-14, 15-16, 18-19, 20-21, 22-23, 25-26, 27-28, 29-30	1-2, 3-4, 5-6, 8-9, 10-11, 12-13, 15-16, 17-18, 24-25, 26-27, 29-30	1-2, 3-4, 6-7, 8-9, 15-16, 17-18, 20-21, 22-23, 29-30
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	8, 9, 11, 15, 16, 18, 19, 22, 23, 25	1, 5, 6, 8, 12, 13, 15, 19, 20, 22, 26, 27	1, 5, 6, 8, 12, 13, 19, 20, 22, 26, 27	9, 10, 12, 16, 17, 19, 23, 24, 26, 28, 29	3, 7, 8, 14, 15, 17, 21, 22, 24, 28, 29	3, 4, 10, 11, 14, 18, 19, 21, 24, 25	2, 3, 5, 9, 10, 12, 16, 17, 19, 23, 24, 26, 30, 31	2, 6, 7, 9, 13, 14, 16, 20, 21, 23, 27, 28	3, 4, 6, 10, 11, 17, 18, 20, 24, 25, 27	1, 2, 4, 8, 9, 11, 15, 16, 18, 22, 23, 25, 29, 30	1, 5, 6, 8, 12, 13, 15, 19, 20, 22, 26, 27, 29	3, 4, 6, 8, 9, 17, 18, 20, 22, 23, 29, 30
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	6-8, 13-15, 20-22	3-5, 12-14, 17-19, 24-26	3-5, 10-11, 19-21, 24-26	7-9, 14-16, 21-23, 28-30	5-7, 13-15, 19-21, 26-28	3-5, 10-12, 16-18, 23-25, 30-2/7	7-9, 14-16, 21-23, 28-30	4-6, 11-13, 18-20, 25-27	2-4, 8-10, 17-19, 22-24, 29-1/10	6-8, 13-15, 20-22, 27-29	3-5, 10-12, 17-19, 24-26	1-3, 8-10, 15-17, 22-24, 29-31
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	6-7, 20-21	3-4, 17-18	3-4, 19-20	7-8, 21-22	5-6, 19-20	3-4, 16-17, 30-1/7	14-15, 28-29	11-12, 25-26	8-9, 22-23	6-7, 20-21	3-4, 17-18	1-2, 15-16, 29-30
BSC	Basic Scaffolder Course	14-23	18-27		15-24	20-29	17-26	22-31	18-27	23-2/10	28-6/11	25-4/12	15-24
CHRA	Chemical Health Risk Assessment	6-11, 13-17		3-8, 10-14		19-24, 26-30		7-12, 14-18		22-27, 29-03/10		10-15, 17-21	
HT1	Hygiene Technician 1 (Chemical Monitoring)		3-7		7-11		9-13		4-8		6-10		
HT2	Hygiene Technician 2 (Inspection, Testing and Examination of Engineering Control Equipment)	20-24		24-28		5-9		30-4/7		8-12		3-7	
IAQ	Indoor Air Quality Assessor		17-21		14-18		16-20		11-15		13-17		
NRA	Noise Risk Assessor		24-27			13-16	23-26		18-21		27-30		1-4
OSHC	Occupational Safety and Health Coordinator	7-9, 17-19, 21-23, 24-26	(Seremban), 14-16, 18-20, 21-23	4-6, 7-9, 11-13, 21-23	8-10, 18-20, 22-24, 25-27	6-8, 16-18, 20-22, 23-25	11-13, 17-19, 20-22, 30-2/7	8-10, 11-13, 22-24, 25-27 (Klang)	5-7, 15-17, 19-21, 22-24	9-11, 19-21 (Shah Alam), 24-26, 30-2/10	7-9, 10-12, 24-26, 28-30	7-9, 11-13, 21-23, 25-27	1-3, 5-7, 16-18, 19-21
OHD	Occupational Health Doctor	10-12, 14/2-16/2, 7/3-9/3	21-23, 14/3-16/3 11/4-13/4	21-23, 18/4-20/4, 16/5-18/5	25-27, 23/5-25/5, 20/6-22/6	5-7, 13/6-15/6 11/7-13/7	20-22, 18/7-20/7, 01/8-03/8	25-27, 15/8-17/8, 12/9-14/9	08-10, 19/9-21/9, 10/10-12/10	26-28, 17/10-19/10, 14/11-16/11	24-26, 21/11-23/11, 12/12-14/12, 31-02/11, 28/11-30/11, 19/12-21/12		05-07, 09/01/2026-11/01/2026 23/01/2026-25/01/2026
SHO	Safety and Health Officer (Full time)	6-7/2	3-6/3	10-18/4	14-16/5	19-20/6	16-16/7	14-22/8	25-30/9	29-30/10	27-25/11	17-18/12	15-20/1/2026
SHOM	Safety and Health Officer (Modular)		3-30/5			19/5-22/8			18-28/11			17-FEB 2026	
SHOP	Pegawai Safety and Health Officer (Part time)	25-27/4	22-25/5	22/3-13/7	26-10/8	24-24/8	21-28/9	26-2/11	23-30/11	27-21/12	25-JAN 2026	22-FEB 2026	20-MAC 2026
SSS	Site Safety Supervisor (Full time)	6-10, 13-17	3-7, 17-21, 17-21, 24-28	3-7, 10-14	07-11, 14-18	5-9, 19-23, 19-23, 26-30	9-13, 16-30, 30-4/7 7/7-11/7	21/-25, 28-1/8	4-8, 11-15 18-22, 25-29	8-12, 22-26	6-10, 3-17 27-31, 3/11-7/11	17-21, 24-28	1-5, 8-12 8-12, 15-19
SSS-R	Site Safety Supervisor (Part time)	04-09/02				03-01/06							

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
AWARENESS PROGRAMME													
BBSO	Behaviour Based Safety for Observer						3-4					3-4	
BPIH	Prinsip Asas Higien Industri Basic Principle of Industrial Hygiene					5-8					6-9		
BPM	Back Protection Management			5-6					6-7				
CFMA	Compliance to Factories and Machinery Act 1967 and It's Regulations				9-10				11-12				
CLASS1	Fundamental of Classification, Labelling and Safety Data Sheet of Hazardous Chemicals	8-9						2-3					
CLASS2	Classification, Labelling and Safety Data Sheet of Hazardous Chemicals for Classifier				14-17				25-28				1-4
CRO	Compliance to Regulations Under Occupational Safety and Health Act 1994	13-14						9-10					
ECOMM	Effective Communication in OSH								13-14				
EHCD	Effective Hygiene, Cleaning & Disinfecting for Facility			10-11									
EMHW	Ergonomics and Manual Handling in The Workplace	15-16				14-15					15-16		
EPRP	Emergency Preparedness and Response Plan		5-6				11-12				22-23		
ESHC	Effective Safety and Health Committee		12-13				18-19				27-28		
FAIR	Full Accident Investigation and Reporting												
FOSH-SV	Fundamental Occupational Safety and Health for Supervisor			12-13					18-19				
H2S	Safe Working in The Hydrogen Sulphide Environment							14-15					
HIPS	High Impact OSH Presentation Skills											5-6	
HLPAP	Hearing Loss Prevention and Audiometric Testing		18-19					16-17					8-9
IRAT	Incident Reporting and Analysis Technique				21-23					9-11			
ITSLS	Interactive Training Series-Laboratory Safety									22			
ITSWAH	Interactive Training Series – Working Safely at Height						16						
KYT	Kiken Yochi Training					19-20						10-11	
LFTA	Lung Function Testing and Analysis				24					3			
LSC	Lifting Supervisor												
MHA	Mental Health Awareness									29			
OCP	Occupational Safety and Health for Construction Personnel					27-29						17-19	
OHDW	Occupational Health Doctor Examination Workshop												



COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
AWARENESS PROGRAMME													
OHNW	Occupational Health Nurse Examination Workshop												
OSHA	Occupational Safety and Health Act 1994		20			26				1			18
OSHE	Occupational Safety, Health and Environment Management	20-21					24-25						
OSFA	Basic Offshore Occupational First Aid												
OSHO	Occupational Safety and Health in the Office			19-20				23-24				24-25	
OSHSPO	Occupational Safety and Health in Sport									18			
PSM	Process Safety Management				28-30					23-25			
SDD	Safe and Defensive Driving for Workers						17-18						
SHEP	Safety and Health Officer Enrichment Program	20 - 25	17 - 22	3 - 8	14 - 19	19 - 24	16 - 21	21 - 26	18 - 23	29 - 4	27 – 1/11	17 - 22	15 - 20
SMRW	Safe Motorcycle Riding For Workers							14-15					
STUC	Safety in the Use of Chemicals					21-22						26-27	
TDGR	Transportation of Dangerous Goods By Road										29-30		
UIH	Understanding, Evaluating and Implementing Effective HIRARC at the Workplace		25-27					28-30					15-17
UPTW	Understanding and Implementation of Permit to Work at Workplace	22-23							20-21				



COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid	20-21	17-18	12 -13	22-23	21-22	18-19	16-17	20-21	17-18	22-23	18 -19	09-10
BRS	Basic Rigging and Slings		12-13		22 -23		24-25		27 -28		15-16		09 -10
CRINS	Crane and Machinery Safety Inspection												
CSR	Confined Space Rescue and First Response					05 -08					06 -09		
CWP-RAA	Construction Work Permit For Receiving Authorized Authority (For Tenaga Nasional GRID Development Contractor)	15 -16		11 -12		07-08		15 -16		24 -25		26 -27	
ERA1	Ergonomics Trained Person for Initial Ergonomics Risk Assessment	27/01/2025-28/01/2025		19/03/2025-20/03/2025	28/04/2025-29/04/2025		03/06/2025-04/06/2025			17/09/2025-18/09/2025 (Shah Alam)		10/11/2025-11/11/2025	
ERA2	Ergonomics Trained Person for Advanced Ergonomics Risk Assessment		03/02/2025-06/02/2025			05/05/2025-08/05/2025		21/07/2025-24/07/2025				24/11/2025-27/11/2025	
HPWJ	Safe Operation of High Pressure Water Jetting												
HPWJ-R	Safe Operation of High Pressure Water Jetting Refresher												
IET	Inert Space Entry						16-20						
IET-R	Inert Space Entry Refresher								12-14				
FWS	Fire Watcher Safety		3		7		23		11		13		
OHN	Occupational Health Nurse	13/01/2025-17/01/2025 20/01/2025-24/01/2025			14/04/2025-18/04/2025 21/04/2025-25/04/2025			14/07/2025 -18/07/2025 21/07/2025-25/07/2025			06/10/2025-10/10/2025 13/10/2025-17/10/2025		
SHFT	Safe Handling of Forklift Truck	13-15	17-19	10-12	14-16	19-21	23-25	14-16	11-13	22-24	13 -15	17-19	8-10
SHFT-R	Safe Handling of Forklift Truck Refresher		20			22			28			27	
SHFT1	Basic Safe Handling of Forklift Truck	6-7	3-4	4-5	21-22	5-6	16-17	7-8	4-5	8-9	6-7	3-4	8-9
SIGM	Signalman												
WAH	Working Safely at Height	11-12, 14-15, 18-19, 22-23	3-4, 8-9, 12-13, 15-16, 17-18, 22-23, 24-25	4-5, 8-9, 11-12, 15-16	7-8, 12-13, 14-15, 19-20, 21-22, 26-27, 28-29	3-4, 5-6, 10-11, 13-14, 17-18, 19-20, 24-25, 26-27,	3-4, 14-15, 16-17, 21-22, 23-24, 28-29	1-2, 5-6, 7-8, 12-13 , 19-20, 21-22, 26-27,	2-3, 4-5, 9-10, 11-12, 16-17, 18-19, 23-24	2-3, 6-7, 8-9, 13-14, 20-21, 22-23, 27-28	4-5,6-7, 11-12, 13-14, 18-19, 21-22, 25-26,	4-5, 8-9, 10-11, 15-16, 17-18, 22-23, 25-26	2-3, 6-7, 9-10, 13-14, 16-17, 20-21
WAH-R	Working Safely at Height Refresher		27		24		30		28		23		18



COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
SAFETY INDUCTION PROGRAMME													
ANSP	Air Selangor – NIOSH Safety Passport	2,4,6,7,8,9,11,13,14,15,16,18,20,21,22,23,25	3,4,5,6,8,10,12,13,15,17,18,19,20,22,4,25,26,27	3,4,5,6,8,10,11,12,13,15,18,19,20,22,24,25,26,27	7,8,9,10,12,14,15,16,17,19,21,22,23,24,26,28,29,30	3,5,6,7,8,10,13,14,15,17,19,20,21,22,2,4,26,27,28,29	3,4,10,11,12,14,16,17,18,19,21,23,24,2,5,30	1,2,3,5,7,8,9,12,14,15,16,17,19,21,22,2,3,24,26,29,30,31	2,4,5,6,7,9,11,13,14,16,18,19,21,23,25,26,28,3,0	2,3,4,8,9,10,11,13,15,17,18,19,20,22,23,2,4,25,27,29,30	1,2,4,6,8,9,11,13,14,15,16,21,22,23,25,27,28,29,30	1,3,4,5,6,8,10,11,12,13,15,17,18,20,22,24,25,26,2,9	1,2,3,4,6,8,9,10,11,13,15,16,17,18,8,20,22,29
CPSAR	Contractor Safety Passport System - All Risks Work	8,25	3,22	3,29	7,26	5,24	14,23	7,26	4,23	8,27	7,25	3,22	1,20
CPSHR	Contractor Safety Passport System - High Risk Work	11,22	5,15	5,22	19,30	10,21	21,30	5,16	9,20	3,20	1,18	5,19	3,27
CPSLR	Contractor Safety Passport System - Low Risk Work	9,18	8,19	8,19	12,23	7,31	11,28	12,30	6,23	13,24	11,22	12,29	13,23
NASP	NIOSH – ASTRO Safety Passport	7	4	4	8	6	3	1	5	2	7	4	2
NCSF	NIOSH - Cenviro Safety Passport	21	25	25	22	20	17	15	19	23	21	18	16
NTMSP	NIOSH – TM Safety Passport	6,7,8,9,13,14,15,16,20,21 (Seremban),22,23,24,27,28,	3,4,5,6,12,13,17,18,19,20,24,25,2,6,27	3,4,5,6,10,11,1,2,13,19,20,24,25,26	7,8,9,10,14,15,1,6,17,21,22,23,24,28,29,30	5,6,7,8,13,14,15,19,20,21,22,23,2,6,27,28,29	3,4,5,10,11,12,1,1,6,17,18,19,23,24,25,26,30	1,2,3,8,9,10,14,1,1,5,16,17,21,22,23,24,28,29,30,31	4,5,6,7 (Shah Alam),19,20,21,25,26,2,7,28	2,3,4,8,9,10,11,1,1,5,17,18,22,23,24,25,29,30	1,2,6,7,8,9,13,14,15,16,21,22,23,25,27,28,29,30	3,4,5,6,10,11,12,13,17,18,19,20,2,4,25,26,27	1,2,3,4,8,9,10,15,16,17,18,22,23,24,29,30
NTSP	NIOSH – TENAGA Safety Passport	2,6,7,8,9,13,14,15,16,20,21,22,23,27,28,	3,4,5,6,10 (Seremban),11,1,13,17,18,19,20,24,25,26,27	3,4,5,6,10,11,1,2,13,17,18,19,20,24,25,26,27	3,7,8,9,10,14,15,16 (Shah Alam),17,21,22,2,3,24,28,29,30	5,6,7,8,13,14,15,19,20,21,22,26,2,7,28,29	3,4,5,9,10,11,12,16,17,18,19,23,2,4,25,26,30 (Klang)	1,2,3,8,9,10,14,1,1,5,16,17,21,22,23,24,28,29,30,31	4,5,6,7,11,12,13,1,5,26,27,28	2,3,4,8,9,10,11,1,1,5,17,18,22,23,24,25,29,30	1,2,6,7,8,9,13,14,15,16,21,22,23,27,28,29,30	3,4,5,6,10,11,12,13,17,18,19,20,2,4,25,26,27	1,2,3,4,8,9,10,11,23,24,29,30,31
NTLSP	NIOSH -Tenaga Safety Leader Passport	2,7,9,14,16,21,2,3,28	4,6,13,18,20,25,27	4,6,11,13,20,25,27	3,8,10,15,17,22,24,29	6,8,13,15,20 (Seremban),22,2,7,29	3,5,10,12,17,19,24,26	1,3,8 (Shah Alam),10,15,17,2,2,24,29,31	5,7,12,14,19,21,26,28	2,4,9,11,18 (Klang),23,25,30	2,7,9,14,16,21,2,3,28,30	4,6,11,13,18,20,25,27	2,4,9,11,26,18,2,3,30
OGSP	Oil and Gas Safety Passport	2,6,9,13,16,20,2,3,27,28	3,6,10,13,17,20,24,27	3,6,10,13,17,20,24,27 (Seremban)	10,14,17,21,24,2,8,29	5,8,15,19,22,26,27,29	5 (Klang),9,12,16,19,23,24,26,30	3,7,10,14,17,21,22,24,28,29,31	4,7,11,14,18,21,25,26,28	4,8,11,15,18,22,25,29,30	2,6,9,13,16,23,2,7,28,30	3,6,10,13,17,20,24,25,27	1,4,8,15,18,22,2,3,29,30
OGSP-R	Oil and Gas Safety Passport - Refresher	8,15,22	5,12,19,26	5,12,19,26	9,16,23,30	7,14,21,28	4,11,18,25	2,9,16,23,30	6,13,20,27	3,10,17,24	1,8,15,22,29	5,12,19,26	3,10,17,24,31
PRHP1	PETRONAS Retail HSE Passport - Level 1	14	18	11	15	13	10	8	12	9	14	11	9

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
REMOTE LEARNING PROGRAMME													
TRAINERS PROGRAMME													
TTT1-RL	OSH Train the Trainer Competency Based Programme(Remote Learning)	13 - 17		10 - 14		19 - 23		14 - 18		8 - 12		10 - 14	
REGULATORY COMPETENCY PROGRAMME													
OHN-RL	Occupational Health Nurse(Remote Learning)		03-07, 17-21			05-09,19-23			18-22, 25-29				
AWARENESS PROGRAMME													
BBSO-RL	Behaviour Based Safety for Observer (Remote Learning)						25 - 26						
BPM-RL	Back Protection Management (Remote Learning)				28 - 29					24 - 25			
CRO-RL	Compliance to Regulations Under Occupational Safety and Health Act 1994 (Remote Learning)					28 - 29					22 - 23		
EMHW-RL	Ergonomics and Manual Handling in the Workplace (Remote Learning)			19 - 20							8 - 9		
ESHC-RL	Effective Safety and Health Committee (Remote Learning)		12 - 13					23 - 24					8 - 9
EPRP-RL	Emergency Preparedness and Response Plan (Remote Learning)			25 - 26								19 - 20	
HLPAP-RL	Hearing Loss Prevention and Audiometric Testing Programme (Remote Learning)		19 - 20					9 - 10					
IRAT-RL	Incident Reporting and Analysis Technique (Remote Learning)				15 - 17				25 - 27				
OSHA-RL	Occupational Safety and Health Act 1994 (Remote Learning)	23				15				30			
SHEP-RL	Safety and Health Officer Enrichment Program (Remote Learning)	9 - 16	5 - 14	11 - 20	23 - 30	28 - 5/6	24 - 2/7	29 - 5/8	26 - 4/9	18 - 23	14 - 23	25 - 2/12	22 - 31
STUC-RL	Safety in the Use of Chemicals (Remote Learning)	21 - 22					23 - 24					25-26	
UIH-RL	Understanding, Evaluating and Implementing Effective HIRARC at The Workplace (Remote Learning)		25 - 27						18 - 20				

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
SAFETY INDUCTION PROGRAMME													
CSPSAR-RL	Contractor Safety Passport System - All Risks Work (Remote Learning)	22	18	26	29	28	24	29	27	25	29	26	24
CSPSHR-RL	Contractor Safety Passport System - High Risk Work (Remote Learning)	9	5	5	9	7	12	10	7	11	9	12	10
CPSPLR-RL	Contractor Safety Passport System - Low Risk Work (Remote Learning)	14	13	13	16	14	19	17	14	18	16	19	17
OGSP-RL	Oil and Gas Safety Passport (Remote Learning)	3,7,8,9,14,15,16,21,22,23	4,5,6,11,12,13,18,19,20,25	4,5,6,11,12,13,19,20,25,26	8,9,10,15,16,17,22,23,24,29	6,7,8,13,14,15,20,21,22,27	3,4,5,10,11,12,17,18,19,24	1,2,3,8,9,10,15,17,22,24	5,6,7,12,13,14,19,21,26,28	3,4,9,10,11,18,23,24,25,30	1,2,7,8,14,15,16,21,23,28	4,5,6,11,13,18,19,20,25,27	2,3,4,9,10,16,17,18,23,30
OGSPR-RL	Oil and Gas Safety Passport Refresher (Remote Learning)	3,7,8,9,14,15,16,21,22,23	4,5,6,11,12,13,18,19,20,25	4,5,6,11,12,13,19,20,25,26	8,9,10,15,16,17,22,23,24,29	6,7,8,13,14,15,20,21,22,27	3,4,5,10,11,12,17,18,19,24	1,2,3,8,9,10,15,17,22,24	5,6,7,12,13,14,19,21,26,28	3,4,9,10,11,18,23,24,25,30	1,2,7,8,14,15,16,21,23,28	4,5,6,11,13,18,19,20,25,27	2,3,4,9,10,16,17,18,23,30

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* Examination fee is paid separately for selected Competency Programmes (SHO, CHRA, IAQ, NRA, HT1, HT2, OHD, OHN).

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KEMENTERIAN SUMBER MANUSIA



NIOSH
National Institute of Occupational Safety and Health

National Institute of Occupational Safety and Health

Institut Keselamatan dan Kesihatan Pekerjaan Negara

Ministry of Human Resources

Kementerian Sumber Manusia

***HEADQUARTERS (HQ)
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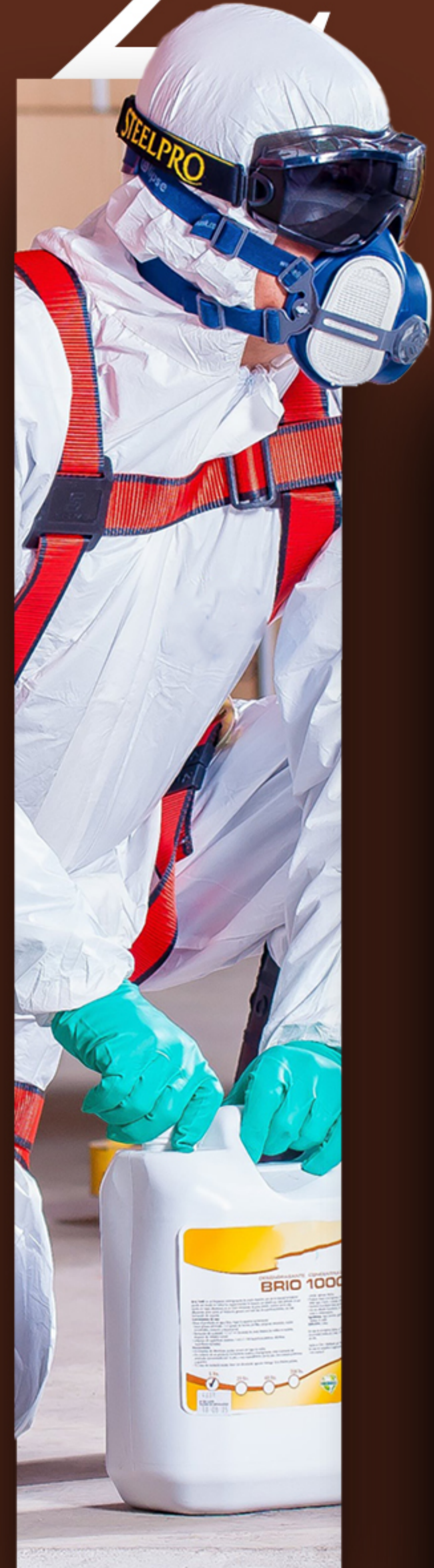
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☎ Tel: 603 8769 2100

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2025



COURSE SCHEDULE

NORTHERN REGIONAL OFFICE (NRO)

TO BE A LEADING CENTER OF EXCELLENCE IN OCCUPATIONAL SAFETY AND HEALTH IN MALAYSIA



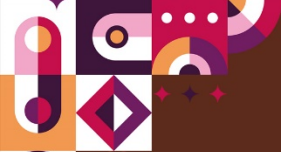
COURSE SCHEDULE

***NORTHERN REGIONAL
OFFICE (NRO)***

PULAU PINANG

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme				21 - 25		16 - 20		25 - 29		13 - 17		
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	06 - 07 11 - 12 15 - 16 18 - 19 21 - 22 25 - 26	04 - 05 12 - 13 15 - 16 18 - 19 25 - 26	03 - 04 08 - 09 12 - 13 19 - 20 22 - 23 25 - 26	07 - 08 12 - 13 16 - 17 19 - 20 23 - 24 26 - 27 29 - 30	03 - 04 07 - 08 14 - 15 17 - 18 21 - 22 26 - 27	03 - 04 10 - 11 14 - 15 18 - 19 21 - 22 25 - 26	01 - 02 09 - 10 15 - 16 19 - 20 23 - 24 28 - 29	02 - 03 06 - 07 11 - 12 16 - 17 20 - 21 25 - 26	08 - 09 13 - 14 17 - 18 20 - 21 24 - 25 29 - 30	04 - 05 08 - 09 13 - 14 22 - 23 25 - 26 29 - 30	01 - 02 05 - 06 10 - 11 15 - 16 19 - 20 24 - 25 29 - 30	03 - 04 08 - 09 13 - 14 17 - 18 20 - 21
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	08 Jan 13 Jan 20 Jan	06 Feb 20 Feb 27 Feb	11 Mar 16 Mar 23 Mar	09 Apr 15 Apr 22 Apr	06 May 20 May 25 May 31 May	12 Jun 17 Jun 29 Jun	03 July 17 July 20 July 26 July	05 Aug 13 Aug 17 Aug 27 Aug	03 Sep 10 Sep 13 Sep 23 Sep 28 Sep	01 Oct 07 Oct 12 Oct 25 Oct 28 Oct	04 Nov 09 Nov 18 Nov 22 Nov 26 Nov	02 Dec 06 Dec 10 Dec 16 Dec 20 Dec 29 Dec
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	04 - 06 26 - 28	05 - 07 26 - 28		09 - 11 21 - 23	05 - 07 27 - 29	14 - 16 23 - 25	02 - 04 28 - 30	09 - 11 25 - 27	08 - 10 27 - 29	08 - 10 22 - 24	05 - 07 26 - 28	08 - 10 29 - 31
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	22 - 23	19 - 20		28 - 29	19 - 20	28 - 29	21 - 22	19 - 20	22 - 23	15 - 16	17 - 18	15 - 16
NRA	Noise Risk Assessor							21 - 24				03 - 06	
OSHC	POccupational Safety and Health Coordinator	06 - 08 25 - 27	12 - 14 24 - 26	10 - 12	08 - 10 28 - 30	07 - 09 24 - 26	03 - 05 17 - 19 (Bayan Lepas) 21 - 23	08 - 10 29 - 31	05 - 07 (Bayan Lepas) 09 - 11 26 - 28	09 - 11 22 - 24	08 - 10 27 - 29	11 - 13 25 - 27	08 - 10 20 - 22
		17 - 19 January (MODULE 1) 14 - 16 February (MODULE 2) 14 - 16 March (MODULE 3)			11 - 13 April (MODULE 1) 16 - 18 May (MODULE 2) 13 - 15 June (MODULE 3)			18 - 20 July (MODULE 1) 08 - 10 August (MODULE 2) 19 - 21 Sept (MODULE 3)					
OHD	Occupational Health Doctor							22 - 24 August (MODULE 1) 26 - 28 Sept (MODULE 2) 10 - 12 October (MODULE 3)			12 - 14 September (MODULE 1) 24 - 26 Oktober (MODULE 2) 14 - 16 November (MODULE 3)		
SHO	Safety and Health Officer (Full time)	03 Feb - 06 Mar			07 Apr - 08 May			11 June - 15 Jul			18 Aug - 22 Sept		
SHOP	Safety and Health Officer (Part time)	08 Feb - 04 May			19 Apr - 06 July			02 Aug - 02 Nov			04 Oct - 21 Dec		
SSS	Site Safety Supervisor (Full time)	13 - 24	17 - 28		14 - 25	19 - 30		14 - 25	11 - 22		06 - 17		01 - 12
SSS-P	Site Safety Supervisor (Part time)				17 May - 23 June			16 Aug - 29 Sept					



COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
AWARENESS PROGRAMME													
OHDW	Occupational Health Doctor Examination Workshop						24 - 25					18 - 19	
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid					14 - 15					28 - 29		
CWP-RAA	Construction Work Permit For Receiving Authorized Authority (For Tenaga Nasional GRID Development Contractor)					29 - 30						29 - 30	
ERA1	Ergonomics Trained Person for Initial Ergonomics Risk Assessment											24 - 25	
FWS	Fire Watcher Safety						17		13			19	
OHN	Occupational Health Nurse				12 Apr - 10 May					13 Sept - 11 Oct			
SHFT	Safe Handling of Forklift Truck					20 - 21					14 - 15		
WAH	Working Safely at Height	20 - 21	22 - 23		23 - 24	17 - 18	11 - 12	19 - 20	20 - 21	10 - 11	11 - 12	29 - 30	15 - 16
WAH-R	Working Safely at Height Refresher						18 June					17 Nov	

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COURSE SCHEDULE

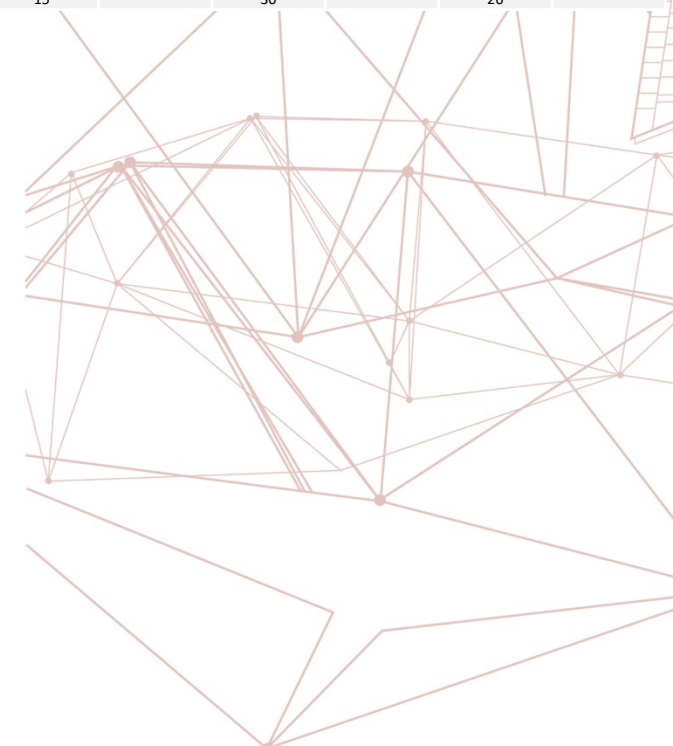
***NORTHERN REGIONAL
OFFICE (NRO)***

MANJUNG

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC		
TRAINERS PROGRAMME															
TTT1	OSH Train the Trainer Competency Based Programme		4-8				10-14					25-29			
REGULATORY COMPETENCY PROGRAMME															
AESP	Authorised Entrant and Standby Person for Confined Space	08-09 22-23	05-06 19-20	12-13 19-20	05-06 23-24	09-10 14-15	07-08 08-09	04-05 11-12 25-26	09-10 16-17 23-24 30-31	13-14 20-21	17-18 24-25 25-26	08-09 15-16 29-30	12-13 19-20	10-11	
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	07 15	05 '06 13	12 13	26	27	24	14 15	05 18 19	03 17 24	06 14 27 28	18	01 02 16	06	04
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	14-16	25-27		15-17	27-29		01-03	05-07		21-23				
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	23-24				21-22				10-11					
CHRA	Chemical Health Risk Assessment				14 – 19 21 – 25 TAPAH										
OSHC	<i>Occupational Safety and Health Coordinator</i>	22-24		06-08		21-23		24-26		2-4		06-08			
OHD	<i>Occupational Health Doctor</i>	06 - 08 25 - 27	12 -14 24 - 26	10 - 12	08 - 10 28 - 30	07 - 09 24 - 26	03 - 05 21 - 23	07 – 09 (M1) 14 – 16 (M2) 21 – 23 (M3) TAPAH	09 - 11 26 - 28	09 - 11 22 - 24	08 - 10 27 - 29	11 - 13 25 - 27	08 - 10 20 - 22		
SHOP	<i>Safety and Health Officer (Part time)</i>					12 Apr - 29 June					27 Sept - 07 Dec				
SSS	<i>Site Safety Supervisor (Full time)</i>		02-28			5-16		07-18			06-17		08-19		
NRA	Noise Risk Assessor										13 – 16 TAPAH				
SKILLS COMPETENCY PROGRAMME															
BOFA	Basic Occupational First Aid				09 – 10 TAPAH				13-14						
CWP-RAA	Construction Work Permit For Receiving Authorized Authority (For Tenaga Nasional GRID Development Contractor)		16-17												
OHN	Occupational Health Nurse					19-30						03 – 14 TAPAH			
WAH	Working Safely at Height		18-19				18-19		27-28						
WAH-R	Working Safely at Height Refresher	20													
AWARENESS PROGRAMME															
EPRP	Emergency Preparedness and Response Plan	16-17					25-26								

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
AWARENESS PROGRAMME													
EPRP	Emergency Preparedness and Response Plan	16-17					25-26						
SAFETY INDUCTION PROGRAMME													
EISP	E - Idaman Safety Passport	13	18	10	29	13	16	7	11	8	7	17	8
NTMSP	NIOSH – TM Safety Passport	8 & 21	3 & 25	11	8 & 22	6 & 20	17 & 30	8 & 29	5 & 19	9 & 23	14 & 28	11 & 25	9 & 23
NTSP	NIOSH – TENAGA Safety Passport	6, 7, 8, 13, 14, 15, 20, 21 & 22	3, 4, 5, 12, 18, 19, 20, 25, 26 & 27	3, 4, 5, 10, 11, 12, 18, 19, 24, 25 & 26	7, 8, 9, 14, 15, 16, 21, 22, 23, 28, 29 & 30	6, 7, 8, 13, 14, 15, 19, 20, 21, 26, 27 & 28	3, 4, 11, 12, 16, 17, 18, 23, 24, 25 & 30	1, 2, 8, 9, 10, 15, 16, 17, 21, 22, 23, 28, 29 & 30	4, 5, 6, 11, 12, 13, 18, 19, 20, 25, 26 & 27	2, 3, 8, 9, 10, 17, 22, 23, 24, 29 & 30	1, 7, 8, 9, 14, 15, 16, 20, 21, 22, 27, 28 & 29	3, 4, 5, 10, 11, 12, 17, 18, 19, 24, 25 & 26	1, 2, 3, 9, 10, 11, 16, 17, 18, 22, 23, 24, 29 & 30
NTLSP	NIOSH -Tenaga Safety Leader Passport	7 & 20	12 & 24	25	14 & 28	12 & 26	23	21	4 & 25	17 & 29	2 & 27	24	22
OGSP	Oil and Gas Safety Passport	6 & 14	4 & 17	3 & 24	7 & 21	5 & 19	3 & 24	14 & 28	12 & 26	4 & 11	6 & 13	4 & 18	3 & 15
OGSP-R	Oil and Gas Safety Passport - Refresher		24		30			15		30		26	





COURSE SCHEDULE

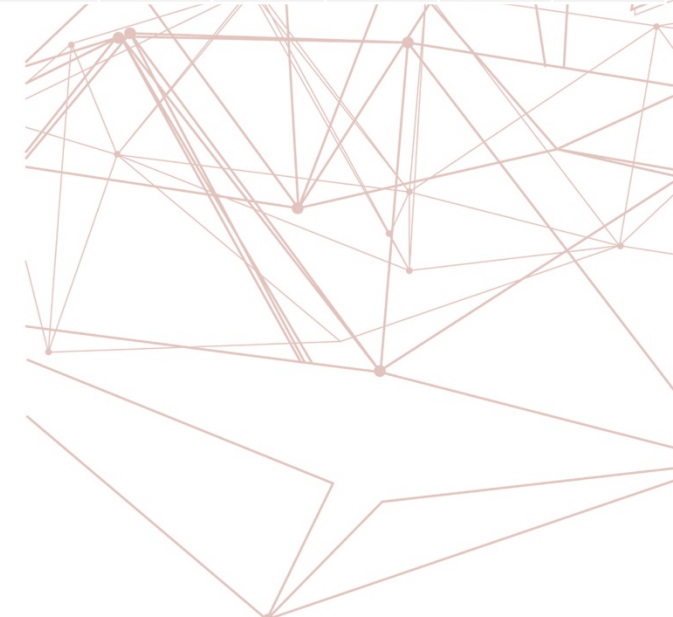
***NORTHERN REGIONAL
OFFICE (NRO)***

ALOR SETAR

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**



COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	6-7			27-28			6-7			12-13		
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	17			29			11			14		
OHD	Occupational Health Doctor	19-21		9-11		4-6		20-22		8-10			
SAFETY INDUCTION PROGRAMME													
EISP	E - Idaman Safety Passport	8	5	11	6	14	17	15	5	3	7	10	14
EOSP	Expressway Operations Safety Passport	21	9	24	7	7	18	13	10	14	22	19	10
NTSP	NIOSH – TENAGA Safety Passport					18							



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Institut Keselamatan dan Kesihatan Pekerjaan Negara


Ministry of Human Resources


Kementerian Sumber Manusia

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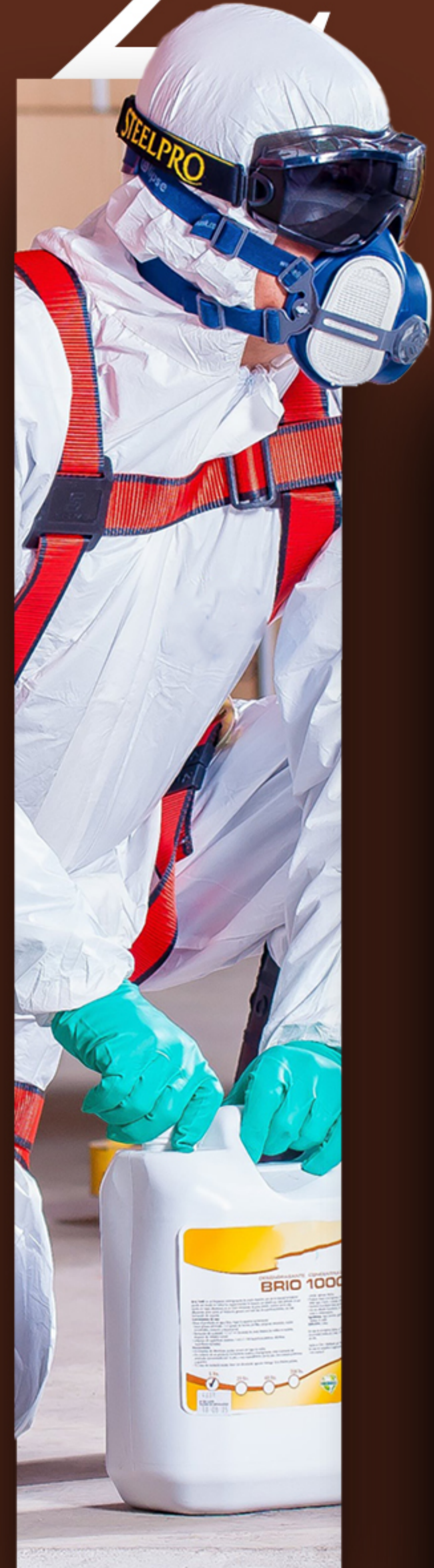
MANJUNG

 Lot 199, Jalan PPMP 3/4
Pusat Perniagaan Manjung Point 3
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Perak

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 Fax: 607 599 0200

2025



COURSE SCHEDULE

***SOUTHERN REGIONAL
OFFICE (SRO)***

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**



COURSE SCHEDULE

***SOUTHERN REGIONAL
OFFICE (SRO)***

JOHOR BAHRU

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme	13-17		10-14		5-9		7-11	4-8	29 Sept - 03 Oct		3-7	8-12
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	6-7, 13-14, 20-21, 26-27	3-4, 12-13, 17-18, 24-25	4-5, 10-11, 14-15, 17-18,	8-9, 14-15, 21-22, 28-29	5-6, 13-14, 19-20, 26-27	10-11, 16-17, 20-21, 23-24,	1-2, 7-8, 14-15, 21-22, 28-29	4-5, 11-12, 18-19, 25-26	8-9, 18-19, 22-23, 29-30	3-4, 6-7, 13-14, 22-23, 27-28	3-4, 10-11, 17-18, 24-25	1-2, 8-9, 15-16, 22-23
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	8, 15, 22, 27	5, 14, 19, 26	6, 12, 15, 19	10, 16, 23, 30	7, 15, 21, 28	4, 12, 18, 21, 25	9, 16, 23, 30	6, 13, 20, 27	10, 18, 24, 30	8, 15, 23, 29	5, 8, 12, 19, 26	3, 10, 17, 23
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	13-15	3-5, 17-19	17-19	14-16	19-21	16-18	14-16	11-13	22-24	13-15	10-12	8-10
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	16-17	20-21	17-19	17-18	22-23	19-20	3-4, 17-18	14-15	25-26	9-10	13-14	11-12
CHRA	Chemical Health Risk Assessment				14 - 30								
HT1	Hygiene Technician 1 (Chemical Monitoring)					5 - 9							
IAQ	Indoor Air Quality Assessor						22 - 26						
NRA	Noise Risk Assessor		17 - 20					21 - 24					
OSHC	Occupational Safety and Health Coordinator	13-15, 23-25	3-5, 21-23	10-12, 20-22	10-12, 22-24	14-16, 27-29	12-14, 23-25	8-10, 24-26	7-9, 17-19	9-11, 25-27	14-16, 29-31	3-5, 20-22, 27-29	2-4, 18-20
OHD	Occupational Health Doctor		10 Jan - 16 Mac				16 Mei - 20 Jul				26 Sept - 16 Nov		
SHO	Safety and Health Officer (Full time)		03 Feb - 07 Mac				16 June - 16 Jul		18 Aug - 23 Sept			03 Nov - 02 Dec	
SHOP	Safety and Health Officer (Part time)		11 Jan - 27 Apr				17 Mei - 10 Aug		09 Aug - 02 Nov				
SSS	Site Safety Supervisor (Full time)		17 - 28			19 - 30			11 - 22	22 Sept - 03 Oct			1-12
SSS-P	Site Safety Supervisor (Part time)				12 Apr - 18 Mei			05 Jul - 10 Aug			04 Oct - 09 Nov		
AWARENESS PROGRAMME													
BPM	Back Protection Management				15-16							11-12	
EMHW	Ergonomics and Manual Handling in The Workplace						18-19				22-23		
EPRP	Emergency Preparedness and Response Plan						23-24						
ESHC	Effective Safety and Health Committee			19-20							14-15		
HLPAP	Hearing Loss Prevention and Audiometric Testing					26-27					13-14		
IRAT	Incident Reporting and Analysis Technique							30 Jun - 02 Jul					
OHDW	Occupational Health Doctor Examination Workshop					14-15							
OSHA	Occupational Safety and Health Act 1994	23			22						21		
OSHO	Occupational Safety and Health in the Office								20-21				
SHOW	Safety and Health Officer Examination Workshop							28					
STUC	Safety in the Use of Chemicals								27-28				
UIH	Understanding, Evaluating and Implementing Effective HIRARC at the Workplace							21-23					
UPTW	Understanding and Implementation of Permit to Work at Workplace					20-21							

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid	8-9	5-6	12-13	16-18	5-6	16-17	9-10	11-12	10-11	8-9	12-13	10-11
BRS	Basic Rigging and Slings		26-27			21-22		14-15		29-30		17-18	
ERA1	Ergonomics Trained Person for Initial Ergonomics Risk Assessment	21-22				14-15			5-6		7-8		
ERA2	Ergonomics Trained Person for Advanced Ergonomics Risk Assessment						16-19						8-11
FWS	Fire Watcher Safety				30			23		25		27	
OHN	Occupational Health Nurse							7 - 18					
SHFT1	Basic Safe Handling of Forklift Truck		19-20		21-22		25-26		18-19		29-30		15-16
WAH	Working Safely at Height	6-7 15-16 20-21	3-4 12-13 21-23	10-11 17-18	14-15 25-26 28-29	7-8 16-17 28-29	3-4 20-21	2-3 7-8 16-17 25-26	6-7 13-14 22-23	3-4 8-9 17-18 22-23	1-2 6-7 15-16 24-25 27-28	7-8 19-20 24-25	3-4 12-13 17-18
WAH-R	Working Safely at Height Refresher	22		19		27		24		24		26	
SAFETY INDUCTION PROGRAMME													
CSPSAR	Contractor Safety Passport System - All Risks Work	3,9,17	6,14,20	6, 22	10,18	8,22,30	14,26	3,11,24	7,14,23	19,27	11,24	7,13,28	11,20
EOSP	Expressway Operations Safety Passport	2,11,23	4,9,15,19,27	4,14,20,25	8,12,15,24	8,10,15,18,27	4,14,21,24	8,13,20,24	9,21,26	4,9,19,27	7,10,25,28	6,15,20,29	4,12,18
NCSP	NIOSH - Cenviro Safety Passport	5	23	22	20	30	15	11	23	25	11	28	14
NTMSP	NIOSH – TM Safety Passport	3, 7, 11, 16, 21, 25	4, 12, 14, 19, 22	4, 8, 13, 25	10, 15, 18, 26	10, 15, 20, 24, 29	5, 10, 13, 19, 24	1, 4, 10, 19, 22	12, 15, 26	2, 13, 18, 30	4, 7, 24, 31	4, 7, 14, 18, 25	6, 12, 16, 23
NTSP	NIOSH – TENAGA Safety Passport	1,6,8,10,13,15,18,20,24,27	3, 7, 10, 13, 17, 21, 24, 26	3,5,7,10,12,17,19,21,24,26	7,9,11,14,16,19,21,25,28,30	2,5,7,9,14,17,19,23, 26,28	3,9,11,12,16,18,20,23,25,28,30	2,5,7,9,12,14,16,18,21,23,25,28,30	4,6,8,11,13,16,18,20,22,25,27	3,6,8,10,12,15,17,22,27,29	1,3,6,8,13,15,17,22,27,29	3,5,8,10,12,17,19,21,24,26	1,3,5,8,10,13,15,17,19,22,24
NLSP	NIOSH -Tenaga Safety Leader Passport	4,17	8,15	8	12,26	16,24	13,21	4,19	9,15	13	10,25	15,29	6,20
OGSP	Oil and Gas Safety Passport	1,6,8,10,13,15,18,20,24,27	3,7,10,13,17,21,24,26	3,5,7,10,12,17,19,21,24,26	7,9,11,14,16,19,21,25,28,30	2,5,7,9,14,17,19,23,26,28	3,9,11,12,16,18,20,23,25,28,30	2,5,7,9,12,14,16,18,21,23,25,28,30	4,6,8,11,13,16,18,20,22,25,27	3,6,8,10,12,15,17,22,27,29	1,3,6,8,13,15,17,22,27,29	3,5,8,10,12,17,19,21,24,26	1,3,5,8,10,13,15,17,19,22,24
OGSP-R	Oil and Gas Safety Passport - Refresher	4,7,14,21	5,12,16,22,25	9,15,18,	8,13,17,22,27	6,16,27	4,10,22,29	1,6,13,17,22,29	5,10,28	2,11,14,21	2,12,16,26	4,14,23,27	2,7,23
PRHP1	PETRONAS Retail HSE Passport - Level 1	22	18	11	23	21	17	15	19	23	21	11	9
SRSP	SHELL Retail Safety Passport	22	18	11	23	21	17	15	19	23	21	11	9

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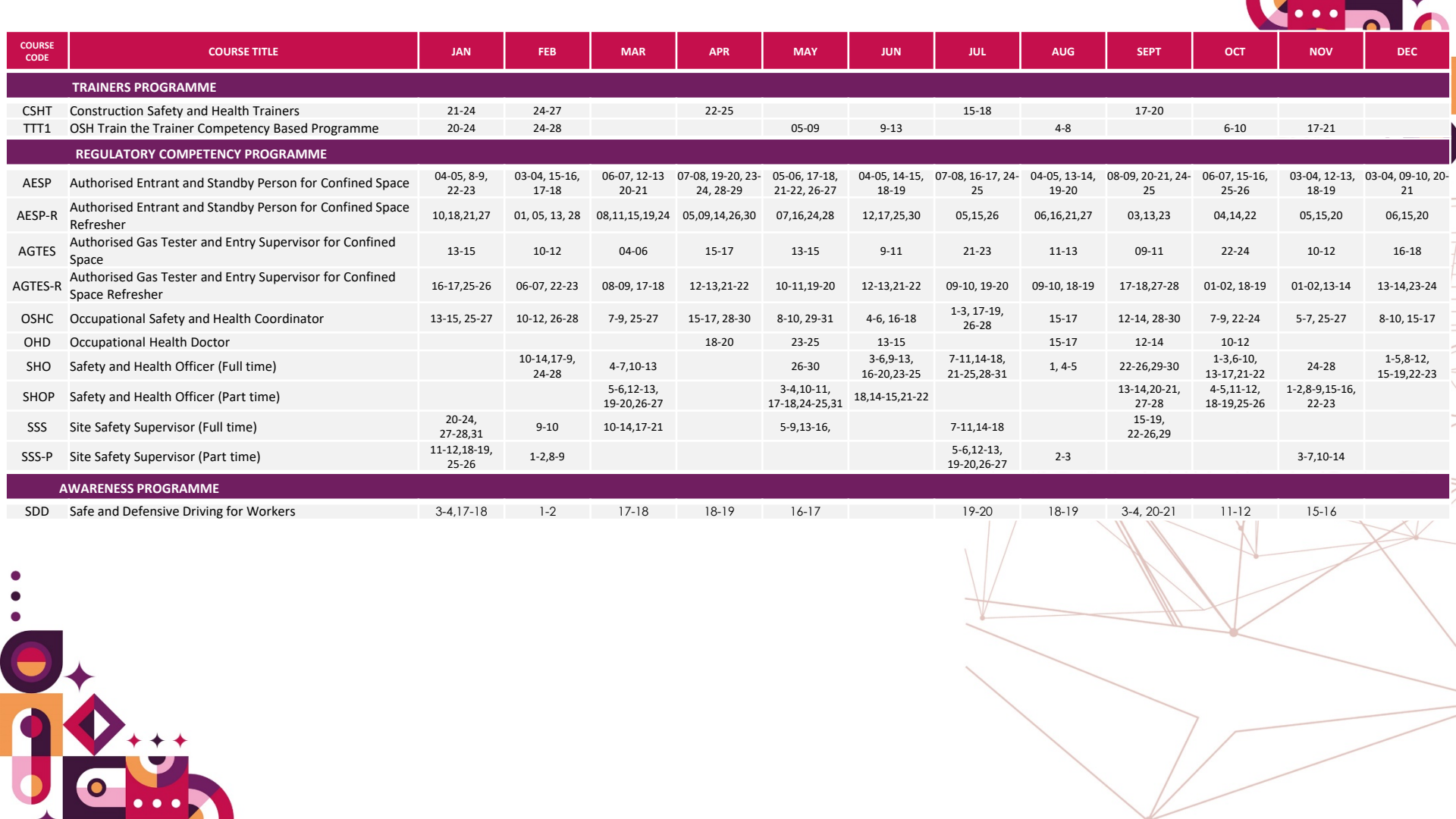


COURSE SCHEDULE

***SOUTHERN REGIONAL
OFFICE (SRO)***

MELAKA

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**



COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
CSHT	Construction Safety and Health Trainers	21-24	24-27		22-25			15-18		17-20			
TTT1	OSH Train the Trainer Competency Based Programme	20-24	24-28			05-09	9-13		4-8		6-10	17-21	
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	04-05, 8-9, 22-23	03-04, 15-16, 17-18	06-07, 12-13, 20-21	07-08, 19-20, 23-24, 28-29	05-06, 17-18, 21-22, 26-27	04-05, 14-15, 18-19	07-08, 16-17, 24-25	04-05, 13-14, 19-20	08-09, 20-21, 24-25	06-07, 15-16, 25-26	03-04, 12-13, 18-19	03-04, 09-10, 20-21
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	10,18,21,27	01, 05, 13, 28	08,11,15,19,24	05,09,14,26,30	07,16,24,28	12,17,25,30	05,15,26	06,16,21,27	03,13,23	04,14,22	05,15,20	06,15,20
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	13-15	10-12	04-06	15-17	13-15	9-11	21-23	11-13	09-11	22-24	10-12	16-18
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	16-17,25-26	06-07, 22-23	08-09, 17-18	12-13,21-22	10-11,19-20	12-13,21-22	09-10, 19-20	09-10, 18-19	17-18,27-28	01-02, 18-19	01-02,13-14	13-14,23-24
OSHC	Occupational Safety and Health Coordinator	13-15, 25-27	10-12, 26-28	7-9, 25-27	15-17, 28-30	8-10, 29-31	4-6, 16-18	1-3, 17-19, 26-28	15-17	12-14, 28-30	7-9, 22-24	5-7, 25-27	8-10, 15-17
OHD	Occupational Health Doctor				18-20	23-25	13-15		15-17	12-14	10-12		
SHO	Safety and Health Officer (Full time)		10-14,17-9, 24-28	4-7,10-13		26-30	3-6,9-13, 16-20,23-25	7-11,14-18, 21-25,28-31	1, 4-5	22-26,29-30	1-3,6-10, 13-17,21-22	24-28	1-5,8-12, 15-19,22-23
SHOP	Safety and Health Officer (Part time)			5-6,12-13, 19-20,26-27		3-4,10-11, 17-18,24-25,31	18,14-15,21-22			13-14,20-21, 27-28	4-5,11-12, 18-19,25-26	1-2,8-9,15-16, 22-23	
SSS	Site Safety Supervisor (Full time)	20-24, 27-28,31	9-10	10-14,17-21		5-9,13-16,		7-11,14-18		15-19, 22-26,29			
SSS-P	Site Safety Supervisor (Part time)	11-12,18-19, 25-26	1-2,8-9					5-6,12-13, 19-20,26-27	2-3			3-7,10-14	
AWARENESS PROGRAMME													
SDD	Safe and Defensive Driving for Workers	3-4,17-18	1-2	17-18	18-19	16-17		19-20	18-19	3-4, 20-21	11-12	15-16	

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid	6-7	8-9	28-29	26-27	13-14	25-26	30-31	22-23	11-12	2-3	12-13	22-23
BRS	Basic Rigging and Slings	9-10	14-15		11-12	14-15	25-26	23-24	27-28	18-19	23-24	8-9	
CSR	Confined Space Rescue and First Response												
	Construction Work Permit For Receiving Authorized Authority (For Tenaga Nasional GRID Development Contractor)	10-11	5-6	4-5, 24-25	14-15, 28-29	26-27	23-24	28-29	26-27	22-23	13-14	24-25	
HPWJ-R	Safe Operation of High Pressure Water Jetting Refresher	27-28	17-18	19-20	9-10		9-10	21-22					
FWS	Fire Watcher Safety	16	21	28		23							
OHN	Occupational Health Nurse							21-25	4-8				
SHFT-R	Safe Handling of Forklift Truck Refresher	13, 28	12		16	21	24	22		24	22		
SHFT1	Basic Safe Handling of Forklift Truck	14-15	21-22	26-27		29-30		3-4	29-30	25-26		28-29	
WAH	Working Safely at Height	3-4, 24-25	13-14, 25-26	6-7, 21-22	7-8, 18-19	3-4, 15-16	4-5, 20-21	5-6, 24-25	4-5, 20-21	8-9, 26-27	16-17, 30-31	3-4, 21-22	12-13, 29-30
WAH-R	Working Safely at Height Refresher	18	15	15	12	10	11	9	13	10	15	11	
SAFETY INDUCTION PROGRAMME													
EOSP	Expressway Operations Safety Passport	03,10,17,24	07,14,21,28	07,14,21,28	04,11,18,25	02,09,16,23	06, 13, 20, 24	04, 11, 18, 25	01, 08,15, 22	12, 19, 26	03, 10, 17, 24	07, 14, 21, 28	05,12, 19
NTMSP	NIOSH – TM Safety Passport	02,09,13,16,23	06,08,13,19,	05,08,12,19,26	06,09,16,23,30	07,10,14,21,28	04, 11,18, 22, 25	02, 09, 16, 23, 30	06, 09, 13, 20, 27	03, 10, 17, 24	01, 08, 15,22,29	05, 08, 12, 19, 26	03, 10,17, 24, 31
NTSP	NIOSH – TENAGA Safety Passport	04,07,11,14,18, 21,25,28	04 (PARASIDE SPA),08,11,15,18 (SEGAMAT), 22,25,28	04 (PARADISE) ,08,11,15,18 (MUAR), 22 (SEGAMAT),25,29	05,08,12,15,19 (PARADISE SPA), 22,26 (PD GOLD),29	6(PARADISE SPA),10,13,17,20 (MUAR),24(SEGAMAT),27,31	3,10,14(MUAR), 17,21,24,28 (SEGAMAT)	5,8,12(PARADISE SPA),15,19,22,26 (PD GOLF),29	2,5,9(SEGAMAT) ,12,16(PD GOLF),19,23,26	6,13(PARADISE), 20,23,27(SEGAMAT),29,30	4,7,11 (SEGAMAT), 14,18,21,25(PD GOLF),28	1,4,8(PARADISE), 11,15,18,22,25	2,6(PD GOLF),9,13,16,20,23,30
NTLSP	NIOSH -Tenaga Safety Leader Passport	02,08,15,22	05,12,17,26	06,13,20,27	03,10,17,24	08,15,22,29	05, 12, 19,26	03, 10, 17, 24	07, 14,21,28	04, 11, 18, 25	02, 09, 16,23	06, 13, 20, 27	04, 11, 18, 29
OGSP	Oil and Gas Safety Passport	06,12,13,16,19, 20,25,26,27	03,09 (PD GOLF),10,16,17, 23,24,27	03,09 (PD GOLF),10,16,17, 23,24,30	06,07,13,14,20, 21,27 (MUAR), 28	04,05,11 (PD GOLF),12,18, 19,25,26	04, 09, 15, 16, 18, 22,23, 29	01, 07, 13 (MUAR), 14, 20 (SEGAMAT), 21, 27, 28	04,10,11,17, 18, 22, 26,29	07, 08, 12, 14, 15, 21 (PD GOLF), 22, 28,	06, 12, 13, 19 (PARADISE), 24, 26, 27, 31	03, 09, 10, 16 (PD GOLF), 17,23, 24, 30	01, 07, 08, 14, 15, 21 (PARADISE), 22, 28 (PARADISE),
OGSP-R	Oil and Gas Safety Passport - Refresher	05,08,15,22	02,05,12,19,26	02,06,13,20,27	03,10,12,17,19, 24,26	08,15,17,22,29	01,05,12,19, 26,	03, 10, 17, 24, 31	03,07, 14, 21, 28	04, 06, 11, 18, 25	02, 09, 16, 23, 30	02, 06, 13, 20, 27	04, 11, 18, 26
REMOTE LEARNING PROGRAMME													
TRAINERS PROGRAMME													
TTT1-RL	OSH Train the Trainer Competency Based Programme	6-10	3-7	10-14	21-25	19-23		7-11	11-15	22-26	27-31		1-5

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COURSE SCHEDULE

***SOUTHERN REGIONAL
OFFICE (SRO)***

PENGERANG

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	8-9,24-25	14-15,26-27	12-13, 16-17	16-17, 20-21	4-5, 22-23	12-13, 22-23	6-7, 23-24	3-4, 27-28	10-11, 28-29	5-6, 30-31	13-14, 23-24	6-7, 23-24
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	10, 26	9, 28	8, 21	11, 26	9, 25	20,22	4, 20	8,17	12,21	12,31	14,30	12,21
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	15-17	6-8	5-7	13-15	7-9	15-17	9-11	10-12	7-9	1-3	2-4	3-5
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	22-23	22-23	19-20	26-27	15-16	21-22	17-18	16-17	13-14	8-9	8-9	10-11
OSHC	Occupational Safety and Health Coordinator		1-3		17-19		12-14			21-23			
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid		20-21			13-14			20-21			19-20	
			4 – 5			20 – 21			14 – 15			13 – 14	
BRS	Basic Rigging and Slings		(PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)			(PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)			(PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)			(PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)	
WAH	Working Safely at Height	13 – 14 (PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)	4 – 5 (PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)		22 – 23 (PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)	20 – 21 (PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)	18 – 19 (PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)	21 – 22 (PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)	5 – 6 (PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)	2 – 3 (PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)	13 – 14 (PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)	11 – 12 (PRESTARIANG SKILL TRAINING INSTITUTE, KG LEPAU)	
SAFETY INDUCTION PROGRAMME													
NCSP	NIOSH - Cenviro Safety Passport	3		7		16		18		12		21	
OGSP	Oil and Gas Safety Passport	1,5,9,12,16,19,21,25,26,28	2,6,9,13,16,18,22,23,27	4,9,13,16,18,21	8,13,17,19,20,24,27,29	4,8,13,18,22,24,27	3,12,14,15,17,21,26	1,6,10,13,15,19,20,24,27	3,7,10,14,19,23,24,28	2,7,11,14,18,20,21,25,28,30	4,7,12,16,21,26,30	2,4,9,13,15,16,20,23,27,30	2,6,9,14,18
OGSP-R	Oil and Gas Safety Passport - Refresher	1,26	23,28	16,20	22,27	25,29	15,25	20,29	24,25	20,29	26,28	16,25	14,21

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KEMENTERIAN SUMBER MANUSIA



NIOSH
National Institute of Occupational Safety and Health

National Institute of Occupational Safety and Health

Institut Keselamatan dan Kesihatan Pekerjaan Negara

Ministry of Human Resources

Kementerian Sumber Manusia

SOUTHERN REGIONAL OFFICE (SRO)

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MELAKA

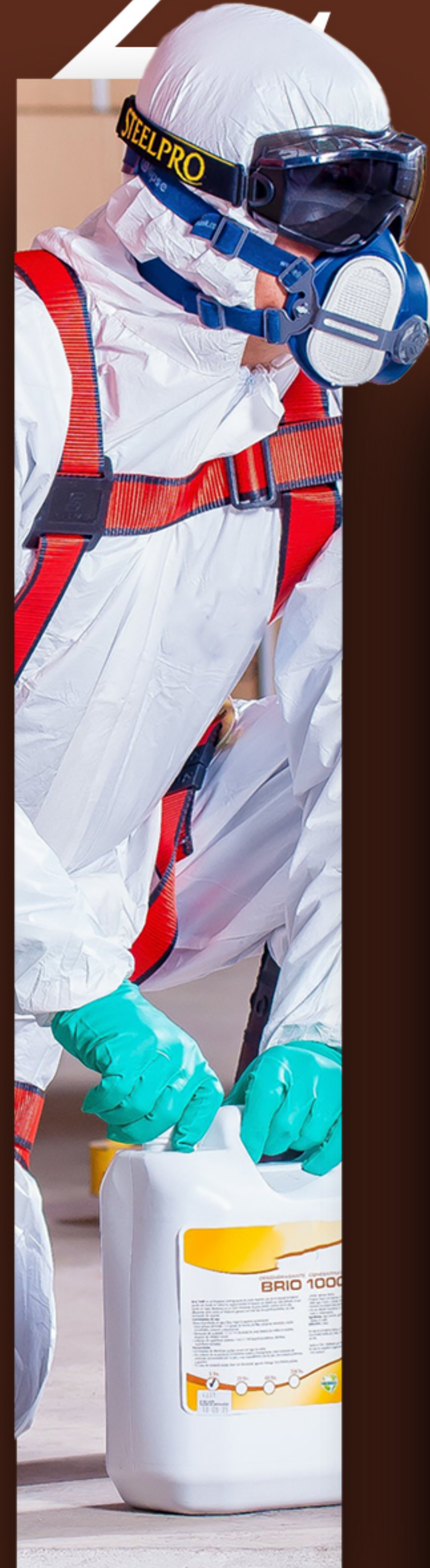
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2025

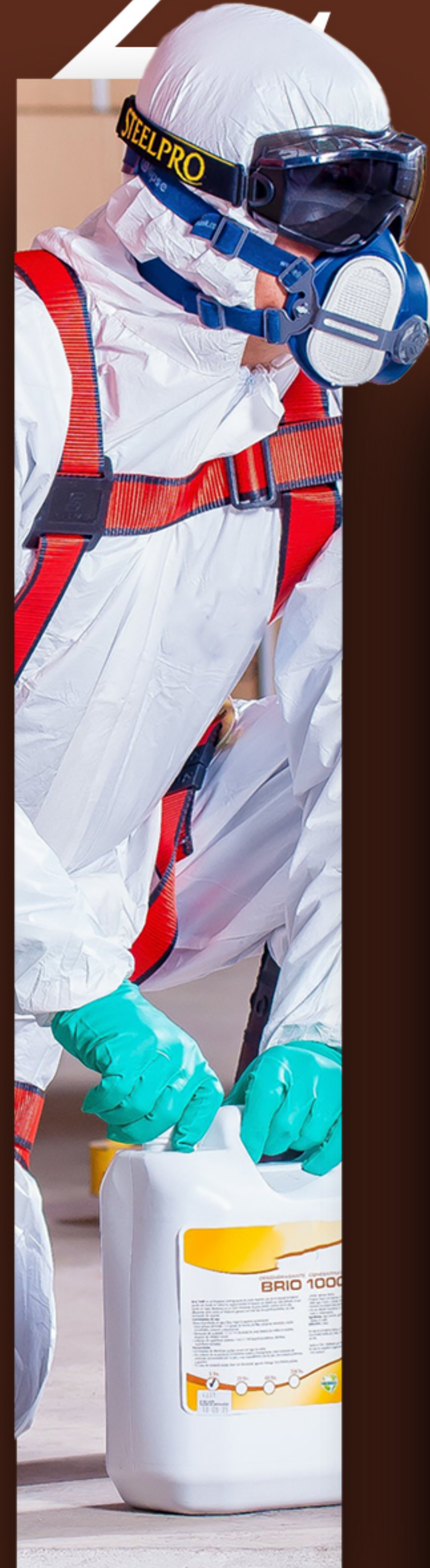


COURSE SCHEDULE

**EAST COAST REGIONAL
OFFICE (ECRO)**

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

2025



COURSE SCHEDULE

**EAST COAST REGIONAL
OFFICE (ECRO)**

KERTEH

TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA



COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme		2-6			16-20 (KTRG)			24-28				19-23 (K. TRG)
TTT2	Training Management for Business							13-18					
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	1-2,3-4,6-7,8-9,10-11,13-14,15-16,17-18,20-21,22-23,24-25	3-4,5-6,7-8,10-11,12-13,14-15,17-18,21-22,24-25,26-27,28	1,5-6,7-8,10-11,12-13,14-15,18-19,21-22,24-25,26-27,28-29	4-5,7-8,9-10,11-12,14-15,16-17,18-19,21-22,23-24,28-29	1-3,5-6,7-8,9-10,13-14,16-17,19-20,21-22,23-24,26-27,28,30-31	3-4,9-10,11-12,13-14,16-17,18-19,20-21,23-24,25-26,30	1,2-3,4-5,7-8,9-10,11-12,14-15,16-17,18-19,20-21,22,23-24,25-26,28-29,30-31	1-2,4-5,6-7,8-9,11-12,13-14,15-16,18-19,20-21,22-23,24-25,26-27,28-29,30	1-2,3-4,8-9,10-11,12-13-17-18,19-20,22-23,24-25,26-27,29-30	1-2,3-4,6-7,8-9,10-11,13-14,15-16,17-18,21-22,23-24,27-28,29-30,31	1,3-4,5-6,7-8,10-11,12-13,14-15,17-18,19-20,21-22,24-25,26-27,28-29	1-2,3-4,5-6,8-9,10-11,12-13,14-15,17-18,19-20,21-22,24-25,26-27,29-30
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	2,4,5,8,11,12,16,18,19,22,23,25,26,28	1,2,5,9,13,15,16,20,22,23,26	1,2,3,8,9,12,15,16,20,22,23,26,29,30	5,6,9,12,13,17,19,20,24,25,30	3,4,7,10,11,15,17,18,22,24,25,29,31	4,9,11,14,15,19,21,22,26,28,29	3,5,6,10,12,13,19,20,23,26,27,30	2,3,9,10,14,16,17,21,23,24,27,30	4,6,7,10,13,14,18,20,21,27,28	4,5,9,11,12,15,18,19,23,25,26,27,29	1,2,5,8,9,13,15,16,22,23,27,29	3,6,7,11,13,14,17,20,21,24,27,28,31
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	9-11,15-17,20-22	6-8,10-12,19-21	5-7,13-15,24-26	14-16,23-25	8-10,21-23,26-28	12-14,16-18,23-25	1-3,7-9,17-18,24-26	7-9,11-13,28-30	11-13,18-20,22-24	2-4,16-18,27-29	6-8,10-12,20-22	4-6,8-10,18-20
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	9-10,20-21	6-7,10-11,27-28	5-6,13-14,27-28	10-11,14-15	8-9,15-16,26-27	3-4,12-13,19-20	7-8,17-18,24-25,28-29	7-8,11-12,28-29	11-12,14-15,25-26	2-3,8-9,16-17,21-22	6-7,20-21,26-27	4-5,18-19,22-23
NRA	Noise Risk Assessor	19-22					22-25				26-29		
OSHC	Occupational Safety and Health Coordinator	14-16	13-15 (KTRG)	11-13	8-10 (K. TRG)	8-10	17-19	15-17	7-9 (KTRG)	9-11	14-16	18-20 (KTRG)	11-13
OHD	Occupational Health Doctor		M1:18-20	M2: 12-14	M3: 28-30				M1: 10-12 M2: 20-22	M3: 8-11			
SHO	Safety and Health Officer (Full time)				6/4/2024 - 5/5/2025						5 - 30		
SSS	Site Safety Supervisor (Full time)		16-27		13-24	18-29 (KTRG)		20-31		21/9-2/10 (KTRG)		16-27	21/12/25-1/1/26
SSS-OS	Site Safety Supervisor - Occupational Safety (Module 6)	Subject to customer request											

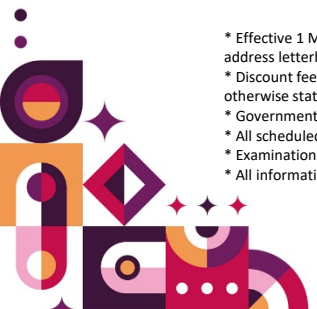


COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid	7-8		18-19		13-14		22-23		23-24		11-12	
BRS	Basic Rigging and Slings	13-14		23-24		6-7		8-9		14-15		25-26	
CRINS	Crane and Machinery Safety Inspection	12-13		9-10		18-19		20-21		7-8		2-3	
ERA1	Ergonomics Trained Person for Initial Ergonomics Risk Assessment						10-11					2-3	
HPWJ	Safe Operation of High Pressure Water Jetting	15-17	26-28	19-21	23-25	21-23	11-13	9-11	27-29	17-19	22-24	12-14	3-5
HPWJ-R	Safe Operation of High Pressure Water Jetting Refresher		6-7	25-26		29-30		24-25		26-27		27-28	
OHN	Occupational Health Nurse							27/7-7/8					
SHFT-R	Safe Handling of Forklift Truck Refresher		10		30		16		14		6		8
SHFT1	Basic Safe Handling of Forklift Truck	5-6	9-10	9-10	20-21	4-5	15-16	6-7	10-11	7-8	5-6	2-3	7-8
WAH	Working Safely at Height	10-11 19-20	7-8 23-24	14-15	6-7 18-19	9-10 25-26	20-21	11-12 20-21	15-16	12-13 28-29	10-11	7-8 23-24	19-20
WAH-R	Working Safely at Height Refresher		22		12		1		30		26		28



COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
SAFETY INDUCTION PROGRAMME													
CSPSAR	Contractor Safety Passport System - All Risks Work	Subject to customer request											
EOSP	Expressway Operations Safety Passport	17	15		18	16	20	18	15	19	17	21	19
NTMSP	NIOSH – TM Safety Passport	19	16	23	20	18	22	20	24	21	19	23	21
NTSP	NIOSH – TENAGA Safety Passport	10,24	8,23	7,22	12,20	10,24	14,22	11,26	15,30	12,28	17,25	8,16	19,27
NTLSP	NIOSH -Tenaga Safety Leader Passport	25	22	22	25	24	28	26	30	27	25	29	27
OGSP	Oil and Gas Safety Passport	1,2,5,6,7,8,9,12,13,14,15,16,19,20,21,22,23,26,28,31	2,3,4,5,6,9,10,11,12,13,16,17,18,19,20,23,24,25,26,27,6,27	2,3,5,6,9,10,11,12,13,16,18,19,20,21,22,23,24,28,29,30	2,3,6,7,8,9,10,13,14,15,16,17,20,21,22,23,24,28,29,30	4,5,6,7,8,11,13,14,15,18,19,20,21,22,25,26,27,28,29	3,4,9,10,11,12,15,16,17,18,19,22	1,2,3,6,7,8,9,10,13,14,15,16,17,20,21,22,23,24,27,28,29,30	3,4,5,6,7,10,11,12,13,14,17,18,19,20,21,24,25,26,27,28	1,2,3,4,7,8,9,10,11,14,15,17,18,22,23,24,25,28,29,30	1,2,5,6,7,8,9,12,13,14,15,16,19,22,23,26,27,28,29,30	2,3,4,5,6,9,10,11,12,13,16,17,18,19,20,23,24,25,26,27,6,27	1,2,3,4,7,8,9,10,11,14,15,16,17,18,21,22,23,24,28,29,30,31
OGSP-R	Oil and Gas Safety Passport - Refresher	1,2,5,6,7,8,9,12,13,14,15,16,19,20,21,22,23,26,28,31	2,3,4,5,6,9,10,11,12,13,16,17,18,19,20,23,24,25,26,27,6,27	2,3,5,6,9,10,11,12,13,16,18,19,20,21,22,23,24,28,29,30	2,3,6,7,8,9,10,13,14,15,16,17,20,21,22,23,24,28,29,30	4,5,6,7,8,11,13,14,15,18,19,20,21,22,25,26,27,28,29	3,4,9,10,11,12,15,16,17,18,19,22	1,2,3,6,7,8,9,10,13,14,15,16,17,20,21,22,23,24,27,28,29,30	3,4,5,6,7,10,11,12,13,14,17,18,19,20,21,24,25,26,27,28	1,2,3,4,7,8,9,10,11,14,15,17,18,22,23,24,25,28,29,30	1,2,5,6,7,8,9,12,13,14,15,16,19,22,23,26,27,28,29,30	2,3,4,5,6,9,10,11,12,13,16,17,18,19,20,23,24,25,26,27,6,27	1,2,3,4,7,8,9,10,11,14,15,16,17,18,21,22,23,24,28,29,30,31
PRHP1	PETRONAS Retail HSE Passport - Level 1		8								19		
SRSP	SHELL Retail Safety Passport					17						16	

- * Effective 1 March 2024, NIOSH training activities are subjected to SST (8%) except SBRO-Labuan [(Free Trade Zone). Receipt / invoice issued shall use SBRO-LABUAN address letterhead].
- * Discount fees is NOT APPLICABLE to refresher course, joint venture course, workshop, safety passports and all types of examination UNLESS otherwise stated.
- * Government discount fees is NOT APPLICABLE to SHO and SSS due to fee reduction (revised package).
- * All scheduled programmes are available to be conducted as In-house Programme.
- * Examination fee is paid separately for selected Competency Programmes (SHO, CHRA, IAQ, NRA, HT1, HT2, OHD, OHN).
- * All information are correct at the time of printing/publishing.



2025



COURSE SCHEDULE

EAST COAST REGIONAL OFFICE (ECRO)

KOTA BHARU

TO BE A LEADING CENTER OF EXCELLENCE IN OCCUPATIONAL SAFETY AND HEALTH IN MALAYSIA

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	13 - 14	3 - 4	10 - 11	14 - 15	26 - 27	23 - 24	14 - 15	4 - 5	8 - 9	27 - 28	17 - 18	8 - 9
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	16	5	12	16	28	25	16	6	10	29	19	10
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	13 - 15		10 - 12		26 - 28		14 - 16		8 - 10			8 - 10
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	7 - 8			8 - 9				5 - 6			24 - 25	
CHRA	Chemical Health Risk Assessment								17 - 28				
NRA	Noise Risk Assessor			2 - 5						21 - 24			
OSHC	Occupational Safety and Health Coordinator		17 - 19		7 - 9		23 - 25		11 - 13		13 - 15	10 - 12	15 - 17
OHD	Occupational Health Doctor		13-15 (M1)	20-22 (M2)	24-26 (M3)	29-31 (M1)	19-21 (M2)	17-19 (M3)	14-15 (M1)	18-20 (M2)	23-25 (M3)		
SHO	Safety and Health Officer (Full time)			7-22 (M1)	11-25 (M2)	9-24 (M3)	13-28 (M4)					2 - 27	
SSS	Site Safety Supervisor (Full time)		16-20 23-27		20-25 27-30			20-24 27-31			5-9 12-16		
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid	21-22				6-7					21-22		
OHN	Occupational Health Nurse					18 - 22	15 - 19						
SHFT1	Basic Safe Handling of Forklift Truck		21 - 22							22 - 23			
WAH	Working Safely at Height	10 - 11								16 - 17			19 - 20
SAFETY INDUCTION PROGRAMME													
NTMSP	NIOSH – TM Safety Passport	17	14	20, 28 (JELI)	10	15	5, 20 (GUA MUSANG)	17	7	11, 19 (K.BESUT)	8	20, 28 (GUA MUSANG)	4
NTSP	NIOSH – TENAGA Safety Passport	9,12,16,19,23,26	6,10,13,16,20,23,27	5,8,12,15,19,22,26, 28 (JELI), 29	9,12,16,19,23,26,30	7,10,14,17,21,24,28, 31	4,7,11,14,18, 20 (GUA MUSANG)	2,5,9,12,16,19,23,26	6,9,13,16,20,23,27	3,6,10,13,17, 19 (K.BESUT),20,24,27	8,11,15,18,22,25,29	5,8,12,15,19,22,26, 28 (GUA MUSANG)	3,6,10,13,17,20,24, 7
NTLSP	NIOSH -Tenaga Safety Leader Passport	10	13	6, 28 (JELI)	9	8	4, 20 (GUA MUSANG)	3	6	4, 19 (K.BESUT)	8	6, 28 (GUA MUSANG)	3
OGSP	Oil and Gas Safety Passport	8	5	5	9	8	7	4	2	3	7	5	3
OGSP-R	Oil and Gas Safety Passport – Refresher	7	4	4	8	7	6	3	1	2	6	4	2

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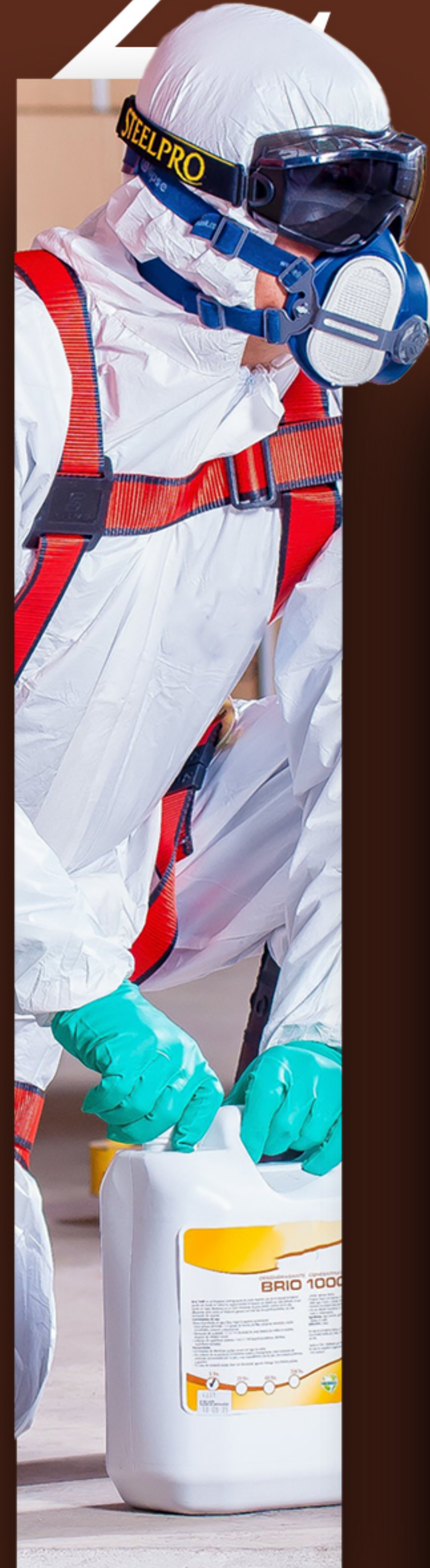
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* Examination fee is paid separately for selected Competency Programmes (SHO, CHRA, IAQ, NRA, HT1, HT2, OHD, OHN).

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2025



COURSE SCHEDULE

EAST COAST REGIONAL OFFICE (ECRO)

KUANTAN

TO BE A LEADING CENTER OF EXCELLENCE IN OCCUPATIONAL SAFETY AND HEALTH IN MALAYSIA



COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme			10-14		16-20		7-11			13-17		15-19
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	07-08, 14-15, 21-22,	04-05, 11-12, 25-26	04-05, 11-12, 25-26	08-09, 15-16, 22-23, 29-30	06-07, 14-15, 20-21, 27-28	03-04, 10-11, 17-18, 24-25	01-02, 08-09, 15-16, 22-23	05-06, 12-13, 26-27	02-03, 09-10, 23-24	07-08, 14-15, 22-23, 28-29	04-05, 11-12, 18-19	09-10, 16-17, 23-24
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	06, 13, 20	03, 10, 24	03, 10, 24	07, 14, 21, 28	05, 13, 19, 26	05, 09, 16, 23	07, 14, 21, 28	04, 11, 25	04, 08, 22	06, 13, 21, 27	03, 10, 17	08, 15, 22
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	03-05, 8-10, 15-17, 22-24	5-7, 19-21	12-14, 26-28	09-11, 16-18, 23-25	07-09, 28-30	11-13, 18-20	02-04, 09-11, 23-25	06-08, 13-15, 27-29	02-04, 24-26	08-10, 15-17, 22-24, 29-31	12-14, 26-28	10-12, 17-19
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	6-7, 13-14, 20-21	3-4, 17-18	03-04, 20-21	07-08, 21-22, 28-29	05-06, 19-20, 26-27	04-05, 16-17	07-08, 14-15, 21-22	04-05, 18-19, 25-26	08-09, 22-23	01-03, 06-07, 13-14, 27-28	03-04, 17-18	01-02, 15-16
NRA	Noise Risk Assessor												
OSHC	Occupational Safety and Health Coordinator	15-17		4-6		28-30	17-19	23-25					16-18
OHD	Occupational Health Doctor			14-19						15-11			
SHO	Safety and Health Officer (Full time)				07/04/2025-08/05/2025			14/07/2025-13/08/2025			10/11/2025-09/12/2025		
SHOP	Safety and Health Officer (Part time)		01/02/2025-29/4/2025				17/05/2025-05/08/2025			06/09/2025-18/11/2025			
SSS	Site Safety Supervisor (Full time)	13-24			07-18				11-22		04/10/2025-04/11/2025		
SSS-P	Site Safety Supervisor (Part time)					24/05/2025-24/06/2025					04/10/2025-04/11/2025		
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid	21-22				22-23			21-22				
OHN	Occupational Health Nurse						09-20						01-12
SHFT-R	Safe Handling of Forklift Truck Refresher	3		11			10		14		7		10
SHFT1	Basic Safe Handling of Forklift Truck		05-06		12-13	14-15		5-6			4-5		6-7
WAH	Working Safely at Height	10-11	15-16		19-20	3-4	3-4, 21-22	19-20	16-17	6-7	25-26	15-16	13-14
SAFETY INDUCTION PROGRAMME													
NTMSP	NIOSH – TM Safety Passport	7,14,21,28	4,11,18,23 (Temerloh), 25	4,11,18,25	8,15,20 (Temerloh),22, 29	6,13,20,27	3,10,17,22 (Temerloh),24	1,8,15,22,29	5,12,19,24 (Temerloh),26	2,9,23,30	7,14,21,26 (Temerloh),28	4,11,18,25	2,9,16,30
NTSP	NIOSH – TENAGA Safety Passport	2,9,16,23	6,13,20,23 (Temerloh),27	6,13,20,27	3,10,17,19 (Temerloh),24	08, 15, 29	5,12,19,22 (Temerloh),26	3,10,24,31	7,14,21,23 (Temerloh),28	4,11,18,25	2,9,16,23,26 (Temerloh),30	6,13,20,27	4, 11, 20
NTLSP	NIOSH -Tenaga Safety Leader Passport	15		15			11			10			
OGSP	Oil and Gas Safety Passport	3,10,17,24,31	7,14,21,28	7,14,21,28	18, 11, 25	2,9,16,23,30	6, 13, 20	4,11,18,25	1,8,15,22,29	5,12,19,26	3,10,17,24,31	7,14,21,28	5,12,19,26
OGSP-R	Oil and Gas Safety Passport - Refresher	6, 13, 20	3,10,17,24	3,10,17,24	7,14,21,28	5, 19, 26	2, 9, 16, 23	7,14,21,28	4,11,18,25	1,8,15,22,29	6, 13, 27	3,10,17,24	1,8,15,22,29
PRHP1	PETRONAS Retail HSE Passport - Level 1		26			21							
SRSP	SHELL Retail Safety Passport		12				25						





KEMENTERIAN SUMBER MANUSIA



NIOSH
National Institute of Occupational Safety and Health

National Institute of Occupational Safety and Health

Institut Keselamatan dan Kesihatan Pekerjaan Negara

Ministry of Human Resources

Kementerian Sumber Manusia

EAST COAST REGIONAL OFFICE (ECRO)

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KOTA BHARU

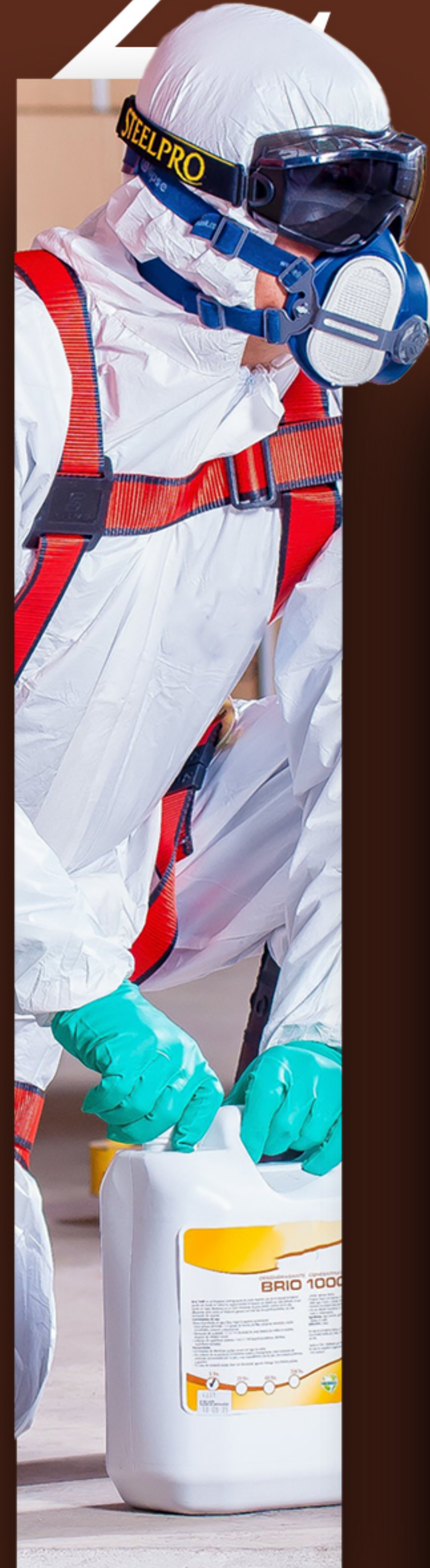
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Kota Bharu, Kelantan

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2025



COURSE SCHEDULE

SARAWAK REGIONAL OFFICE (SWRO)

TO BE A LEADING CENTER OF EXCELLENCE IN OCCUPATIONAL SAFETY AND HEALTH IN MALAYSIA



COURSE SCHEDULE

***SARAWAK REGIONAL
OFFICE (SWRO)***

KUCHING

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme				21-25								
TTT2	Training Management for Business											17-22	
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	23-24	19-20	22-23	10-11	6-7	19-20	17-18	26-27	17-18	21-22	18-19	9-10
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	22		24		8		16		19			11
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	20-22			8-10		16-18	14-16		23-25			16-18
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher		21-22			14-15			29-30			18-19	
CHRA	Chemical Health Risk Assessment		3-14										
IAQ	Indoor Air Quality Assessor						30/06 - 04/07						
OSHC	Occupational Safety and Health Coordinator	07-09 20-22	25-27 04-06 18-20	11-13 04-06 25-27	15-17 28-30	08-10 13-15 27-29	17-19 10-12 24-26	08-10 22-24	05-07 19-21	11-13 09-11 23-25	14-16 07-09 21-23	13-15 04-06 18-20	09-11 16-18
OHD	Occupational Health Doctor				M1:14-16 M2: 22-24 M3: 28-30								
SHO	Safety and Health Officer (Full time)		10/02 - 06/03					28/07 - 30/08			01/10 - 30/10		
SHOP	Safety and Health Officer (Part time)						14/06 - 30/08						
SSS	Site Safety Supervisor (Full time)	13-23		03-14		21-31			4-15		13-24		2-13
AWARENESS PROGRAMME													
ESHC	Effective Safety and Health Committee						23-24						
UIH	Understanding, Evaluating and Implementing Effective HIRARC at the Workplace										28-30		
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid	22-23		19-20									15-16
ERA1	Ergonomics Trained Person for Initial Ergonomics Risk Assessment			5-6									
ERA2	Ergonomics Trained Person for Advanced Ergonomics Risk Assessment									23-26			
WAH	Working Safely at Height	07-08 18-19	4-5 22-23	12-13	11-13 23-24	13-14 24-25	10-11 25-26	9-10 26-27	5-6 23-24	13-14 24-25	7-8 27-28	11-12	6-7
WAH-R	Working Safely at Height Refresher	9	6	11	25	15	12	11	7	26	9	13	8



COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
SAFETY INDUCTION PROGRAMME													
CSPSAR	Contractor Safety Passport System - All Risks Work	15, 21, 25	1, 18, 26	4, 8, 25	12, 26, 29	7, 10, 17, 28	14, 21, 25	5, 8, 24	9, 13, 20	3, 13, 27	2, 18, 25	1, 5, 8, 19	3, 13, 20
NTMSP	NIOSH – TM Safety Passport	11, 14	1, 20	8, 20	16, 26	8, 17	19, 28	12, 24	14, 23	4, 20	9, 25	8, 20	11, 20
NTSP	NIOSH – TENAGA Safety Passport												
NTLSP	NIOSH -Tenaga Safety Leader Passport												
OGSP	Oil and Gas Safety Passport		13	26	17		12	15	25	23	7		10
SESP	Sarawak Energy Safety Passport	8, 16	8, 15, 19	22, 26	9, 26, 30	21, 24	11, 16, 28	2, 19, 30	9, 28	2, 18, 27	8, 22	4, 15, 18	4, 27
REMOTE LEARNING PROGRAMME													
SAFETY INDUCTION PROGRAMME													
CSPSAR-RL	Contractor Safety Passport System - All Risks Work (Remote Learning)			19	15	6		29	27	20	28		18

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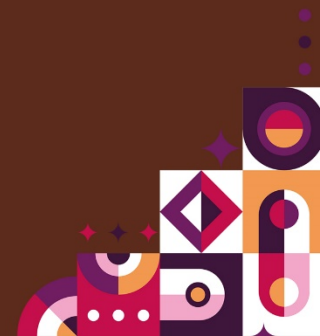
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COURSE SCHEDULE

***SARAWAK REGIONAL
OFFICE (SWRO)***

BINTULU

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme							07-11					
TTT2	Training Management for Business												02-07(B)
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	03-04, 09-10, 16-17, 24-23	05-06, 14-15, 19-20, 22-23, 28-29 (B)	04-05, 12-13, 18-19, 21-22, 27-28 (B)	03-04, 16-17, 22-23, 24-25, 29-30 (B)	06-07, 09-10, 15-16, 22-23, 29-30 (B)	11-12, 19-20, 24-25, 26-27, (B)	03-04, 10-11, 17-18, 24-25, 30-31 (B)	05-06, 12-13, 15-16, 20-21, 28-29 (B)	02-03, 09-10, 18-19, 23-24, 26-27 (B)	02-03, 07-08, 15-16, 22-23, 29-30 (B)	04-05, 12-13, 19-20, 25-26, 28-29, (B)	03-04, 09-10, 16-17, 18-19 (B)
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	10,16,26	07,13,21,27	06,14,20,26	05,15,19,24,	08,17,24,28	07,13,21,27	05,11,19,29	07,14,22,30	04,11,20,30	07,17,24,31	06,14,21,28	05,11,18,23
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	15-17	20-22	25-27	22-24	27-29	26-28	29-31	26-28	24-26	29-31	26-28	16-18
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher		07-08		02-03		12-13		07-08		01-02		02-03
OSHC	Occupational Safety and Health Coordinator	20-22		25-27		27-29		23-25		23-25		25-27	
OHD	Occupational Health Doctor												
SHO	Safety and Health Officer (Full time)		17/02-13/03									03-28	
SHOP	Safety and Health Officer (Part time)								03/08-27/10				
SSS	Site Safety Supervisor (Full time)		10-21		07-17		09-20		11-22		13-24		01-12
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid				22-23						29-30		
HPWJ-R	Safe Operation of High Pressure Water Jetting Refresher				28-29					22-23			
OHN	Occupational Health Nurse											17-28	
WAH	Working Safely at Height	07-08, 22-23	04-05, 25-26	04-05, 25-26	07-08, 21-22	05-06, 26-27	10-11, 23-24	08-09, 28-29	12-13, 25-26	08-09, 24-25	07-08, 28-29	05-06, 24-25 (B)	01-02, 15-16
WAH-R	Working Safely at Height Refresher	9	27	6	23	28	12	30	14	10	9	7	3

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
AWARENESS PROGRAMME													
EPRP	Emergency Preparedness and Response Plan					06-07							
ESHC	Effective Safety and Health Committee						11-12						
IRAT	Incident Reporting and Analysis Technique								19-21				
UIH	Understanding, Evaluating and Implementing Effective HIRARC at the Workplace										06-08		
SAFETY INDUCTION PROGRAMME													
NTMSP	NIOSH – TM Safety Passport	16	13	12	16	14	11	16	13	10	15	12	10
OGSP	Oil and Gas Safety Passport						EVERY MONDAY & WEDNESDAY						
OGSP-R	Oil and Gas Safety Passport - Refresher						EVERY TUESDAY & THURSDAY						
PRHP1	PETRONAS Retail HSE Passport - Level 1						24						
SESP	Sarawak Energy Safety Passport						TWICE A MONTH (REFER E-DAFTAR)						
SRSP	SHELL Retail Safety Passport								14				

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COURSE SCHEDULE

***SARAWAK REGIONAL
OFFICE (SWRO)***

MIRI

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme		24 - 28										
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	06-07	03-04	03-04	07-08	05-06	09-10	07-08	04-05	02-03	06-07	03-04	01-02
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	8	5	5	9	7	11	9	6	4	8	5	3
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	20 - 22			21 - 23				25 - 27				
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher		10 - 11								13 - 14		
OSHC	Occupational Safety and Health Coordinator	13 - 15			14 - 16			28 - 30				24 - 26	
OHD	Occupational Health Doctor			07 - 23									
SHO	Safety and Health Officer (Full time)						16/06 - 15/07						
SSS	Site Safety Supervisor (Full time)		10 - 21			19 - 30			04 - 15			10 - 21	
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid								18 - 19				
AWARENESS PROGRAMME													
ESHC	Effective Safety and Health Committee					13-14							
UIH	Understanding, Evaluating and Implementing Effective HIRARC at the Workplace							23 - 25					

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
SAFETY INDUCTION PROGRAMME													
CSPSAR	Contractor Safety Passport System - All Risks Work	9	6,20 (LWS)	6	10 (MYY), 24 (LBG)	8	12	3	7	4	2	6	4
NTMSP	NIOSH – TM Safety Passport		13		17		19		14		9		11
OGSP	Oil and Gas Safety Passport	07,14,21,27	04,11,18,25	04,11,18,25	08,15,22,29	06,13,20,27	10,17,21	01,08,15,23,29	05,12,19,26	02,09,17,23,30	07,14,21,28	04,11,18,25	02,09,16
OGSP-R	Oil and Gas Safety Passport - Refresher	08,15,22,28	05,12,19,26	05,12,19,26	09,16,23,30	07,14,21,28	11,18,22	02,09,16,24,30	06,13,20,27	03,10,18,24	01,08,15,22,29	05,12,19,26	03,10,17
SESP	Sarawak Energy Safety Passport	23	27	27	28	29	26	17 (LWS), 28 (MYY)	28	11 (LBG), 25 (MYY)	30	27	18

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COURSE SCHEDULE

***SARAWAK REGIONAL
OFFICE (SWRO)***

KAPIT

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme	27-31			21 - 25			21 - 25		22 -26		24 - 28	
REGULATORY COMPETENCY PROGRAMME													
OSHC	Occupational Safety and Health Coordinator		25 - 27			20 - 22		29 - 31		9 -11		25 - 27	
SHO	Safety and Health Officer (Full time)											3 - 2/12	
SSS	Site Safety Supervisor (Full time)			10 - 21			9 - 20				20 & 31		8 - 19
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid				29 & 30		25 & 26		23 & 24				
WAH	Working Safely at Height	25 & 26	22 & 23	22 & 23	26 & 27	24 & 25	28 & 29	26 & 27	23 & 24	27 & 28	25 & 26	28 & 29	20 & 21
SAFETY INDUCTION PROGRAMME													
CSPSAR	Contractor Safety Passport System - All Risks Work		6		3		5		6		1		3
NTMSP	NIOSH – TM Safety Passport	16	12	12	16	14	11	16	13	17	15	12	17
OGSP	Oil and Gas Safety Passport	29	26	26	29	28	26	30	28	30	30	26	29
SESP	Sarawak Energy Safety Passport	1 & 15	5 & 13	13 & 22	2 & 17	8 & 15	5 & 12	10 & 17	7 & 14	11 & 18	2 & 16	6 & 13	4 & 18

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KEMENTERIAN SUMBER MANUSIA



NIOSH
National Institute of Occupational Safety and Health

National Institute of Occupational Safety and Health

Institut Keselamatan dan Kesihatan Pekerjaan Negara

Ministry of Human Resources

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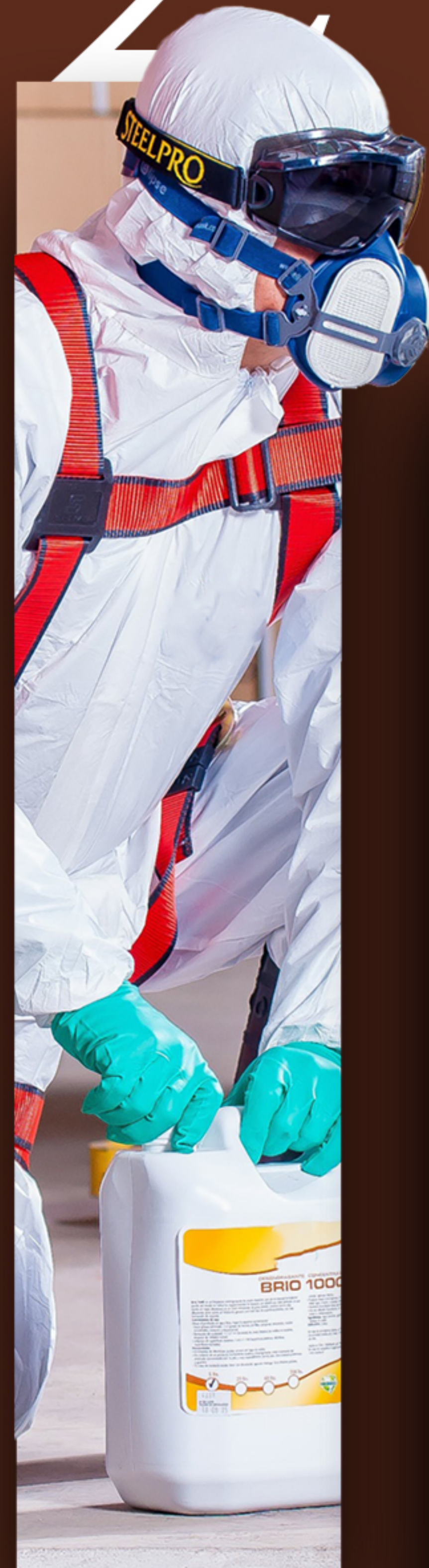
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☎ Tel: 6084 796 043

2025



COURSE SCHEDULE

SABAH REGIONAL OFFICE (SBRO)

TO BE A LEADING CENTER OF EXCELLENCE IN OCCUPATIONAL SAFETY AND HEALTH IN MALAYSIA



COURSE SCHEDULE

***SABAH REGIONAL
OFFICE (SBRO)***

KOTA KINABALU

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme				7-11				25-29			17-21	
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	8-9	4-5	3-4, 18-19	22-23	6-7, 19-20	4-5, 19-20	7-8, 22-23	9-10, 21-22	8-9, 23-24	8-9, 22-23	10-11, 25-26	11-12
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	10	6	20	24	8	21	24	23	25	24	12	13
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	21-23		25-27		26-28	24-26	15-17		18-20	14-16	18-20	
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher		26-27	11-12	29-30		16-17	29-30	15-16		28-29		15-16
CHRA	Chemical Health Risk Assessment								4-18				
NRA	Noise Risk Assessor										27-19		
OSHC	Occupational Safety and Health Coordinator		18-20		28-30		23-25		18-20		21-23		8-10
OHD	Occupational Health Doctor					5-16				22/9 - 3/10			
SHO	Safety and Health Officer (Full time)		24/2 - 25/3			5/5 - 10/6			4/8 - 3/9			24/11 - 24/12	
SHOP	Pegawai Safety and Health Officer (Part time)				12/4 - 6/07			05/7 - 4/10			4/10 - 20/12		
SSS	Site Safety Supervisor (Full time)	13-24									6-17		
SSS-P	Site Safety Supervisor (Part time)						16-30						
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid			25-26				9-10					
BRS	Basic Rigging and Slings												
OHN	Occupational Health Nurse							14-25				24/11 - 5/12	
SHFT	Safe Handling of Forklift Truck												
SHFT-R	Safe Handling of Forklift Truck Refresher		21				14					15	
SHFT1	Basic Safe Handling of Forklift Truck		19-20				12-13					13-14	
SIGM	Signalman												
WAH	Working Safely at Height		12-13			15-16			14-15		30-31		
WAH-R	Working Safely at Height Refresher		14			17			16				
SAFETY INDUCTION PROGRAMME													
NTMSP	NIOSH – TM Safety Passport	9,16,23	6,13,20,27	6,13,20,27	10,17,24	8,15,22,29	5,12,19,26	3,10,17,24,31	7,14,21,28	4,11,18,25	2,9,16,23,30	6,13,20,27	4,11,18
NTSP	NIOSH – TENAGA Safety Passport	6,13,20	3,10,17,24	03,10,24	7,14,21,28	5,12,19,26	9,16,23,30	7,14,21,28	4,11,18,25	8,15,22,29	6,13,20,27	3,10,17,24	1,8,15,22
OGSP	Oil and Gas Safety Passport	7,14,21	4,11,18,25	4,11,18	8,15,22,29	6,13,20,27	3,10,17,24	1,8,15,22,29	5,12,19,26	2,9,23,30	7,14,21,28	4,11,18,25	2,9,16
OGSP-R	Oil and Gas Safety Passport - Refresher	15	12,26	12	9,23	7,21	4,18	2,15,30	13,27	10,24	15,29	12,26	10



COURSE SCHEDULE

***SABAH REGIONAL
OFFICE (SBRO)***

SANDAKAN

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme			17-21									
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space		17-18		21-22		16-17		18-19		27-28		8-9
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	20	20	17	24	19	19	21	21	22	30	17	11
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space	21-23		18-20		20-22		22-24		23-25		18-20	
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher		19-20		23-24		18-19		20-21		29-30		10-11
CHRA	Chemical Health Risk Assessment												
NRA	Noise Risk Assessor												
OSHC	Occupational Safety and Health Coordinator		10-12		14-16		9-11		25-27		13-15		15-17
OHD	Occupational Health Doctor												
SHO	Safety and Health Officer (Full time)												
SHOP	Pegawai Safety and Health Officer (Part time)					22/4 - 20/07					10/9-7/12		
SSS	Site Safety Supervisor (Full time)		17-28										
SSS-P	Site Safety Supervisor (Part time)												
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid			3-4			23-24			29-30			
ERA1	Ergonomics Trained Person for Initial Ergonomics Risk Assessment			10-11				28-29					
WAH	Working Safely at Height	13-14			14-15	26-27		14-15		8-9		10-11	
WAH-R	Working Safely at Height Refresher	13			14	26		14		8		10	
SAFETY INDUCTION PROGRAMME													
NTMSP	NIOSH – TM Safety Passport	16			17			17			23		
NTSP	NIOSH – TENAGA Safety Passport	11,25	8,22	8,22	26	10,24	21	5,19	9,23	13,27	11,25	8,22	13
OGSP	Oil and Gas Safety Passport												
OGSP-R	Oil and Gas Safety Passport - Refresher												

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COURSE SCHEDULE

***SABAH REGIONAL
OFFICE (SBRO)***

TAWAU

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme						9 - 13			8 - 12			
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	14-15		11 - 12		26-27		28-29		22-23		24-25	
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher		27		17		26		29		24		18
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space		24-26		14-16		23-25		26-28		21-23		15-17
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher	16-17		13-14		28-29		30-31		24-25		26-27	
CHRA	Chemical Health Risk Assessment												
NRA	Noise Risk Assessor												
OSHC	Occupational Safety and Health Coordinator		11 - 13			20-22			12 - 14			11 - 13	
OHD	Occupational Health Doctor												
SHO	Safety and Health Officer (Full time)							1-30					
SHOP	Pegawai Safety and Health Officer (Part time)					12 Apr - 13 Jul							
SSS	Site Safety Supervisor (Full time)							7-18					8-19
SSS-P	Site Safety Supervisor (Part time)												
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid						11 - 12						
SIGM	Signalman					14-15					28-29		
AWARENESS PROGRAMME													
SHOW	Safety and Health Officer Examination Workshop							19 & 31					
SAFETY INDUCTION PROGRAMME													
NTMSP	NIOSH – TM Safety Passport	23		20		22		24		18		20	
NTSP	NIOSH – TENAGA Safety Passport		22		26		21		23		18		13
REMOTE LEARNING PROGRAMME													
SAFETY INDUCTION PROGRAMME													
OGSPR-RL	Oil and Gas Safety Passport Refresher (Remote Learning)	22		19		21		23		24		19	



COURSE SCHEDULE

***SABAH REGIONAL
OFFICE (SBRO)***

LABUAN

**TO BE A LEADING CENTER OF EXCELLENCE IN
OCCUPATIONAL SAFETY AND HEALTH IN
MALAYSIA**

COURSE CODE	COURSE TITLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
TRAINERS PROGRAMME													
TTT1	OSH Train the Trainer Competency Based Programme							21-25					
REGULATORY COMPETENCY PROGRAMME													
AESP	Authorised Entrant and Standby Person for Confined Space	9-10	20-21	20-21	23-24	15-16	19-20	17-18	14-15	11-12	23-24	20-21	11-12
AESP-R	Authorised Entrant and Standby Person for Confined Space Refresher	8	19	19	22	14	18	16	13	10	22	19	10
AGTES	Authorised Gas Tester and Entry Supervisor for Confined Space		3-5		23-25		23-25		18-20		10-12		1-3
AGTES-R	Authorised Gas Tester and Entry Supervisor for Confined Space Refresher		5-6		23-24		25-26		20-21		12-13		3-4
OSHC	Occupational Safety and Health Coordinator		25,26,27		22,23,24		24,25,26		26,27,28		21,22,23		
SHOP	Pegawai Safety and Health Officer (Part time)										27/9 - 13/12		
SSS	Site Safety Supervisor (Full time)						09_20						
SKILLS COMPETENCY PROGRAMME													
BOFA	Basic Occupational First Aid					21-22				24-25			
BRS	Basic Rigging and Slings				7-8						7-8		
ERA1	Ergonomics Trained Person for Initial Ergonomics Risk Assessment							23-24					
HPWJ	Safe Operation of High Pressure Water Jetting		26-28						26-28				
SAFETY INDUCTION PROGRAMME													
OGSP	Oil and Gas Safety Passport	9,16,23,30	6,13,20,27	6,13,20,27	10,17,24	8,15,22	5,12,19,26	10,17,24	7,14,21	11,18,25	9,16,23	6,3,20	4,11,18
OGSP-R	Oil and Gas Safety Passport - Refresher	8,15,22,29	5,12,19,26	5,12,19,26	9,16,23	7,14,21	4,11,18,25	9,16,23	6,13,20	10,17,24	8,15,22	5,12,19	3,10,17

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National Institute of Occupational Safety and Health

Institut Keselamatan dan Kesihatan Pekerjaan Negara

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KEMENTERIAN SUMBER MANUSIA



NIOSH

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Institut Keselamatan dan Kesihatan Pekerjaan Negara

Ministry of Human Resources

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