



COURSE TITLE	: Site Safety Supervisor	COURSE CODE	: SSS
COURSE DURATION	: 10-day(s) / 80.00-hour(s)	COURSE LEVEL	: Basic
COURSE CATEGORY	: Competency		
HRD CORP SCHEME	: Claimable		
COURSE FEE	: RM1,458.00 (inclusive of 8% SST)	EXAMINATION FEE	: RM350.00
TOTAL FEE	: RM1,808.00 (inclusive of 8% SST)		

1. OBJECTIVE(S):

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

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

2. TARGET GROUP(S):

- Site Safety Supervisor.
- Site Foreman / Supervisor.
- Any interested parties.

3. ENTRY REQUIREMENT(S):

- Malaysian citizen; **AND**
- Minimum LCE/ SRP/ PMR/ PT3 or equivalent

4. TOPIC(S):

- Introduction of Site Safety Supervisor
- Legislation.
- OSH Management Systems.
- Occupational Safety – hazard and control measures
- Occupational Health – hazard and control measures
- Site Visit.

5. LIST OF REFERENCE BOOK(S):

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



6. LIST OF TEACHING AID(S):

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

7. LIST OF CLASSROOM ACTIVITIES:

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

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

COURSE TITLE: SITE SAFETY SUPERVISOR

DAY ONE

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

DAY TWO

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

DAY THREE

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

DAY FOUR

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

DAY FIVE

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

DAY SIX

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

DAY SEVEN

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

DAY EIGHT

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

DAY NINE

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

DAY TEN

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