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**YOUR PARTNER IN  
BUILDING A SAFER  
WORKPLACE!!**

**2026**  
**TRAINING**  
**CATALOGUE**  
**ESSENTIAL**  
**SAFETY**  
**TRAINING'S**





# COMPREHENSIVE LIST OF SAFETY TRAINING PROGRAMS

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1. Occupational First Aid certification with aed & cpr skill training
2. Fire Prevention, Fire Fighting & Preventive Maintenance Training
3. Emergency Response Plan & Preparedness Training
4. Chemical Safety Management & Emergency Spill Control Training
5. Road Safety And Motor Vehicle Handling Workshop
6. Hearing Conservation Awareness Training
7. Ergonomics & Manual Handling Skill Training
8. Working Safely At Height Training
9. Hazard Identification Risk Assessment & Risk Control Training
10. Accident Investigation And Reporting Workshop
11. Effective OSH Workshop For Safety & Health Committee
12. Behavioral Based Accident Prevention Training
13. OSH Awareness For Production Workers Training
14. Application Of Personal Protective Equipment Training
15. Cutting, Grinding & Welding Safety Training
16. Electrical Safety Awareness Training
17. Lock out Tagout Training
18. Lock out Tagout Authorization Training
19. Confined Space Entry Awareness Training
20. Office Safety Training



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# OCCUPATIONAL FIRST AID CERTIFICATION WITH AED & CPR SKILL TRAINING *BASIC / ADVANCED*



## TRAINING FOCUSES ON:

- Record details of First Aid administered effectively.
- Document victim's signs and symptoms accurately.
- Understand principles and procedures of First Aid & CPR.
- Develop familiarity with First Aid & CPR applications.
- Demonstrate and apply First Aid & CPR in emergencies.

## FIRST AID, CPR & AED TRAINED PERSON *As per DOSH Guideline*



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**ECSI**  
EMERGENCY CARE  
& SAFETY INSTITUTE



**NAME: AHMAD FAIZAL BIN JOHARI**  
**ID NO: 123456-10-1234**

This card certifies the above individual has successfully completed the First Aid with CPR & AED training program. The person has been trained under the guidance of a competent trainer.

**TRAINING DATE: 16th & 17th MAY 2024**  
**EXPIRY DATE: 17TH MAY 2027**



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# FIRE SAFETY & FIRE FIGHTING SKILL TRAINING



## TRAINING FOCUSES ON:

- Understanding fire hazards and preventive measures.
- Safe and effective use of firefighting equipment.
- Emergency response skills during fire incidents.
- Practical hands-on training with fire extinguishers and hoses.

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# EMERGENCY RESPONSE PLAN & PREPAREDNESS TRAINING *COMBINED DRILL*



## TRAINING FOCUSES ON:

- Prepare a clear emergency response plan for all occupants.
- Ensure exit routes and emergency staircases are clear and accessible.
- Facilitate fast and organized building evacuation during emergencies.
- Train fire drill and evacuation officers to perform effectively.
- Test fire and emergency equipment for functionality.
- Evaluate the effectiveness of the fire drill plan.



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# CHEMICAL SAFETY MANAGEMENT & EMERGENCY SPILL CONTROL TRAINING



## TRAINING FOCUSES ON:

- Malaysian legal requirements related with chemical management
- Method for chemical handling, storage and labeling.
- Understanding health effect due to exposure to chemicals
- Required protective measures for chemical handling (such as PPE)
- To provide knowledge on chemical waste handling and disposal.
- To provide knowledge on chemical emergency response plan and spill control.

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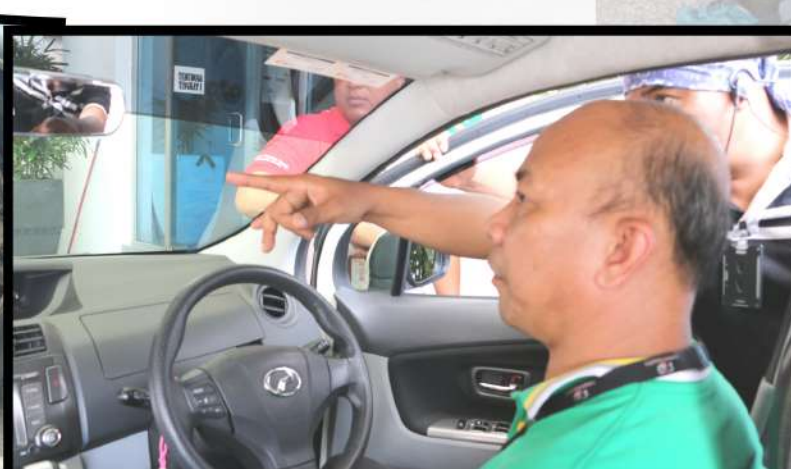


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# ROAD SAFETY AND MOTOR VEHICLE HANDLING WORKSHOP



## TRAINING FOCUSED ON:

- Handle and manage their vehicle with much confident.
- Anticipate well any moments of danger on the road.
- Know how to avoid road accidents.
- Care and maintain their vehicle for best performance and safety.
- Persistently have high awareness level on the road.

## WHO SHOULD ATTEND THIS TRAINING ?

- Heavy & light vehicle drivers
- Dispatcher
- Company Driver
- Safety committee members
- Sales & Marketing team

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# HEARING CONSERVATION AWARENESS TRAINING



## TRAINING FOCUSES ON:

- Understand the Noise Exposure Regulation 2019 (OSHA 1994).
- Learn human hearing anatomy and physiology.
- Recognize noise effects on hearing.
- Understand hearing protection devices: NRR, selection, fitting, use, and maintenance.

## WHO SHOULD ATTEND THIS TRAINING ?

- Managers
- supervisors
- Employees who may be exposed to excessive noise at work.
- Health and safety committee

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# ERGONOMICS & MANUAL HANDLING SKILL TRAINING



## TRAINING FOCUSES ON:

- Learn the principles of ergonomics and their applications.
- Understand good working practices.
- Identify work tasks that may lead to pain or injury.
- Learn practical ergonomics solutions.
- Learn back strengthening exercises.

## WHO SHOULD ATTEND THIS TRAINING ?

- Supervisors overseeing physical work activities.
- Health and safety officers.
- Workers experiencing discomfort or injury risks.
- Anyone aiming to improve workplace safety and efficiency.

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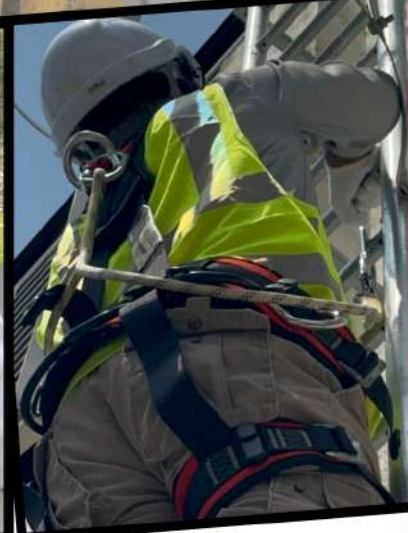




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# WORKING SAFELY AT HEIGHT TRAINING



## TRAINING FOCUSES ON:

- Describe workplace safety awareness
- Describe Working at Height Definition
- List the Common Working at Height Hazards
- Select the appropriate Working at Height PPE

**IDENTIFICATION CARD FOR  
ALL QUALIFIED PARTICIPANTS !!**

### CERTIFICATE OF COURSE COMPLETION

This is to certify that  
**MUHAMMAD KHAIRUL ADRI  
BIN MOHD RUSLI**

IC NO :

Has successfully completed the  
Working Safely at Height Training



Employers Authorized Signature

Date Training: 19th November 2024



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# HAZARD IDENTIFICATION RISK ASSESSMENT & RISK CONTROL TRAINING



## TRAINING FOCUSES ON:

- Identify workplace hazards and risks.
- Conduct hazard assessments.
- Implement effective control measures.
- Reduce or eliminate hazards.
- Comply with legal safety requirements.

## WHO SHOULD ATTEND THIS TRAINING ?

- Safety Officers
- Supervisors
- Managers
- Team Leaders
- Employees in High-Risk Jobs

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# ACCIDENT INVESTIGATION AND REPORTING WORKSHOP



## TRAINING FOCUSES ON:

- Recognize the role of data in prioritizing problems.
- Develop clear problem descriptions.
- Identify root causes effectively.
- Evaluate when problem solving is successful.

## WHO SHOULD ATTEND THIS TRAINING ?

- Supervisors
- Engineers
- OSH Practitioners
- Safety & Health Committee Members
- Safety & Health Officer

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# EFFECTIVE OSH WORKSHOP FOR SAFETY & HEALTH COMMITTEE



## TRAINING FOCUSES ON:

- Understand accident causes and their impact.
- Learn accident investigation and reporting.
- Identify, assess, and respond to hazards and risks.
- Develop effective corrective and preventive action plans.

## WHO SHOULD ATTEND THIS TRAINING ?

- Safety Committee Members
- Administrative Staffs
- Line Management Staffs
- Supervisors

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# BEHAVIORAL BASED ACCIDENT PREVENTION TRAINING



## TRAINING FOCUSES ON:

- List the causes of workplace accident.
- Describe the employer role and responsibility toward zero accident.
- List how to evaluate the effectiveness of the ZERO accident implementation.

## WHO SHOULD ATTEND THIS TRAINING ?

- Operators & Line Leaders
- Supervisors & Technicians
- Administrative staffs
- Other interested personnel

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# OSH AWARENESS

## FOR PRODUCTION WORKERS TRAINING



### TRAINING FOCUSES ON:

- Possess basic understanding of the OSHA ACT & (Amendment) 2022 and its regulations.
- Understand the responsibilities of both employers and employees towards safety at workplace
- Develop the ability to conduct an effective plant inspection.

### WHO SHOULD ATTEND THIS TRAINING ?

- Production workers
- Machine operators
- Maintenance staff
- Supervisors and team leaders

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# APPLICATION OF **PERSONAL** **PROTECTIVE EQUIPMENT** TRAINING



## TRAINING FOCUSES ON:

- Understand the importance of personal protective equipment (PPE).
- Identify different types of PPE and their uses.
- Learn how to properly select, fit, and wear PPE.
- Understand maintenance, storage, and inspection of PPE.
- Recognize when PPE is required based on workplace hazards.

## WHO SHOULD ATTEND THIS TRAINING ?

- General workers
- Supervisors and managers
- Health and safety officers
- Maintenance staff
- Contractors and temporary workers

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# CUTTING, GRINDING & WELDING SAFETY TRAINING



## TRAINING FOCUSES ON:

- Identify hazards in cutting, grinding, and welding.
- Learn safe work practices and controls.
- Use appropriate PPE.
- Prevent fire and explosion risks.
- Operate and maintain equipment safely.
- Ensure proper ventilation..

## WHO SHOULD ATTEND THIS TRAINING ?

- Fitters
- Welders
- Operators
- Maintenance workers
- Fabrication technicians
- Safety officers

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# **ELECTRICAL SAFETY AWARENESS TRAINING**



## **TRAINING FOCUSES ON:**

- Learn basic electricity concepts.
- Understand electricity's effects on the body.
- Recognize common electrical hazards in various jobs.
- Know electrical protective devices.
- Practice safe work methods.

## **WHO SHOULD ATTEND THIS TRAINING ?**

- Maintenance Technicians
- Safety Committee Members
- Machine operators
- Supervisors and managers in electrical environments

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# LOCK OUT TAGOUT TRAINING



## TRAINING FOCUSES ON:

- Develop potential energy control points
- Select and use the correct LOTO device
- Understand LOTO procedures
- Eliminate potential safety hazards at work place

## WHO SHOULD ATTEND THIS TRAINING ?

- Maintenance technicians
- Machine operators
- Electricians
- Facility managers
- Supervisors overseeing equipment maintenance

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# LOCK OUT TAGOUT AUTHORIZATION TRAINING



## TRAINING FOCUSES ON:

- Identify and document energy sources for equipment.
- Implement proper lockout/tagout protocols.
- Conduct risk assessments for energy control.
- Regularly inspect and maintain LOTO devices.

**IDENTIFICATION CARD FOR  
ALL QUALIFIED PARTICIPANTS !!**



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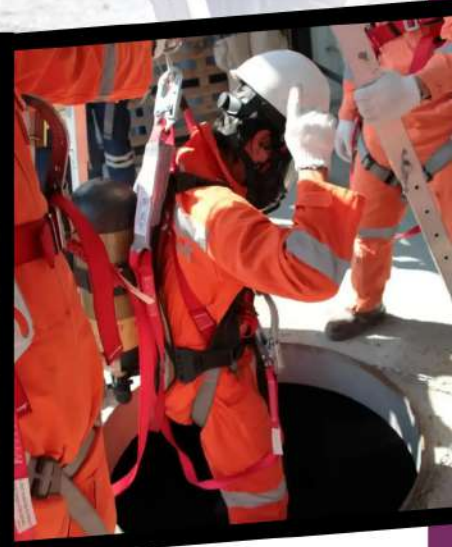


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# CONFINED SPACE ENTRY AWARENESS TRAINING



## TRAINING FOCUSES ON:

- Understand legislative requirements and responsibilities for confined space entry.
- Identify hazards in confined spaces.
- Perform risk assessments and implement controls..

## WHO SHOULD ATTEND THIS TRAINING ?

- Confined space entry workers
- Supervisors and managers overseeing confined space work
- Safety officers
- Maintenance and cleaning staff
- Emergency responders

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# OFFICE SAFETY TRAINING



## TRAINING FOCUSES ON:

- Understand the importance of data to select priorities in problem solving.
- Work safely with electrically powered office equipment
- Know what problems can occur, and how to avoid them, when working with office equipment, furnishings and tools.

## WHO SHOULD ATTEND THIS TRAINING ?

- Office employees
- Administrative staff
- Supervisors and managers
- HR personnel
- Facility maintenance staff
- Health and safety officers
- New hires in office roles

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# Contact us



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