



London TDM

# Health, Safety, and Environment (HSE) Training

**Course Venue:** Malaysia - Kuala Lumpur

**Course Date:** From 29 March 2026 To 02 April 2026

**Course Place:** Royale Chulan Hotel

**Course Fees:** 6,000 USD

## Introduction

The "Working at Heights Safety Program" is designed to enhance the knowledge and skills of professionals who are required to work at elevated positions. This comprehensive 5-day course provides an in-depth understanding of safety protocols, hazard identification, risk mitigation, equipment usage, and emergency response. Participants will engage in both theoretical learning and practical exercises to ensure they are proficiently prepared to work safely at heights.

## Objectives

- Understand the fundamental principles of working at heights safely.
- Identify potential hazards associated with working at elevations.
- Implement risk assessment and mitigation strategies effectively.
- Demonstrate proper use and maintenance of fall protection equipment.
- Respond effectively to emergencies related to working at heights.

## Course Outlines

### Day 1: Introduction to Working at Heights

- Overview of working at heights standards and regulations
- Understanding gravity and fall dynamics
- Introduction to different types of fall hazards
- The importance of safety culture in elevated work
- Responsibilities of employers and employees

### Day 2: Hazard Identification and Risk Assessment

- Identifying common working at heights hazards
- Conducting thorough risk assessments
- The hierarchy of controls in hazard management
- Human factors affecting safety at heights
- Documentation and reporting procedures

### Day 3: Fall Protection Systems and Equipment

- Different types of fall protection systems
- Proper selection and use of personal protective equipment (PPE)
- Inspection and maintenance of safety gear
- Installing and securing anchor points
- Understanding the limitations of safety equipment

### Day 4: Safe Work Practices and Procedures

- Developing safe work procedures for elevated tasks
- Controlled access to high-risk areas
- Use of ladders and scaffolding safely
- Storage and transportation of tools and materials at heights
- Review of JSA (Job Safety Analysis) and SWMS (Safe Work Method Statements)

## **Day 5: Emergency Preparedness and Response**

- Preparing for fall-related emergencies
- Rescue planning and response strategies
- First aid and medical response at height incidents
- Conducting emergency drills and simulations
- Course review and certification assessment