



MAESTRO
CONSULTANTS

CONSTRUCTION SAFETY & HEALTH

COURSE OUTLINE 2024

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TRAINING TITLE

CONSTRUCTION SAFETY & HEALTH

VENUE

Kuala Lumpur, Malaysia

DURATION

5 Days

DATES

03 - 07 February 2024

PRICE

\$5,750 per attendee including training material/handouts, morning/afternoon coffee breaks, and Lunch buffet.

TRAINING INTRODUCTION

The construction industry is inherently risky, with potential hazards lurking around every corner. This five-day "Construction Safety & Health" course equips participants with the knowledge and skills to identify, mitigate, and prevent these hazards, fostering a safer work environment for themselves and their colleagues.

TRAINING OBJECTIVES

By the end of this course, participants will be able to:

- Recognize the leading causes of accidents and injuries in construction.
- Identify and understand key construction safety and health regulations.
- Implement effective hazard identification and risk assessment techniques on construction sites.
- Develop and implement safety plans and procedures specific to various construction activities.
- Recognize and control common safety hazards like falls, electrical hazards, and falling objects.
- Apply safe work practices for various construction tasks like scaffolding, excavation, and confined space entry.
- Understand the importance of personal protective equipment (PPE) and utilize it correctly.
- Communicate safety concerns effectively and participate in a culture of safety on construction sites.

TRAINING AUDIENCE

- Construction workers (e.g., laborers, carpenters, electricians)
- Construction site supervisors and foremen
- Safety officers and health & safety specialists in construction
- Project managers and engineers involved in construction safety
- Anyone seeking to understand and promote safety practices on construction sites.

TRAINING OUTLINE

Day 1: Introduction to Construction Safety & Health

- Understanding Construction Safety & Health: Exploring the importance of safety in construction and the cost of workplace accidents.
- Construction Safety Regulations and Standards: Delving into key safety regulations and their application on construction sites.
- Introduction to Hazard Identification & Risk Assessment: Learning techniques to identify hazards and assess their potential risks on construction projects.

Day 2: Fall Protection and Scaffolding Safety

- Focus on Fall Hazards: Recognizing and mitigating the leading cause of fatalities in construction – falls from heights.
- Fall Protection Systems: Understanding and utilizing various fall protection systems like guardrails, personal fall arrest systems, and safety nets.
- Scaffolding Safety: Exploring safe practices for erecting, dismantling, and using scaffolding on construction sites.

Day 3: Electrical Safety and Confined Space Entry

- Electrical Hazards in Construction: Identifying common electrical hazards and implementing safety measures to prevent electrical accidents.
- Grounding and Lockout/Tagout Procedures: Ensuring electrical safety through proper grounding and lockout/tagout procedures.
- Confined Space Entry: Understanding the dangers of confined spaces and implementing safe work practices for confined space entry.

Day 4: Personal Protective Equipment (PPE) and Safe Work Practices

- Importance of PPE: Understanding the role of PPE in protecting construction workers from various hazards.

- Selecting and Using PPE Correctly: Learning to choose the right type of PPE for specific hazards and ensuring proper use and maintenance.
- Safe Work Practices for Common Construction Activities: Exploring safe practices for tasks like excavation, trenching, demolition, and roofing.

Day 5: Accident Prevention, Incident Reporting, & Safety Culture

- Accident Prevention Strategies: Implementing proactive measures to prevent accidents on construction sites.
- Incident Investigation and Reporting: Learning how to investigate accidents and near misses to prevent recurrence.
- Building a Culture of Safety: Encouraging a culture of safety awareness and participation among all construction workers.

TRAINING CERTIFICATE

MAESTRO CONSULTANTS Certificate of Completion for delegates who attend and complete the training course.

METHODOLOGY

Our courses are highly interactive, typically taking a case study approach that we have found to be an effective method of fostering discussions and transferring knowledge. Participants will learn by active participation during the program through the use of individual exercises, questionnaires, team exercises, training videos and discussions of “real life” issues in their organizations. The material has been designed to enable delegates to apply all of the material with immediate effect back in the workplace.