



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA
MALAYSIAN EMPLOYERS FEDERATION



Pertubuhan Ikatan Komuniti Selamat
Alliance for a Safe Community



HRD Corp Claimable Courses
No. : 10001468671

Occupational Safety and Health Coordinator (OSH-C)

Date : 15, 16 & 17 December 2025

**Venue : Training Centre, Pertubuhan Ikatan Komuniti Selamat,
Menara Ecoworld, Bukit Bintang City Centre, No. 2, Jalan Hang Tuah,
55100 Kuala Lumpur**

Introduction

According to Section 29A(1) of the Occupational Safety and Health Act 1994, any workplace in Malaysia that employs five or more employees shall appoint one Occupational Safety and Health (OSH) Coordinator.

Section 29(4) stipulates that failure to appoint an OSH Coordinator will result in penalties not exceeding RM50,000 or imprisonment not exceeding six months.

Learning Objectives

By the end of the session, the competent OSH Coordinator will be able to:

- *Explain the purpose, objective, and importance of an OSH Coordinator in an organization.*
- *Perform duties as an OSH Coordinator in an organization.*
- *Understand the requirements of the OSH Act 1994 (Amendments).*
- *Promote a safety culture in the workplace and take reasonable action pertaining to OSH compliance.*
- *Manage and maintain OSH documents.*



www.mef.org.my



mef-hq@mef.org.my

Occupational Safety and Health Coordinator (OSH-C)

Date : 15, 16 & 17 December 2025

Venue : Training Centre, Pertubuhan Ikatan Komuniti Selamat,
Menara Ecoworld, Bukit Bintang City Centre, No. 2, Jalan Hang Tuah,
55100 Kuala Lumpur

Course Module

Day 1

9.00 am - 9.30 am

Topic 1 : Challenges and Realities in
Small and Medium Size Industries

9.30 am - 10.30 am

Topic 2 : Introduction to the Department
of Occupational Safety and Health
& The Occupational Safety & Health
Act 1994 (Akta Keselamatan dan
Kesihatan Pekerjaan (AKKP) 1994)

10.30 am - 10.45 am

Tea Break

10.45 am - 12.45 am

Topic 3 : Basic Management of OSH in
Small and Medium Enterprise

12.45 pm - 1.45 pm

Lunch Break

1.45 pm - 3.45 pm

Topic 4 : Chemical Management

3.45 pm - 4.00 pm

Tea Break

4.00 pm - 5.30 pm

Topic 5 : Introduction to Occupational
Disease

Day 2

9.00 am - 10.00 am

Topic 6 : Introduction to Work-Related
Road Safety (WRRS)

10.00 am - 10.30 am

Topic 7 : Hazard Identification, Risk
Assessment and Risk Control (HIRARC)

10.30 am - 10.45 am

Tea Break

10.45 am - 1.15 pm

Topic 7 : Hazard Identification,
Risk Assessment and Risk Control
(HIRARC) (cont.)

1.15 pm - 2.15 pm

Lunch Break

2.15 pm - 3.30 pm

Topic 7.1 : Hazard Identification,
Risk Assessment and Risk Control
(HIRARC) - Practical Session

3.30 pm - 3.45 pm

Tea Break

3.45 pm - 5.30 pm

Topic 7.1: Hazard Identification,
Risk Assessment and Risk Control
(HIRARC) - Practical Session (cont.)

Day 3

9.00 am - 10.30 am

Topic 8 : Material Storage and Handling

10.30 am - 10.45 am

Tea Break

10.45 am - 12.15 pm

Topic 9 : Work Station Design and Lighting

12.15 pm - 1.15 pm

Lunch Break

1.15 pm - 3.15 pm

Topic 10 : Productive Machine Safety

3.15 pm - 3.30 pm

Tea Break

3.30 pm - 4.30 pm

Topic 11 : Premises and Work Related
Welfare Facilities

4.30 pm - 5.00 pm

Q & A



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA
MALAYSIAN EMPLOYERS FEDERATION



PERTUBUHAN IKATAN KOMUNITI SELAMAT
ALLIANCE FOR A SAFE COMMUNITY



HRD Corp Claimable Courses
No. : 10001468671

Occupational Safety and Health Coordinator (OSH-C)

Date : 15, 16 & 17 December 2025

Venue : Training Centre, Pertubuhan Ikatan Komuniti Selamat, Menara Ecoworld, Bukit Bintang City Centre, No. 2, Jalan Hang Tuah, 55100 Kuala Lumpur

Speakers' Profiles

Mr PrameKumar A/L V.N. Parameswaran Nair

Mr. Prame Kumar holds a Degree in Management and a Diploma in Safety and Health from Australia. He is a DOSH-Registered Safety and Health Officer and a Lead Auditor for OHSAS 18001:2007, ISO 45001:2018, ISO 14001:2015, and ISO 9001:2015. He has also completed the Train the Trainer program under HRDC and attended various OSHE-related certifications.

From 2008 to 2016, he served as the Head of Occupational Health and Environment at Monash University Malaysia, where he established the OHS & Environment Department and implemented certified OHS & Environmental Management Systems. He played a key role in legal compliance, risk management, crisis management, and strategic safety planning.

Currently, Mr. Prame Kumar works as a freelance trainer, advisor, and auditor, bringing extensive expertise in Occupational Safety, Health, and Environment (OSHE).

Capt(R) Wan Hock Leong, P.J.K., P.J.M., P.P.A

Captain Wan's journey in construction safety began in 1965 when he earned a Diploma in Military Studies from the Federation Military College. His pursuit of technical expertise took him to Waiouru Military Base, New Zealand, where he trained in Basic Radio Engineering in 1966—a skill that later enhanced his ability to communicate critical safety protocols effectively.

In 1986, Captain Wan contributed to the International Labour Organization (ILO) in Bangkok, where he helped develop a Construction Safety Training Module. His expertise led to an invitation to Geneva in 1991, where he helped shape the ILO Code of Practice for the Construction Industry. Representing Malaysian employers, he also took part in a 1993 seminar on major industrial accident prevention in Jakarta.

A firm believer in education and knowledge sharing, Captain Wan pursued multiple qualifications, becoming a Competent Person for Scaffold Erection, a Registered Safety and Health Officer, and a Registered Trainer for safety programs under DOSH, CIDB, MII, NIOSH, VETA, JKM, and HRDC. His dedication has left a lasting impact on construction safety standards both locally and internationally.

Engku Nasir B. Syed Mohamad

Engku Nasir Bin Syed Mohamad holds a Master's Degree in Occupational Safety and Health from Universiti Utara Malaysia (2009) and a Bachelor of Science (Hons) from Universiti Kebangsaan Malaysia (1983). As a freelance OSH trainer certified by HRDC, he has conducted OSH Coordinator training for various organizations, including Malaysian Plastic Manufacturer Association, Mahagami Consultancy, SHE Monitorings, IKATAN, and Angkasa Research & Certification.

He also serves as an Auditor and Lead Promotion Officer for the Malaysia Society of Occupational Safety and Health (MSOSH) OSH Audit Program. In 2010, he began part-time lecturing in OSH at NIOSH and Open University.

From 2006 to 2015, Engku Nasir was the HSEQ Manager for ExproPTI Group, part of Expro Group, a global oil and gas services company. He managed HSEQC (Health, Safety, Environment, Quality, and Compliance) across Thailand, Malaysia, Vietnam, and Indonesia, overseeing quality assurance, equipment certification, MDR documentation, load-out procedures, and the Integrated Management System (EPTIMS). His extensive expertise continues to shape OSH standards in Malaysia and beyond.

Mr Muhammad Shukri B. Adnan

Muhammad Shukri has 25+ years of experience in manufacturing and human capital development. He holds a Bachelor of Engineering (Hons) in Chemical Engineering from University Malaya (1994). His career spans roles from Production Control Executive to ASEAN Regional OSH Manager and BBS Regional Champion.

He specializes in OSH, operational development, and management systems (ISO 9001, ISO 14001, OHSAS 18001, ISO 45001, HACCP, GMP, BBS). As an HRDC-certified trainer and consultant, he has worked with SIRIM, Petronas Gas Berhad, and Kontena Nasional, delivering impactful safety and leadership programs.

Inquiries on Registration :

- 03-74987200
- jerson@mef.org.my ; khairunnisa@mef.org.my



www.mef.org.my



mef-hq@mef.org.my



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA
MALAYSIAN EMPLOYERS FEDERATION



PERTUBUHAN IKATAN KOMUNITI SELAMAT
ALLIANCE FOR A SAFE COMMUNITY



HRD Corp Claimable Courses
No. : 10001468671

Occupational Safety and Health Coordinator (OSH-C)

Date : 15, 16 & 17 December 2025

Venue : Training Centre, Pertubuhan Ikatan Komuniti Selamat,
Menara Ecoworld, Bukit Bintang City Centre, No. 2, Jalan Hang Tuah,
55100 Kuala Lumpur

Registration
Scan The QR Code



Registration link:

<https://forms.office.com/r/tzNBh5NGcf>

Course Fee

RM856.00 per participant

- HRD Corp Claimable Courses Scheme; or
- Direct payment to : **Pertubuhan Ikatan Komuniti Selamat**
 - o Bank Account No. : **3819507424**
 - o Public Bank Berhad
 - o A copy of the transfer slip should be e-mailed to **tnc.ikatan@gmail.com**
- Any cancellations must be notified via email to Ms Nisa at **khairunnisa@mef.org.my** or Ms Elize at **tnc.ikatan@gmail.com** at least 3 days prior to the session. Pertubuhan Ikatan Komuniti Selamat reserves the right to charge full fees for 'No Show'.

Inquiries on Payment:

- Pertubuhan Ikatan Komuniti Selamat
- **tnc.ikatan@gmail.com**
- **016-271 1009**



“Safety should be a cherished personal value, practiced by everybody”

Tan Sri Lee Lam Thye
Chairman and Founder
Pertubuhan Ikatan Komuniti Selamat

Inquiries on Registration :

03-74987200

jerson@mef.org.my ; khairunnisa@mef.org.my



www.mef.org.my



mef-hq@mef.org.my