



**VISION
ZERO**
Safety. Health.
Wellbeing.



HRD Corp Claimable Courses
No. : 10001659228

MEF-PERKESO Vision Zero : Occupational Safety And Health Coordinator Trained Person

FIRST COME, FIRST SERVED!

Eligibility Criteria:

1. Malaysian Citizen
2. First Time attending the OSHC training
3. Any personnel to be appointed as an OSH Coordinator in the workplace

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

- ✓ Explain the purpose, objective and importance of OSH-Coordinator in an organization
- ✓ Perform duties as OSH-Coordinator in an organization
- ✓ Understand the requirement of OSHA 1994
- ✓ Promote safety culture at the workplace and take reasonable action pertaining to OSH compliance
- ✓ Manage and maintain OSH documents

Introduction

Small and medium-sized industries (SMI) and enterprises (SME) are currently getting attention due to issues related to Occupational Safety and Health (OSH). With the increased number of SMEs in the Malaysian business landscape, Malaysia is facing greater challenges in monitoring OSH requirements, workers' safety, and health issues.

In view of this, the Occupational Safety and Health Act 1994 under Section 29A requires every organization with 5 or more employees to appoint one OSH Coordinator at their respective workplaces. This programme will enable the participants to register with the Department of Occupational Safety and Health as an OSH Coordinator.

Date : 20, 21 & 22 April 2026

Time : 9.00 am - 5.30 pm

Venue : Training Room, MEF Kuching, Sarawak



**03-7498 7200 (MEF HQ)
082-240 213 (MEF Kuching)**

Inquiries on Registration (MEF HQ) :

✉ Mrs Khairunnisa (khairunnisa@mef.org.my)
Mrs Musfirah Liyana (musfirah@mef.org.my)

Inquiries on Venue (MEF Kuching) :

✉ Mrs Nurul Ain (nurul@mef.org.my)



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Course Module

<p>Course Module - Day 1</p>	<p>9.00 am - 9.30 am (0.5 hour) Topic 1: Challenges and Realities of Occupational Safety and Health (OSH) in the Workplace</p> <p>9.30 am - 10.30 am (1.0 hour) Topic 2: Introduction to the Department of Occupational Safety and Health & The Occupational Safety & Health Act 1994 (Akta Keselamatan dan Kesihatan Pekerjaan (AKKP) 1994)</p> <p>10.30 am - 10.45 am (15 minutes) Tea Break</p> <p>10.45 am - 12.45 am (2.0 hours) Topic 3: Fundamentals of OSH Management for SMEs</p> <p>12.45 pm - 1.45 pm (1.0 hour) Lunch Break</p> <p>1.45 pm - 3.45 pm (2.0 hours) Topic 4: Chemical Management</p> <p>3.45 pm - 4.00 pm (15 minutes) Tea Break</p> <p>4.00 pm - 5.30 pm (1.5 hours) Topic 5: Introduction to Occupational Disease</p>
<p>Course Module - Day 2</p>	<p>9.00 am - 10.00 am (1.0 hour) Topic 6: Introduction to Work-Related Road Safety (WRRS)</p> <p>10.00 am - 10.30 am (3.0 hours) Topic 7: Hazard Identification, Risk Assessment and Risk Control (HIRARC) – Theory</p> <p>10.30 am - 10.45 am (15 minutes) Tea Break</p> <p>10.45 am - 1.15 pm (3.0 hours) Topic 7 : Hazard Identification, Risk Assessment and Risk Control (HIRARC) (cont.)</p> <p>1.15 pm - 2.15 pm (1.0 hour) Lunch Break</p> <p>2.15 pm - 3.30 pm (3.0 hours) Topic 7.1: Hazard Identification, Risk Assessment and Risk Control (HIRARC) - Practical Session</p>

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Course Module

<p>Course Module - Day 2</p>	<p>3.30 pm - 3.45 pm (15 minutes) Tea Break</p> <p>3.45 pm - 5.30 pm (3 hours) Topic 7.1: Hazard Identification, Risk Assessment and Risk Control (HIRARC) - Practical Session (cont.)</p>
<p>Course Module - Day 3</p>	<p>9.00 am - 10.30 am (1.5 hours) Topic 8: Material Storage and Handling</p> <p>10.30 am - 10.45 am (15 minutes) Tea Break</p> <p>10.45 am - 12.15 pm (1.5 hours) Topic 9: Work Station Design and Lighting</p> <p>12.15 pm - 1.15 pm (1.0 hour) Lunch Break</p> <p>1.15 pm - 3.15 pm (2.0 hours) Topic 10: Productive Machine Safety</p> <p>3.15 pm - 3.30 pm (15 minutes) Tea Break</p> <p>3.30 pm - 4.30 pm (1 hour) Topic 11: Premises and Work Related Welfare Facilities</p> <p>4.30 pm - 5.00 pm (30 minutes) Q & A</p>

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Speakers' Profiles

Tn Hj Anis Fahmy bin Pauzi

Senior Consultant - Occupational Safety, Health & Environment
Malaysian Employers Federation (MEF)

Mr Anis Fahmy bin Pauzi, A master's of science degree holder in OSH management awarded by Universiti Utara Malaysia. He started his career with NIOSH Malaysia. His job description includes training, audits, consultancy for industries, private sectors and government agencies. In 2003, he joined Malaysian Employers Federation as an Associate Consultant-OSH and was entrusted to advice member companies of the Federation on OSH legal compliance. His main function includes representing MEF in various technical committee in the Industrial Safety Standard Committee, Department of Standard Malaysia.

For the last 22 years he is a member of the technical committee for safety of machinery technical committee for ergonomics and technical committee occupational setting. He was involved in various publication such as Guidelines on Occupational Safety and Health Act 1994 – published by the DOSH, “Garispanduan Keselamatan dan Kesihatan Pekerjaan” – Ministry of Health, Malaysian Standard on Occupational Health and Safety Management Systems ISO 45000 and various industrial standard related to OSH.

Mr Jerson Jerome

Consultant - Health, Safety & Environment
Malaysian Employers Federation (MEF)

Mr Jerson Jerome, OSH Consultant at MEF, is an HRDC Accredited Trainer and NIOSH-certified trainer. He has made significant contributions across multiple industries, including manufacturing, forest operations, and palm oil plantations. Jerson's expertise is demonstrated through his leadership in crucial safety initiatives, such as the SOHELP program, where he effectively implemented safety measures across three mills, and his contribution to the SOLVE4SME program, which aimed to improve safety standards in small and medium enterprises.

His dedication to enhancing safety in the forestry sector led him to develop the Train-The-Trainer module specifically tailored for forestry operations in Sarawak, ensuring that industry professionals are well-equipped with the knowledge and skills necessary for maintaining high safety standards. Jerson's influence extends beyond industry practice; he actively bridges the gap between academia and industry as a member of the Industry Advisory Board for the Bachelor of Science (Health, Safety, and Environment) program at Curtin University Malaysia. Currently he served MEF by providing advisory services to MEF members in OSH legal requirement and best practices.

***Note: MEF reserves the right to change the trainer, subject to trainer availability and DOSH approval.**

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Registration



Link : <https://forms.office.com/r/PVj03sUKZa>

***The registration link will be closed once the maximum number of participants has been reached.**

Course Fee

NORMAL PRICE : RM850

- MEF Members : RM300.00 (inclusive 8% SST)
- Non-Members : RM400.00 (inclusive 8% SST)

Payment

- HRD Corp Claimable Course scheme; or
- Payable to: Malaysian Employers Federation ; Account No: 105280002422 – Affin Islamic Bank Berhad

Any matters related to invoices may be emailed to yeokhoon@mef.org.my .

A copy of the transfer slip and invoice number should be emailed to accounts@mef.org.my .

Any cancellation of attendance must be communicated via email to khairunnisa@mef.org.my at least 3 working days prior to the event of MEF reserves the right to charge the full fees for “NO SHOW”.

What You Will Gain When You Join MEF Programme

Participants will receive **follow-up support** including :

1. MyKKP Guidance

- MyKKP registration process
- Guidance on Pemberitahuan Tempat Kerja (PEMTK)
- Guidance on Pengaktifan Tempat Kerja (PATK)
- Guidance on JKKP 6, 7 & 8 report submission

2. Guidance on Occupational Safety & Health Workplace Assessment (OSHWA)

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