



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA
MALAYSIAN EMPLOYERS FEDERATION



HRD Corp Claimable
Courses No. :
10001730776

OCCUPATIONAL SAFETY & HEALTH (OSH)
AWARENESS TRAINING FOR BEGINNERS

INTRODUCTION TO OCCUPATIONAL SAFETY & HEALTH (OSH) FOR BEGINNERS

Date : 26 August 2026 (Wednesday)
Venue : Training Room, MEF Academy
Time : 9.00 am - 5.00 pm

TRAINING OBJECTIVES

By the end of the training, participants will be able to:

1. Understand the basic concepts of Occupational Safety & Health.
2. Understand legal responsibilities of employers and employees.
3. Recognize the types of workplace hazards and associated risks.
4. Apply basic hazard identification and risk control principles.
5. Understand the essential safe work practices and procedures.

TARGET GROUP

New employees, supervisors, administrative staff, contractors, and workers with limited OSH knowledge. This programme is suitable as a Basic OSH Awareness Course (Level 1) for offices, manufacturing facilities, construction projects, logistics operations, and service industries.

INQUIRIES ON REGISTRATION & VENUE:

- Malaysian Employers Federation
- khairunnisa@mef.org.my ; musfirah@mef.org.my
- 03 - 7498 7200



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA
MALAYSIAN EMPLOYERS FEDERATION



HRD Corp Claimable
Courses No. :
10001730776

INTRODUCTION TO OCCUPATIONAL SAFETY & HEALTH (OSH) FOR BEGINNERS

Date : 26 August 2026 (Wednesday)

Venue : Training Room, MEF Academy

Time : 9.00 am - 5.00 pm

TRAINING OBJECTIVES

Time

Topic

9.00 am - 10.00 am

Session 1: Introduction to OSH

- What is Occupational Safety, Health and Welfare?
- Importance of workplace safety.
- Consequences of accidents and occupational diseases.
- Safety culture and personal responsibility.
- Statistics and lessons learned from workplace incidents.

Activity

- Icebreaker: "What hazards do you see in your workplace?"

Learning Outcome

Participants understand why safety is everyone's responsibility.

10.00 am - 11.00 am

Session 2: OSH Legislation and Responsibilities

- Introduction to OSH legal requirements.
- Employer duties.
- Employee duties.
- Rights of employees.
- Reporting unsafe acts and unsafe conditions.

Activity

- Group discussion on workplace responsibilities.

Learning Outcome

Participants understand their legal obligations and rights at work.

11.00 am - 11.15 am

Morning Break

11.15 am - 1.00 pm

Session 3: Hazard Identification and Risk Assessment

- Definition of hazard and risk.
- Types of hazards:
- Basic risk assessment process.
- Hierarchy of controls:



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA
MALAYSIAN EMPLOYERS FEDERATION



HRD Corp Claimable
Courses No. :
10001730776

INTRODUCTION TO OCCUPATIONAL SAFETY & HEALTH (OSH) FOR BEGINNERS

Date : 26 August 2026 (Wednesday)

Venue : Training Room, MEF Academy

Time : 9.00 am - 5.00 pm

TRAINING OBJECTIVES

Time

Topic

11.15 am - 1.00 pm

Practical Activity

- Hazard spotting exercise using workplace photos.

Learning Outcome

Participants can identify common workplace hazards and suggest suitable controls.

1.00 pm - 2.00 pm

Lunch Break

2.00 pm - 3.30 pm

Session 4: Essential Safe Work Procedures and General safety rules

- Safe work procedures.
- General safety rules.
- Incident reporting procedures.

3.30 pm - 3.45 pm

Afternoon Break

3.45 pm - 4.30 pm

Session 4: Essential Safe Work Procedures and General safety rules

- Introduction to emergency.
- Emergency reporting procedures.

Learning Outcome

- Participants understand the essential OSH procedures at the workplace.

4.30 pm - 5.00 pm

Assessment

- 15–20 Multiple Choice Questions (MCQ).
- Training Evaluation

INQUIRIES ON REGISTRATION & VENUE:

- Malaysian Employers Federation
- khairunnisa@mef.org.my ; musfirah@mef.org.my
- 03 - 7498 7200



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA
MALAYSIAN EMPLOYERS FEDERATION



HRD Corp Claimable
Courses No. :
10001730776

INTRODUCTION TO OCCUPATIONAL SAFETY & HEALTH (OSH) FOR BEGINNERS

Date : 26 August 2026 (Wednesday)

Venue : Training Room, MEF Academy

Time : 9.00 am - 5.00 pm

SPEAKER'S PROFILES

Tn Hj Anis Fahmy bin Pauzi

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

Tn Hj Anis Fahmy Pauzi, A Master 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.

INQUIRIES ON REGISTRATION & VENUE:

- Malaysian Employers Federation
- khairunnisa@mef.org.my; musfirah@mef.org.my
- 03 - 7498 7200



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA
MALAYSIAN EMPLOYERS FEDERATION



HRD Corp Claimable
Courses No. :
10001730776

INTRODUCTION TO OCCUPATIONAL SAFETY & HEALTH (OSH) FOR BEGINNERS

Date : 26 August 2026 (Wednesday)

Venue : Training Room, MEF Academy

Time : 9.00 am - 5.00 pm

SPEAKER'S PROFILES

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.

He played a pivotal role in the DOSH and Sarawak Timber Association's Forestry Train-the-Trainer program, a key initiative designed to elevate safety standards across Sarawak's timber industry. By equipping professionals with specialized knowledge and practical skills, he has directly contributed to a safer operational landscape in the region. Beyond industry practice, Jerson bridges the gap between academia and the workforce as a member of the Industry Advisory Board for the Bachelor of Science (Health, Safety, and Environment) program at Curtin University Malaysia. Currently, he serves the Malaysian Employers Federation (MEF), where he provides expert advisory services to members on OSH legal requirements and the implementation of industry best practices.

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

INQUIRIES ON REGISTRATION & VENUE:

- Malaysian Employers Federation
- khairunnisa@mef.org.my; musfirah@mef.org.my
- 03 - 7498 7200



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA
MALAYSIAN EMPLOYERS FEDERATION



HRD Corp Claimable
Courses No. :
10001730776

INTRODUCTION TO OCCUPATIONAL SAFETY & HEALTH (OSH) FOR BEGINNERS

Date : 26 August 2026 (Wednesday)

Venue : Training Room, MEF Academy

Time : 9.00 am - 5.00 pm

REGISTRATION

COURSE FEE

- MEF Member : RM450.00
- Non-Member : RM500.00

PAYMENT

Upon receiving your registration, a pro-forma invoice will be issued for companies applying for the HRD Corporation's grant. Only the pro-forma invoice will be provided, and no payment is required at this stage pending HRD Corporation's approval.

For companies not applying for the HRD Corporation's grant, an invoice will be issued and full payment must be made before the event.

MEF now offers a convenient online payment gateway for faster, easier transactions. Please note that this option is available only for non-HRDC payments.

Payment details :

- Affin Islamic Bank Berhad
- Account No. : 105280002422
- In favour of : Malaysian Employers Federation

Email the transfer slip and invoice to :

- natasya@mef.org.my
- yeokhoon@mef.org.my
- 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".