




EMPLOYERS, ARE YOU COMPLIANT WITH THE OSH ACT AMENDMENTS?


Date: 26 November 2026


Time: 9am – 11 am


Online

OBJECTIVES

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

- 1 Identify key changes introduced by the OSH (Amendment) Act 2022.
- 2 Explain the legal duties of employers, self-employed persons and principals.
- 3 Understand the requirement to conduct risk assessments and implement appropriate risk controls.
- 4 Identify workplace compliance gaps involving OSH Coordinators, contractors and employees.
- 5 Develop practical corrective actions to strengthen workplace OSH compliance.

PROGRAM

TIME	TOPIC COVERED
9:00 am – 9:10 am	Overview of Act 514 and Amendment Act 2022; scope and applicability
9:10 am – 9:35 am	Employer responsibilities, workplace safety policy and emergency procedures
9:35 am – 10:00 am	Section 18B, hazard identification, risk assessment and implementing risk controls
10:00 am – 10:20 am	OSH Coordinator appointment requirements, principal and contractor responsibilities
10:20 am – 10:40 am	Penalties, Employee Rights & Compliance Risks
10:40 am – 10:55 am	Practical Case study: Identify compliance gaps and develop corrective actions
10:55 am – 11:00 am	Q & A




WORK BETTER, FEEL BETTER: WORKPLACE SAFETY & ERGONOMICS MADE SIMPLE


Date: 26 November 2026


Time: 2:30 pm – 4:30 pm


Online

OBJECTIVES

By the end of the session the participants will be able to understand:

- The ergonomics risk factors associated with the job that can affect the musculoskeletal and
- The mitigation to improve work conditions.

PROGRAM

TIME	TOPIC COVERED
2:30 pm – 2:40 pm	Introduction to Ergonomics
2:40 pm – 3:05 pm	Stressors and risk factors
3:05 pm – 3:45 pm	Common injuries
3:45 pm – 4:00 pm	Mitigation to improve work and work environment.
4:00 pm – 4:30 pm	Action plan for implementation for workstation.




Safer Workplace | Healthier People | Stronger Organisation




MYKKP: PENDAFTARAN PENGGUNA, OSH KOORDINATOR DAN PEMTK


TARIKH: 13 NOVEMBER 2026


MOD: ONLINE


MASA (PILIH SATU):
☐ 9.00 pagi – 11.00 pagi
☐ 2.30 petang – 4.30 petang

PADA AKHIR SESI LATIHAN, PESERTA AKAN DAPAT:

- 1 Memahami fungsi dan kepentingan sistem MyKKP.
- 2 Melaksanakan pendaftaran akaun pengguna MyKKP.
- 3 Memahami dan melaksanakan proses pendaftaran sebagai OSH Coordinator melalui sistem MyKKP, tertakluk kepada keperluan dan prosedur semasa JKPP.
- 4 Mengenal pasti maklumat dan dokumen yang diperlukan.
- 5 Mengatasi masalah lazim semasa proses pendaftaran.

ATUR CARA LATIHAN

SESI PAGI 9.00 pagi – 11.00 pagi

9.00 – 9.10 pagi	Pengenalan MyKKP
9.10 – 9.35 pagi	Pendaftaran Pengguna MyKKP
9.35 – 10.15 pagi	Pendaftaran OSH Coordinator
10.15 – 10.30 pagi	Pemberitahuan Tempat Kerja (PEMTK)
10.30 – 11.00 pagi	Sesi Soal Jawab

ATAU

SESI PETANG 2.30 petang – 4.30 petang

2.30 – 2.40 petang	Pengenalan MyKKP
2.40 – 3.05 petang	Pendaftaran Pengguna MyKKP
3.05 – 3.45 petang	Pendaftaran OSH Coordinator
3.45 – 4.00 petang	Pemberitahuan Tempat Kerja (PEMTK)
4.00 – 4.30 petang	Sesi Soal Jawab




FUNDAMENTALS OF JKKP 8 SUBMISSION


DATE 7 December 2026


MODE Online


DURATION 2 hours


TIME (Choose one)
 9am - 11am **OR** 2:30pm - 4:30pm

BY THE END OF THE COURSE, PARTICIPANTS SHOULD BE ABLE TO:

- 1 Explain the purpose and basic legal requirements of JKPP 8.
- 2 Differentiate between JKPP 6, JKPP 7 and JKPP 8.
- 3 Identify workplace incidents and occupational health cases that must be recorded.
- 4 Recognise key information needed to complete the register accurately.
- 5 Apply a basic checking process before annual submission.
- 6 Identify common mistakes and establish an effective record keeping routine.

COURSE SCHEDULE

MORNING SESSION (9:00 AM - 11:00 AM)		AFTERNOON SESSION (2:30 PM - 4:30 PM)	
TIME	TOPIC COVERED	TIME	TOPIC COVERED
9:00 – 9:20	Introduction to Occupational Safety and Health (Notification of Accident, Dangerous Occurrence, Occupational Poisoning, and Occupational Disease) Regulations 2004 (NADOPOD)	2:30 – 2:50	Introduction to Occupational Safety and Health (Notification of Accident, Dangerous Occurrence, Occupational Poisoning, and Occupational Disease) Regulations 2004 (NADOPOD)
9:20 – 9:30	Legal Requirements about NADOPOD	2:50 – 3:00	Legal Requirements about NADOPOD
9:30 – 9:50	Introduction to Annual Accident Record (JKPP8)	3:00 – 3:20	Introduction to Annual Accident Record (JKPP8)
9:50 – 10:35	Annual Accident Reporting on MyKKP	3:20 – 4:05	Annual Accident Reporting on MyKKP
10:35 – 10:50	Hands-on	4:05 – 4:20	Hands-on
10:50 – 11:00	Q & A / Quiz	4:20 – 4:30	Q & A / Quiz


Fee/Harga:
RM150
 person/session / seorang/sesi


DISCOUNT
 Enjoy 15% off by signing up for all four (4) sessions
 Daftar kesemua 4 kursus, nikmati potongan diskaun 15%


REGISTRATION & INQUIRY
 Tel: 03-74987242 / 016-2541844
 Email: adminmefa@mef.org.my
 Website: mefacademy.mef.org.my


**HURRY UP!
REGISTER NOW**
 SCAN ME



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DATE

7 December 2026



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