

Created with a trial version of Syncfusion Word library or registered the wrong key in your application. Click [here](#) to obtain the valid key.

## Central Course

**Competency Code: {competency\_code\_lg}**



Created with a trial version of Syncfusion Word library

**Version {ver},Revision lg\_rev**

**Effective Date: {date}**

**Copyrights© Eversafe Academy**

{Copyrights}

{acs\_course\_eng}(Blended with Experiential Learning)

Total Delivery Hours: 18 hours including 2 hours of assessment

1. Total Delivery Hours: {tot\_deliveryhours}

2. Training Hours : **16 Hours** (2a +2b+2c)

2a. Class room Theory : **7 Hours**

2b. Class room Blended Learning : **1 Hour 30 Minutes**

(Including Virtual Reality Experience- 30 mins)

2c. Practical Demo by the Facilitator & : **4 Hour 30 Minutes**

Practical Training by the trainee

(Including Experiential Learning -1.5 Hours) <sup>\*2</sup>

3. Assessment Hours : **2 Hours** (3a+3b)

3a. Written Exam (MCQ) : **1 Hour**

3b. Practical Examination : **1 Hour**

(Practical Examination 4 Hours for 20Pax)

Maximum Number of Participants per class	20
--	----

# Lesson Plan

Day 1 : 8.00AM to 6.30PM (9 hours)

Time/ Duration	Topics	Training Programme Details	Instructional Technique	Training Aids
{tm_dur_1}	Course Introduction	{tr_prog_details_1}	• Lecture TS: 1 - 20	{training_aids_1}
{tm_dur_2}	CE 1: Identify own roles and in a construction job	{tr_prog_details_2}	• Lecture TS: 21 - 42	{training_aids_1}
10.00AM – 10.15 AM (15 Minutes) Tea Break				
{tm_dur_3}	CE 1: Identify own roles and in a construction job (Continued....)	{tr_prog_details_2}	• Lecture TS: 43 - 79	{training_aids_1}
{tm_dur_4}	Instant Performan ce Reflection (5 mins)	{tr_prog_details_4}	TS: 80	



Time/ Duration	Topics	Training Programme Details	Instructional Technique	Training Aids
	(Continued ....)	2.5 Wear appropriate personal protective equipment (PPE) according to organisational procedures.		
3.40 PM – 3 45 PM (5 Minutes)	Instant Performance Reflection (5 mins)	Instant Performance Reflection (5 mins) b. Learning Objectives: To check the ability of the students to apply their knowledge at workplace	TS:159 - 176	
3.45PM – 4.25 PM ( 40 Minutes)	CE3 : Follow safe “Work-at-Height” procedures	3.1 Identify hazards when “Working-at-Height” 3.2 Identify relevant risk control measures implemented to mitigate the hazards when “working-at-height” 3.3 Check “Work-at-Height” equipment and safety devices according to safe work procedures 3.4 Wear the appropriate PPE correctly for “Working-at-Height” according to safe work procedures 3.5 Identify designated work access at scaffold structure in accordance with industrial guidelines 3.6 Demonstrate correct method of ascending and descending scaffold structure using appropriate vertical lifelines according to approved Work-at-Height Code of Practice 3.7 Demonstrate correct method of 100% tie-off according to approved Work-at-Height Code of practice 3.8 Demonstrate correct method of	<ul style="list-style-type: none"> <li>Lecture</li> </ul> TS: 177- 234	<ul style="list-style-type: none"> <li>Flip chart</li> <li>Stationery</li> </ul>

Time/ Duration	Topics	Training Programme Details	Instructional Technique	Training Aids
		traversing across the scaffold work platforms using horizontal lifeline or equivalent according to approved Work-at-Height Code of Practice		
<b>4.25 PM – 4.30 PM</b> <b>(5 Minutes)</b>	<b>Instant Performance Reflection (5 mins)</b>	<b>Instant Performance Reflection (5 mins)</b> <b>c. Learning Objectives:</b> To check the ability of the students to apply their knowledge at the workplace	<b>TS: 235</b>	
<b>4.30 PM – 4.55 PM</b> <b>(25 Minutes)</b>	<b>Chapter 4: Respond to fire emergencies</b>	4.1 Follow fire evacuation procedures based on incident at site in accordance with organisational firefighting procedures 4.2 Identify correct type of fire extinguishers to use in the event of a fire 4.3 Apply the correct techniques to extinguish a fire according to established organisational firefighting procedures	<ul style="list-style-type: none"> <li>Lecture</li> </ul> <b>TS: 236 – 246</b>	<ul style="list-style-type: none"> <li>Flip chart</li> <li>Stationery</li> </ul>
<b>4.55 PM – 5.00 PM</b> <b>(5 Minutes)</b>	<b>Instant Performance Reflection (5 mins)</b>	<b>Instant Performance Reflection (5 mins)</b> <b>d. Learning Objectives:</b> To check the ability of the students to apply their knowledge at the workplace	<b>TS: 247</b>	
<b>5.00 PM – 5.15 PM</b> <b>(15 Minutes)</b>	<b>Blended Learning Activity 2</b>	<b>Blended Learning Activity #2 – Online Quiz</b> <b>Duration:15 mins</b> <ul style="list-style-type: none"> <li>Visit <a href="http://www.quizizz.com/join">www.quizizz.com/join</a></li> <li>Enter the code number provided by facilitator</li> <li>Write your name and join</li> <li>Wait for the instruction of facilitator</li> </ul>	<ul style="list-style-type: none"> <li>Individual Exercises &amp; Discussion</li> </ul> <b>TS: 248-249</b>	<ul style="list-style-type: none"> <li>Online Login</li> </ul>



## Day 2 : 8.00AM to 6.30PM (9 hours)

Time/ Duration	Topics	Training Programme Details	Instructional Technique	Training Aids
8.00 AM – 10.00 AM (2 Hours)	WAH Demonstr ation by the Facilitator and Practice by the Trainee	<b>Station 5:</b> Ascend the scaffold (Scaffold Structure) <b>Station 6:</b> Ascend the roof structure <b>Station 7:</b> Self-relief suspension trauma management	<ul style="list-style-type: none"> <li>Practice by learners (1-20 learners)</li> </ul>	<ul style="list-style-type: none"> <li>WAH Equipment safety Harness, Gloves, Helmet, Safety Shoe</li> </ul>
<b>10.00 AM – 10.15 AM (15 Minutes)</b> <b>Tea Break</b>				
10.15 AM – 11.45 AM (1 Hour 30 Minutes)	Demonstr ation by the Facilitator	<b>Experiential Learning Stations 1 – 6 &amp; other stations</b> <b>1) Electrical Safety Experience</b> <b>2) Confined Space</b> <b>3) Falling into Opening experience</b> <b>4) Scaffold Collapse experience</b> <b>5) Suspension Trauma Experience</b> <b>6) Pinned by Heavy Machinery</b> <b>7) Manual Handling Station</b> <b>8) Hand Injury Station</b> <b>9) Chemical Storage Station</b> <b>10) Noise Simulation Station</b>	Facilitator need to ensure the following: <ul style="list-style-type: none"> <li>Indemnity form filled-up by the learners</li> <li>Safety briefing given by the facilitator before demonstration the stations</li> <li>Learners has prescribed PPE</li> <li>Check stations before live demonstration</li> <li>Follow the T3ELS training, SWP and RA</li> <li>Any safety concern raised during the class, stop the class and bring the learners in the classroom and inform centre in charge.</li> </ul>	<ul style="list-style-type: none"> <li>PPE</li> <li>Hand gloves</li> </ul>
11.45 PM – 12.15 PM (30 Minutes)		<b>Blended Learning Activity #4 (Virtual Reality)</b> WAH virtual walk through  Facilitator will explain and learners will get experience voluntarily. Facilitator need to closely monitor and ensure the safety of the trainees.		<ul style="list-style-type: none"> <li></li> </ul>



Time/ Duration	Topics	Training Programme Details	Instructional Technique	Training Aids
<b>12.15 AM – 1.15 PM ( 1 Hour)</b> <b>Lunch</b>				
<b>1.15 PM – 2.15 PM ( 1 Hour)</b>		Written Assessment MCQ Test		
<b>2.15 PM – 4.15 PM ( 2 Hours)</b>		Practical Assessment Stations 1 - 4	5 learners per group	
<b>4.15 PM – 4.30 PM ( 15 Minutes)</b> <b>Tea Break</b>				
<b>4.30 PM – 6.30 PM ( 2hr)</b>		Practical Assessment Stations 5 - 7	5 learners per group	
<b>Announce assessment result and distribution of cards to competent learners</b>				
<b>End of Day 2</b>				

### \*1 Class room Blended Learning ( Total 1hr 30 mins)

Blended Learning Activity 1 - Online Identify hazards

Blended Learning Activity 2 - Online Quiz

Blended Learning Activity 3 - Fire Drill

Blended Learning Activity 4 - (Virtual Reality) WAH Safe Work

Blended Learning Activity 5 – Instant Performance Reflection

### Flexible Home Based Blended Learning (Total 3 Hours) (Outside the Lesson Plan Hours)

Home Learning Activity 1 – Identify the Mandatory Signage

Home Learning Activity 2 – Identify the Hazards for the given activity

Home Learning Activity 3– Safety Video Game WAH Safe Practice

Home Learning Activity 4 - Micro Learning (Accident Case study)

Home Learning Activity 5 - E-MCQ Online practice

Home Learning Activity 6 – EA Bot

---

**\*2 Blended Learning (Experiential Learning) (Total 1 Hour 30 Minutes)**

Station 1: Fall into opening

Station 2: Pinned by a Heavy Construction Machinery

Station 3: Confined Space

Station 4: Suspension Trauma

Station 5: Scaffold Experience

Station 6: Electrical System

Station 7: Manual Handling Station

Station 8: Hand Injury Station

Station 9: Chemical Storage Station

(Optional)

for Station 7, 8, 9, 10

Station 10: Noise Simulation Station

Created with a trial version of Syncfusion Word library

## Version Control Record

EXTERNAL AUTHORITY	EA					
Ref.Document	Version	Revision	Effective Date	Author	Approved	Change Description
First Issue	1.00	00	15/07/2018	EA	EA MD	First Issue- Applied Blended Learning Methods
	1.01	01	30/04/2019	EA	EA MD	added Slip, trip and fall slides provided by WSHC.
	1.02	02	14/07/2020	EA	EA MD	Routine Review and checked the currency, updated statistics
	1.03	03	01/09/2020	EA	EA MD	Incident Reporting Amendment Regulations and WICA updated
	1.04	04	01/08/2021	EA	EA MD	The word "Foreign" changed to "Migrant"
	1.05	05	14/01/2022	EA	EA MD	"Total WSH Contents" information is added
	1.06	06	15/04/2022	EA	EA MD	Amended as Per the new WSH Council TAG, Ver 2.0 Published date 21 Jan 022 Added experiential learning components
	1.07	07	1/8/2022	EA	EA MD	Amended to include all blended learning methods and training hours adjusted

Created with a trial version of Syncfusion Word library or registered the wrong key in your application. Click [here](#) to obtain the valid key.