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#### **Central Course**

Competency Code: {competency\_code\_lg}



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Version {ver},Revision Ig\_rev Effective Date: {date}

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{acs\_course\_eng}(Blended with Experiencial 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** 

Created with a trial version of Syncfusion Word library 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) \*2

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} Creat	Course Introduction CCC WITH a tria	{tr_prog_details_1} al version of Syncfusion Wo	• Lectur pro fibrary 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 Minute Tea Break	es)		
{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		
{tm_dur_5}	CE 2 Follow safe work procedures in construction work	{tr_prog_details_5}	• Lecture TS: 81 - 89	{training_aids_1}		
{tm_dur_6} Blended Createawith a triangle Activity 1 - Online Identify Hazards		{tr_prog_details_6}	TS 90-91 ord library			
		12.15 PM TO 1.15 PM (60 Minu Lunch Break	ites)			
1.15 PM - 3.00 PM (1 Hour 45 mins)	CE 2 Follow safe work procedures in construction work	2.2 Common workplace hazards in a construction site  (a) Electrical (b) Mechanical (c) Fire and Explosion (d) Noise and Vibration (e) Ergonomic (f) Working in Confined Space (g) Health (solvent and chemical) (h) Biologocal hazards (i) Heat related illness (j) Slips, trips and falls (j) Slips, trips and falls (k) Manual handling (l) Housekeeping	• Lecture TS: 92 - 158	{training_aids_1}		
	3.00 PM TO 3.15 PM (15 Minutes)  Tea Break					
3.15 PM - 3.40 PM (25 Minutes)	CE 2: Follow safe work procedures in construction work	2.3 Identify relevant risk control measures to be implemented according to organisational procedure.  2.4 Follow "Permit-to-Work (PTW)" procedure according to organisational procedures.	• Lecture TS:159 - 175	<ul><li>Flip chart</li><li>Stationery</li></ul>		

Time/ Duration	Topics	Training Programme Details	Instructional Technique	Training Aids
	(Continued)	2.5 Wear appropriate personal protective equipment (PPE) according to organisational procedures.	(PPE)	
3.40 PM - 3 45 PM (5 Minutes)	Instant Performan ce 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	• Lecture TS: 177- 234	• Flip chart • Stationery

Time/ Duration	Topics	Training Programme Details	Instructional Technique	Training Aids
		travesing across the scaffold work platforms using horizontal lifeline or equivalent according to approved Work-at-Height Code of Practice		
4.25 PM - 4.30 PM (5 Minutes)	Instant Performan ce Reflection (5 mins)	Instant Performance Reflection (5 mins) c. Learning Objectives:     To check the ability of the     students to apply their     knowledge at the workplace	TS: 235	
4.30 PM - 4.55 PM (25 Minutes)	Chapter 4: Respond to fire emrgencies	<ul> <li>4.1 Follow fire evacuation procedures based on incident at site in accordance with organisational firefighting procedures</li> <li>4.2 Identify correct type of fire extinguishers to use in the event of a fire</li> <li>4.3 Apply the correct techniques to extinguish a fire according to established organisational firefighting procedures</li> </ul>	• Lecture TS: 236 – 246	<ul><li>Flip chart</li><li>Stationery</li></ul>
4.55 PM - 5.00 PM (5 Minutes)	Instant Performan ce Reflection (5 mins)	Instant Performance Reflection (5 mins) d. Learning Objectives: To check the ability of the students to apply their knowledge at the workplace	TS: 247	
5.00 PM – 5.15 PM (15 Minutes)	Blended Learning Activity 2	Blended Learning Activity #2 – Online Quiz Duration:15 mins  Visit www.quizizz.com/join Enter the code number provided by facilitator Write your name and join Wait for the instruction of facilitator	Individual     Exercises &     Discussion TS: 248-249	Online Login

Time/ Duration	Topics	Training Programme Details Instruct Techn		Training Aids
		Facilitator will facilitate the activity		
5.15 PM – 5.30 PM (15 Minutes)	Blended Learning Activity 3 ted with a tria	Blended Learning Activity #3 Fire Drill Duration: 15 Mins Facilitator will sound the fire alarm. Participants will move to the assembly area. A headcount will be carried out by Facilitator. Upon completion of drill, Facilitator to explain on the areas of improvement.	<ul> <li>Alarm sound Maker</li> <li>TS 250</li> </ul>	Organise at the assembly area
5.30 PM - 6.30 PM (1 Hour)	Demonstration by the Facilitator  Practical Training by the Trainee	Explanation and Practical Demonstration by Facilitator and Practice by the Trainee Stations 1 – 4  Station 01: Wear PPE  Station 02: Identify common industrial safety signs.  Station 03: State the O2 entry limits for confined space operations.  Station 04: Fire Emergency  Comprising the following components:  1. Follow fire evacuation procedures  2. Identify correct types of fire extinguishers  3. Apply correct techniques to extinguish fire	Explanation and Demonstration by the Facilitator	PPE     Safety signs     Meter     Hand gloves     Scaffold structure

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

Time/	Tonico	Training Programma Dataila	Instructional	Training
Duration	Topics	Training Programme Details	Technique	Aids
8.00 AM - 10.00 AM (2 Hours) Create	WAH Demonstr ation by the Facilitator and Practice by the Trainee	Station 5: Ascend the scaffold (Scaffold Structure) Station 6: Ascend the roof structure Station 7: Self-relief suspension trauma management	Practice by     learners (1-20     learners)  n Word library	• WAH Equipment safety Harness, Gloves. Helmet, Safety Shoe
		10.00 AM - 10.15 AM (15 Mii	nutes)	
		Tea Break		
10.15 AM - 11.45 AM (1 Hour 30 Minutes)	Demonstr ation by the Facilitator	<ul> <li>Experiantial Learning</li> <li>Stations 1 – 6 &amp; other stations</li> <li>1) Electrical Safety Experience</li> <li>2) Confined Space</li> <li>3) Falling into Opening experience</li> <li>4) Scaffold Collapse experience</li> <li>5) Suspenstion Trauma Experience</li> <li>6) Pinned by Heavy Machinery</li> <li>7) Manual Handling Station</li> <li>8) Hand Injury Station</li> <li>9) Chemical Storage Station</li> <li>10) Noise Simulation Station</li> </ul>	Facilitator need to ensure the following:  Indemnity form filled-up by the learners  Safety brifing given by the facilitator before demostration the stations  Learners has prescrived PPE  Check stations before live demonstration  Follow the T3ELS training, SWP and RA  Any safety concern raised during the class, stop the class and bring the learners in the classroom and inform centre in charge.	• PPE • Hand gloves
11.45 PM -		Blended Learning Activity #4 (Virtual Reality)		•
12.15 PM (30 Minutes)		WAH virtual walk through  Facilitator will explain and learners will get experience volunteerily. Facilitator need to closely monitor and ensure the safey of the trainees.		

Time/ Duration	Topics	Instructional Technique	Training Aids				
	12.15 AM – 1.15 PM ( 1 Hour) Lunch						
1.15 PM - 2.15 PM ( 1 Hour)		Written Assessment MCQ Test					
2.15 PM - Create 4.15 PM ( 2 Hours)	ed with a tr	Practical Assessment	5 learners per group  n Word library				
	4.15 PM – 4.30 PM ( 15 Minutes) Tea Break						
4.30 PM Practical Assessment 5 learners per group  Stations 5 - 7  6.30 PM (2hr)							
Announce assessment result and distribution of cards to competent learners							
End of Day 2							

#### \*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 Credated Withing Station version of Syncfusion Word library

Station 8: Hand Injury Station

Station 9: Chemical Storage Station (Optional)

for Station 7, 8, 9, 10

Station 10: Noise Simulation Station

## 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

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