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# Central Course

# Competency Code: {competency\_code\_lg}



# Version {ver},Revision lg\_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**   2b. Class room Blended Learning \*1 : **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   1. 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)

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| **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 | |  |

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|  | **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 Learning Activity 1 –**  **Online Identify Hazards** | **Blended Learning Activity #1 Duration: 15 mins**    {tr\_prog\_details\_6} | TS 90-91 |  |
| **12.15 PM TO 1.15 PM (60 Minutes)** | | | | |
| **Lunch Break** | | | | |
| **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   1. Electrical 2. Mechanical 3. Fire and Explosion 4. Noise and Vibration 5. Ergonomic 6. Working in Confined Space 7. Health (solvent and chemical) 8. Biologocal hazards 9. Heat related illness 10. Slips, trips and falls 11. Slips, trips and falls 12. Manual handling 13. 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** | * 1. Identify relevant risk control measures to be implemented according to   organisational procedure.   * 1. Follow “Permit-to-Work (PTW)” procedure according to organisational   procedures. | * Lecture TS:159 - 175 | * Flip chart * Stationery |

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|  | **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** | **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 45 PM** |  |
| **(5 Minutes)** |  |
| **3.45PM** | **CE3 :** | 3.1 Identify hazards when | * Lecture | * Flip chart |
| **–** | **Follow safe** | “Working-at-Height” | TS: 177- 234 | * Stationery |
| **4.25 PM**  **( 40**  **Minutes)** | **“Work-at- Height” procedures** | 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 |  |  |

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|  | **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** | **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** |  |
| **(5 Minutes)** |  |
| **4.30 PM**  **–**  **4.55 PM** | **Chapter 4: Respond to fire emrgencies** | * 1. Follow fire evacuation procedures based on incident at site in accordance with organisational firefighting procedures   2. Identify correct type of fire extinguishers to use in the event of a fire   3. Apply the correct techniques to extinguish a fire accotding to established organisational firefighting procedures | * Lecture TS: 236 – 246 | * Flip chart * Stationery |
| **(25**  **Minutes)** |  |  |  |
| **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](http://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 |

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|  | **Time/ Duration** | **Topics** | **Training Programme Details** | **Instructional Technique** | **Training Aids** |  |
|  |  | **Facilitator will facilitate the activity** |  |  |
| **5.15 PM –**  **5.30 PM**  **(15**  **Minutes)** | **Blended Learning Activity 3** | **Blended Learning Activity #3 Fire Drill**  **Duration : 15 Mins**  **Facilitator will sound the fire alarm.** | * Alarm sound Maker * TS 250 | Organise at the assembly area |
|  |  | **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.** |  |
| **5.30 PM**  **–**  **6.30 PM (1 Hour)** | **Demonstration by the Facilitator** | **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 |
|  | **Practical Training by the Trainee** |  |

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

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| **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** | **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) | * WAH Equipment safety Harness, Gloves. Helmet, Safety Shoe |
| **10.00 AM – 10.15 AM (15 Minutes) Tea Break** | | | | |
| **10.15 AM**  **–** | **Demonstr ation by the Facilitator** | **Experiantial Learning**  **Stations 1 – 6 & other stations**   1. **Electrical Safety Experience** 2. **Confined Space** 3. **Falling into Opening experience** 4. **Scaffold Collapse experience** 5. **Suspenstion Trauma Experience** 6. **Pinned by Heavy Machinery** 7. **Manual Handling Station** 8. **Hand Injury Station** 9. **Chemical Storage Station** 10. **Noise Simulation Station** | Facilitator need to ensure the following: | * PPE * Hand gloves |
| **11.45 AM (1 Hour**  **30 Minutes)** | * 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. |
| **11.45 PM**  **–** |  | **Blended Learning Activity #4 (Virtual Reality)** |  | • |
| **12.15 PM** | WAH virtual walk through |  |
| **(30 Minutes)** | Facilitator will explain and learners will get experience volunteerily. Facilitator need to closely monitor and ensure the safey of the trainees. |  |

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|  | **Time/ Duration** | **Topics** | **Training Programme Details** | **Instructional Technique** | **Training Aids** |  |
| **12.15 AM – 1.15 PM ( 1 Hour)** | | | | |
| **Lunch** | | | | |
| **1.15 PM** |  | Written Assessment |  |  |
| **–** | MCQ Test |
| **2.15 PM** |  |
| **( 1 Hour)** |  |
| **2.15 PM** |  | Practical Assessment | 5 learners per group |  |
| **–** | Stations 1 - 4 |  |
| **4.15 PM** |  |  |
| **( 2 Hours)** |  |  |
| **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 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

**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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