

TENTATIVE PROGRAMME : TECHNICAL TRAINING ON CONFINED SPACES

ARRIVAL DAY: SUNDAY, 06 NOVEMBER 2016

TIME	PROGRAM	VENUE
0800 -	ARRIVAL OF PARTICIPANT AND CHECK-IN	NIOSH HOSTEL
2030 - 2200	PROGRAMME BRIEFING	CONFINED SPACE LAB

DAY 1: MONDAY, 07 NOVEMBER 2016

TIME	PROGRAM	VENUE
0700 – 0830	BREAKFAST	OSH GARDEN CAFE
0830 – 1000	INTRODUCTION TO CONFINED SPACE AND RELATED MALAYSIAN LEGISLATION	CONFINED SPACE LAB
1000 – 1030	GROUP PHOTO & MORNING TEA BREAK	OSH GARDEN CAFE
1030 – 1300	CONTINUATION	CONFINED SPACE LAB
1300 – 1400	LUNCH	OSH GARDEN CAFE
1400 – 1530	HAZARDS IN CONFINED SPACES	CONFINED SPACE LAB
1530 – 1600	AFTERNOON TEA BREAK	OSH GARDEN CAFE
1600 – 1700	CONTINUATION	CONFINED SPACE LAB

DAY 2: TUESDAY, 08 NOVEMBER 2016

TIME	PROGRAM	VENUE
0700 – 0830	BREAKFAST	OSH GARDEN CAFE
0830 – 1000	PROCEDURE OF ENTRY, PERMIT TO WORK & EQUIPMENT	CONFINED SPACE LAB
1000 – 1030	TEA BREAK	OSH GARDEN CAFE
1030 – 1300	CONTINUATION	CONFINED SPACE LAB
1300 – 1400	LUNCH BREAK	OSH GARDEN CAFE
1400 – 1530	CONFINED SPACE RISK ASSESSMENT	CONFINED SPACE LAB
1530 – 1600	TEA BREAK	OSH GARDEN CAFE
1600 - 1700	EMERGENCY PREPAREDNESS AND RESPONSE	CONFINED SPACE LAB

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DAY 3: WEDNESDAY, 09 NOVEMBER 2016

TIME	PROGRAM	VENUE
0700 – 0830	BREAKFAST	OSH GARDEN CAFE
0830 – 1000	VENTILATION SYSTEM	CONFINED SPACE LAB
1000 – 1030	TEA BREAK	OSH GARDEN CAFE
1030 – 1300	GAS DETECTION SYSTEM	CONFINED SPACE LAB
1300 - 1400	LUNCH BREAK	OSH GARDEN CAFE
1400 – 1530	RESPIRATORY PROTECTION DEVICE	CONFINED SPACE LAB
1530 - 1600	TEA BREAK	OSH GARDEN CAFE
1600 – 1700	CONTINUATION	CONFINED SPACE LAB
1700 – 1800	VISIT TO CALIBRATION LAB 1. SCBA CALIBRATION & MAINTENANCE LAB 2. GAS DETECTOR CALIBRATION & MAINTENANCE LAB	SCBA LAB GAS DETECTOR LAB

DAY 4: THURSDAY, 10 NOVEMBER 2016

TIME	PROGRAM	VENUE
0700 – 0830	BREAKFAST	OSH GARDEN CAFE
0830 – 1030	WRITTEN ASSESSMENT 1. MULTIPLE CHOICE QUESTION 2. SHORT ESSAY	CONFINED SPACE LAB
1030 - 1100	TEA BREAK	OSH GARDEN CAFE
1100 – 1300	PRACTICAL ASSESSMENT 1. SCBA DONNING 2. CONFINED SPACE ENTRY 3. ORAL INTERVIEW PARTICIPANTS MUST WEAR PPE : (SAFETY SHOES / SAFETY HELMET / SAFETY VEST)	CONFINED SPACE LAB
1300 - 1400	LUNCH BREAK	OSH GARDEN CAFE
1400 - 1530	CONTINUATION	CONFINED SPACE LAB
1645 – 1700	TEA BREAK	OSH GARDEN CAFE
1700 - 1730	CONTINUATION	CONFINED SPACE LAB



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DAY 5: FRIDAY, 11 NOVEMBER 2016

TIME	PROGRAM	VENUE
0700 – 0830	BREAKFAST	OSH GARDEN CAFE
0830 – 0930	DEMO RESCUE AT HEIGHT	NIOSH TOWER
0930 – 1000	MORNING TEA BREAK	OSH GARDEN CAFE
1000 – 1200	RIVER CRUISE AND BUGGY RIDE, PUTRAJAYA	PUTRAJAYA
1200 - 1400	LUNCH & FRIDAY PRAYER	OSH GARDEN CAFÉ / MASJID