



SITE SAFETY SUPERVISOR (SSS) TRAINING (10 DAYS)

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COURSE INTRODUCTION

Under the Act of the Occupational Safety and Health (Construction Work) (Design and Management) Regulations 2024, the Principal Contractor of a construction project is required to appoint a competent person, known as a Site Safety Supervisor (SSS).

This regulation mandates that every construction site must have a qualified individual to monitor, coordinate, and ensure the implementation of safety and health measures at the workplace. The role of the SSS is critical in identifying risks, enforcing control measures, and ensuring legal compliance throughout the construction process.

This training will equip participants with the essential knowledge, skills, and legal understanding required to perform the duties of a Site Safety Supervisor effectively. It is specifically tailored to meet the needs of construction professionals who are directly involved in site operations and supervision.

OBJECTIVE OF THE COURSE

Upon completion of the course, participants will be able to:

- Understand the responsibilities and role of a Site Safety Supervisor (SSS) in construction projects.
- Identify and assess workplace risks on construction sites.
- Apply safety regulations based on the latest legal requirements.
- Promote a safe and healthy work culture.

WHO SHOULD ATTEND

- Site Safety Supervisor
- Site Foreman / Supervisor
- Any interested parties



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THE TRAINING METHODOLOGIES

Theory Session

- Energizing and dynamic presentation
- Interactive and enjoyable
- Captivating audio-visual elements, authentic scene photos, video snippets, and multimedia presentations

Practical Session:

- Hands-on inspection

CERTIFICATION & VALIDITY

Upon successful completion of the course, participants will be awarded a Certificate of Training. However, without regular retraining, knowledge can fade, and skills may deteriorate quickly if not regularly applied. Therefore, annual retraining is strongly recommended to maintain proficiency and ensure ongoing safety and efficiency.

SITE SAFETY SUPERVISOR (SSS) TRAINING (10 DAYS)

TRAINING MODULE DAY 1

TOPIC	TIME
Part 01 : Introduction	8.30 am - 10.30 am (2 hours)
Break	10.30 am - 11.00 am (30 min)
Part 02A : Framework of OSH legislation	11.00 am - 1.00 pm (2 hours)
Lunch	1.00 pm - 2.00 pm (1 hour)
Part 02B : OSHA 1994 Regulations and Orders	2.00 pm - 4.00 pm (2 hours)
Break	4.00 pm - 4.30 pm (30 min)
Part 02B : OSHA 1994 Regulations and Orders	4.30 pm - 6.30 pm (2 hours)

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TRAINING MODULE DAY 2

TOPIC	TIME
Part 02B : OSHA 1994 Regulations and Orders	8.30 am – 9.30 am (1 hour)
Part 02C : ICOP and Guidelines	9.30 am - 10.30 am (1 hour)
Break	10.30 am - 11.00 am (30 min)
Part 02D : CDM Regulations	11.00 am - 1.00 pm (2 hours)
Lunch	1.00 pm - 2.00 pm (1 hour)
Part 03A : Human and Attitudes	2.00 pm - 3.00 pm (1 hour)
Part 03B : Planning	3.00 pm -4.00 pm (1 hour)
Break	4.00 pm - 4.30 pm (30 min)
Part 03C : OSH Policy	4.30 pm - 5.30 pm (1 hour)
Part 03D : Organising	5.30 pm -6.30 pm (1 hour)

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TRAINING MODULE DAY 3

TOPIC	TIME
Part 03E : Risk Assessment and General Prevention of Controls	8.30 am – 10.30 am (2 hours)
Break	10.30 am - 11.00 am (30 min)
Part 03F : Safe Work System	11.00 am - 12.00 pm (1 hour)
Part 03G : Permit to Work System	12.00 pm – 1.00 pm (1 hour)
Lunch	1.00 pm - 2.00 pm (1 hour)
Part 03H : Monitoring, Investigation and Record Keeping	2.00 pm - 3.00 pm (1 hour)
Part 03I : Audit and Review	3.00 pm – 4.00 pm (1 hour)
Break	4.00 pm - 4.30 pm (30 min)
Part 4A : Initial Site Assessment	4.30 pm - 6.30 pm (2 hours)

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TRAINING MODULE DAY 4

TOPIC	TIME
Part 4B : General Control Measures	8.30 am – 10.30 am (2 hours)
Break	10.30 am - 11.00 am (30 min)
Part 4B : General Control Measures	11.00 am - 1.00 pm (2 hours)
Lunch	1.00 pm - 2.00 pm (1 hour)
Part 4C : Welfare Facilities	2.00 pm - 4.00 pm (2 hours)
Break	4.00 pm - 4.30 pm (30 min)
Part 4C : Welfare Facilities	4.30 pm - 6.30 pm (2 hours)

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TRAINING MODULE DAY 5

TOPIC	TIME
Part 4D : Vehicles and Plant Movement	8.30 am – 10.30 am (2 hours)
Break	10.30 am - 11.00 am (30 min)
Part 4D : Vehicles and Plant Movement	11.00 am - 12.00 pm (1 hour)
Part 4E : Work Equipment	12.00 pm – 1.00 pm (1 hour)
Lunch	1.00 pm - 2.00 pm (1 hour)
Part 4E : Work Equipment	2.00 pm - 3.00 pm (1 hour)
Part 4F : Electrical Safety	3.00 pm – 4.00 pm (1 hour)
Break	4.00 pm - 4.30 pm (30 min)
Part 4F : Electrical Safety	4.30 pm - 6.30 pm (2 hours)

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TRAINING MODULE DAY 6

TOPIC	TIME
Part 4G : Fire Safety	8.30 am – 10.30 am (2 hours)
Break	10.30 am - 11.00 am (30 min)
Part 4H : Working at Height	11.00 am - 1.00 pm (2 hours)
Lunch	1.00 pm - 2.00 pm (1 hour)
Part 4H : Working at Height	2.00 pm - 4.00 pm (2 hours)
Break	4.00 pm - 4.30 pm (30 min)
Part 4I : Excavation Work	4.30 pm - 6.30 pm (2 hours)

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TRAINING MODULE DAY 7

TOPIC	TIME
Part 4I : Excavation Work	8.30 am – 10.30 am (2 hours)
Break	10.30 am - 11.00 am (30 min)
Part 4J : Demolition	11.00 am - 1.00 pm (2 hours)
Lunch	1.00 pm - 2.00 pm (1 hour)
Part 4J : Demolition	2.00 pm - 3.00 pm (1 hour)
Part 4K : Lifting Operation	3.00 pm - 4.00 pm (1 hour)
Break	4.00 pm - 4.30 pm (30 min)
Part 4K : Lifting Operation	4.30 pm - 6.30 pm (2 hours)

TRAINING MODULE DAY 8

TOPIC	TIME
Part 4K : Lifting Operation	8.30 am – 9.30 am (1 hour)
Part 5A : Musculoskeletal	9.30 am - 10.30 am (1 hour)
Break	10.30 am - 11.00 am (30 min)
Part 5A : Musculoskeletal	11.00 am - 1.00 pm (2 hours)
Lunch	1.00 pm - 2.00 pm (1 hour)
Part 5A : Musculoskeletal	2.00 pm - 3.00 pm (1 hour)
Part 5B : Chemical and Biological Substances	3.00 pm -4.00 pm (1 hour)
Break	4.00 pm - 4.30 pm (30 min)
Part 5B : Chemical and Biological Substances	4.30 pm - 6.30 pm (2 hours)

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TRAINING MODULE DAY 9

TOPIC	TIME
Part 5B : Chemical and Biological Substances	8.30 am – 9.30 am (1 hour)
Part 5C : Physical and psychological Health	9.30 am - 10.30 am (1 hour)
Break	10.30 am - 11.00 am (30 min)
Part 5C : Physical and psychological Health	11.00 am - 1.00 pm (2 hours)
Lunch	1.00 pm - 2.00 pm (1 hour)
Part 5C : Physical and psychological Health	2.00 pm - 3.00 pm (1 hour)
Part 5D : Working in Confined Space	3.00 pm - 4.00 pm (1 hour)
Break	4.00 pm - 4.30 pm (30 min)
Part 5D : Working in Confined Space	4.30 pm - 6.30 pm (2 hours)

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TRAINING MODULE DAY 10

TOPIC	TIME
Part 6 : Site Visit	8.30 am – 10.30 am (2 hours)
Break	10.30 am - 11.00 am (30 min)
Part 6 : Site Visit	11.00 am - 1.00 pm (2 hours)
Lunch	1.00 pm - 2.00 pm (1 hour)
Preparing Risk Assessment and Risk Control	2.00 pm - 4.00 pm (2 hours)
Break	4.00 pm - 4.30 pm (30 min)
Preparing Risk Assessment and Risk Control	4.30 pm - 6.30 pm (2 hours)