



HRDC
CLAIMABLE

ISO 29993
CERTIFIED
Learning Service Provider

Trusted by Government, GLCs
& Corporate Organisations

PRACTICAL HIRARC FOR SAFER WORKPLACES

Hazard Identification, Risk Assessment & Control in Practice



WHAT WILL YOU GAIN



Understanding of
ISO 45001 &
OSHA 1994



Universal
Hazard
Identification
Skills



Practical Risk
Assessment
Methodology



Application of
Advanced
Risk Control
Frameworks



Execution of
Document Control
& Safety
Communication

WHY THIS PROGRAMME MATTERS TODAY

Workplace safety today requires more than basic compliance. Organisations are expected to identify hazards early, assess risks systematically, and implement effective controls before incidents happen.

This practical workshop equips participants with the skills to conduct HIRARC effectively, apply risk control measures, document findings properly, and strengthen workplace safety practices in line with ISO 45001 and Malaysian OSH requirements.

WHO SHOULD ATTEND

Suitable for OSH/HSE personnel, safety officers, supervisors, engineers, managers, and ISO 45001 practitioners involved in workplace safety, hazard identification, and risk control in industrial and high-risk environments.



MEET OUR TRAINER

MS. FARAH WAHIDA

She is an experienced HSEQ consultant, trainer, and auditor with over 17 years across industries including oil & gas, manufacturing, and healthcare. She specialises in safety, risk management, and HSEQ systems, delivering practical and engaging training. A certified ISO auditor and HRDCorp approved trainer, she is committed to helping organisations enhance safety, compliance, and performance.



PROGRAMME SNAPSHOT

7-8 October, 2026

Kuching

2 Days

8.30 am - 5.00 pm

**LIMITED TO
25-30 PARTICIPANTS
PER COHORT**
*To ensure interaction, practice
& trainer feedback*

Reserved Your Seat Today!



WHY TRAIN WITH MRS?

- HRDC Claimable & ISO Certified
- Corporate & Government Trusted
- Practical & Business-focused
- Industry-Expert Trainers

PROGRAMME OUTLINE

- 01 FUNDAMENTALS OF OHS RISK ASSESSMENT**
Learn the core concepts of proactive safety management while aligning your workplace with international ISO 45001:2018 standards and Malaysian OSH laws.
- 02 HAZARD IDENTIFICATION, RISK ASSESSMENT & CONTROL**
Master the practical mechanics of spotting workplace hazards, evaluating risk severity, and implementing the proper hierarchy of controls.
- 03 APPLICABLE OHS LEGAL REQUIREMENTS**
Navigate the essential sections of Malaysia's OSHA 1994 to confidently identify the exact statutory regulations that apply to your business.
- 04 DOCUMENTED INFORMATION & CONTROLS**
Gain the hands-on skills to build a live Risk Register, communicate hazards to your team, and embed safety data into daily workflows.



PROGRAMME DETAILS



DATE

7-8 October, 2026



TIME

8.30 am - 5.00 pm



VENUE

Kuching

FEE PER PAX

Early Bird Rate (EBR)	Normal Rate (NR)
RM 1980	RM 2380

Early Bird Rate applies for registrations confirmed 30 days before the program date.

**An additional 8% SST will apply*

WHAT THIS FEE INCLUDES

- Full training program as stated
- Participant materials and learning resources
- Practical templates, tools, or checklists
- Certificate of completion
- 2 Tea Breaks & Lunch each day
- HRDCorp claimable documentation support
- Guided action planning for workplace application

HRDC CLAIMABLE COURSE



We are HRDCORP registered training provider.

This course is 100% claimable. Subject to employer eligibility and HRDCorp approval.



**LIMITED SEATS.
REGISTER NOW!**

< Scan QR code >

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