

# TRAINING COURSES

Bringing the Training to you by  
**Alliance For A Safe  
Community (IKATAN)**

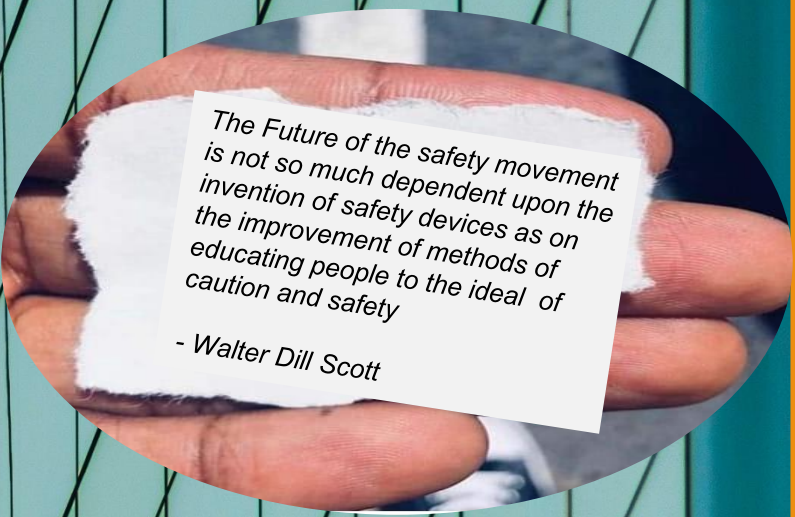


**Safety  
Training**

Ikatan engaged experienced instructors and professionals who are multi –disciplined and ready to deliver our SAFETY TRAINING modules in the most inspiring and empowering way.



An NGO founded by  
Tan Sri Lee Lam Thye

A close-up photograph of a hand holding a small, torn piece of white paper. The paper has a quote written on it in black text. The background of the entire page is a photograph of three workers in blue and black gear performing maintenance on a tall, teal-colored building facade. They are suspended by ropes and have red buckets attached to their harnesses. The building's surface is covered in a grid of dark lines, possibly cables or structural elements.

*The Future of the safety movement  
is not so much dependent upon the  
invention of safety devices as on  
the improvement of methods of  
educating people to the ideal of  
caution and safety*

*- Walter Dill Scott*

# Why Safety Training is a Good Investment



“Establishing a safe and healthy work environment requires fundamental changes in the ways work is designed and personnel are deployed, and how the very culture of the organization understands and acts on safety.

Managements who are responsible for the safety and health at the workplace can change the attitude of safety and health of their employees by ensuring an annual budget for safety training to help prevent work-related accidents and diseases among the workforce”



Tan Sri Lee Lam Thye

SAFETY  
IT'S A CHOICE  
NOT A CHANCE

# OCCUPATIONAL SAFETY AND HEALTH COORDINATOR (OSH-C) – 3 DAYS COMPETENCY PROGRAMME



## THE WHY:

The OSH (Amendment) Bill 2020 was passed by Dewan Rakyat and Dewan Negara (Senate) on 27.10.2021 and has already been gazetted on March 16, 2022

Among the new provisions is Section 29a of the OSHA Amendment which requires an employer who employs five or

more employees at the workplace to employ and train an OSH Coordinator.

The penalty for contravention of the requirement to appoint an OSH Coordinator, or a SHO (where applicable) is a fine not exceeding RM50,000.00 or imprisonment for a term not exceeding six months or both.



**2023**  
PUBLIC TRAINING

**Contact us for  
Training Calendar**

# OCCUPATIONAL SAFETY AND HEALTH COORDINATOR (OSH-C) COMPETENCY PROGRAMME



## Content

Reality of Small and Medium Industries in Malaysia / Cabaran dan Realiti di Industri Kecil dan Sederhana (IKS)

ii. Introduction to Role and Function of the Department of Occupational Safety and Health (DOSH) / Pengenalan kepada Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP) dan asas Akta Keselamatan dan Kesihatan Pekerjaan (AKKP) 1994

iii. Basic Management of OSH SMI's / Asas Penurusan KKP di IKS

iv. Chemical Management/Pengurusan Bahan Kimia

v. Introduction to Occupational Diseases / Pengenalan kepada Penyakit Pekerja

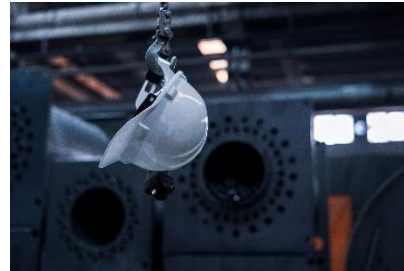
vi. Hazard Identification, Risk Assessment and Risk Control (HIRARC)

vii. Material Storage and Handling

viii. Work Station Design and Lighting

ix. Productive Machine Safety

x. Premises and Work-Related Welfare and Facilities



Upon completion of the Programme, the participant would be able to :

- Understand the legal requirement of Occupational Safety and Health Act 1994 and Factories Machinery Act
- Understand the purpose, objective and importance of OSH- Coordinator in an organisation
- Perform duties as OSH- Coordinator in an organization
- Promote safety culture and best practices at the workplace
- Take appropriate action pertaining to OSH compliance
- Manage and maintain OSH documents and safety related reporting

***I am a certified***



# OCCUPATIONAL SAFETY AND HEALTH COORDINATOR (OSH-C) COMPETENCY PROGRAMME



## HRD COPR TRAIN-THE-TRAINER CERTIFIED

### PRINCIPAL TRAINERS



#### **PRAME KUMAR**

Has more than 30 years of experience in the Occupational Safety & Health sector. He regularly conducts training programmes on safety related courses covering more than 100 industries in Malaysia.



#### **MUHAMMAD SHUKRI BIN ADNAN**

Terlibat secara langsung di dalam sektor operasi perkilangan dan pembangunan modal insan lebih daripada 25 tahun. Beliau memperolehi Ijazah Sarjana Muda Kejuruteraan (B.E Hons.), dengan pengkhususan dalam bidang Kejuruteraan Kimia dari Universiti Malaya, 1994.



#### **ENGKU NASIR**

OSH Consultant / OHSAS Auditor, Auditor to M'sia Society of Occupational Safety & Health & Lead Promotion to M'sia Society of Occupational Safety & Health OSH Audit Program. Green Book SHO Consultant to local construction companies

# Ikatan offers customized Road Traffic Safety Training



Inspire to build sustainable safe riding habit

## Principal Trainer : Tan Choon Yeap



**14 YEARS**  
JPJ

**26 YEARS**  
PUSPAKOM  
MIROS  
ICAM

**Panel member in NOSS**

**Skill standard verifying committee**

**TAN CHOON YEAP**  
Exco member of Alliance For A Safe Community

## Principal Trainer : Harjit Singh

Trainer for Commuting Support Safety Programme (CSSP) – appointed by MIROS Malaysia



**Serving As Advisory Role**

An international expert and advisor to multiple High-Level Panel and foundation on Road Safety.

**An expert in Road Traffic Safety Management System**

**Prof. Dr Wong Shaw Voon**

Popular demand course:  
Behaviour Based Safe Driving Techniques for Truck Drivers



# Workplace Ergonomics



## COURSE'S OBJECTIVES

Work-related musculoskeletal disorders (MSD) have a multifactorial etiology that includes not only physical stressors but also psychosocial risk factors, such as job strain, social support at work, and job dissatisfaction. Once an injury has occurred, psychosocial factors, such as depression and maladaptive pain responses, are pivotal in the transition from acute to chronic pain and the development of disability. The best prevention is to educate and raise the awareness among workers.

We are aligned with Department of Occupational Safety & Health guidelines under **Ergonomics Risk Assessment at Workplace 2017** AND **Guidelines for Manual Handling at Workplace 2018**.

Factors such as increasing trend on reported occupational diseases in Malaysia mainly due to exposure to ERGONOMICS risk factor in every aspect of the industry or corporation.



**No Matter Who You Are  
Or What You Do, Make  
Good Ergonomic Practices  
Part Of Your Life.**





# Workplace Ergonomics



## Principal Trainer



**Aard Zain** · 2nd

CEO | Principal Ergonomist | HRDF Latih Trainer | 14 yrs in Ergonomics | HFEM Member | Softskill Trainer

## Customising is our strength

Basic Ergonomic Manual Handling Foundation (1 Day)

Basic Ergonomics Awareness and Manual Handling (2 Days)

Basic Office Ergonomics (1 Day)



Managing the unique challenges found in today's offices involves increasing your awareness of ergonomic challenges and following an improvement process.

Training scope includes demonstration of self ergonomics assessment

# Forklift Safety Training



1.5 or 2 days Program with practical

## Objektif Kursus:

- Meningkatkan pematuhan terhadap kehendak perundangan oleh majikan dan pekerja berkaitan dengan peraturan dan undang-undang Keselamatan dan Kesihatan Pekerjaan
- Untuk memberikan Ilmu dan latihan bagi meningkatkan prestasi syarikat dalam aspek keselamatan dan kesihatan di tempat kerja dan membina budaya kerja selamat dan sihat seiring antara majikan dan pekerja.
- Tingkatkan tahap amalan kerja selamat dan pencapaian sifar kemalangan; tiada kecederaan, kerosakan harta benda yang boleh berlaku melalui kemalangan dalaman
- Operasi harian jentera trak angsun.
- Memberikan kefahaman yang lebih baik terhadap cara kendalian, pemeriksaan harian, serta keselamatan operasi trak angsun.
- Mengubah kebiasaan, tabiat dan sikap buruk yang boleh mengundang bahaya ; kemalangan yang berakhir dengan kecederaan, kerugian harta benda dan kehilangan nyawa , dan kadangkala menyebabkan kilang terpaksa tutup operasi.
- Tingkatkan daya saing dan kesedaran bagi mengurangkan tragedi dan kesengsaraan peribadi yang boleh terjadi akibat dari gagal menilai risiko dan mengawal bahaya. Ini pasti akan membantu untuk meningkatkan kecekapan operasi (efficiency) dan produktiviti (daya pengeluaran) syarikat secara keseluruhan.



**The Trainer-** MUHAMMAD SHUKRI BIN ADNA  
-HRDC TTT Certified

Terlibat secara langsung di dalam sektor operasi perkilangan dan pembangunan modal insan lebih daripada 25tahun. Beliau memperolehi Ijazah Sarjana Muda Kejuruteraan (B.E Hons.), dengan pengkhususan dalam bidang Kejuruteraan Kimia dari Universiti Malaya,1994.

# Forklift Safety Training - 1.5 or 2 days Program with Practical



## Latihan Amali

Perancangan khas melalui perbincangan dan sokongan bersama pengurus operasi, satu set Latihan amali yang sesuai disediakan dengan memberi focus terhadap tiga komponen utama:

- a. Keselamatan Pengendalian – susunatur laluan dengan halangan dan beban
- b. Penyelenggaraan Trak Angsun – rujukan kepada jenis Trak Angsun
- c. Pemeriksaan rutin – senarai semak oleh pengendali/ penyelia bagi setiap jenis trak.

## Penilaian Latihan

Peserta dikehendaki untuk menduduki penilaian teori dan amali, 100% kehadiran dalam sesi teori dan amali adalah prasyarat bagi penilaian tersebut.

## Sijil Tamat Latihan

Setelah tamat kursus dan lulus ujian, peserta akan dianugerahkan Sijil Tamat Kursus untuk mengesahkan peserta layak untuk

memandu/mengendali Trak Angsun dengan kebenaran oleh pihak majikan.

## Kesahan / Validity

Adalah dicadangkan supaya Sijil Tamat Kursus ini diperakui sebagai rujukan untuk mengesahkan kecekapan dan kemahiran pengendalian bagi orang yang kompeten untuk menjadi jurulatih dalaman syarikat dan menggunakan sekurang-kurangnya rujukan bahan Latihan tersedia untuk melatih individu lain yang layak sebelum mereka dibenarkan mengendali trak angsun.

Cadangan latihan amali berjadual hendaklah dirancang sekurang-kurangnya dua tahun sekali Diilaksanakan bagi memastikan tahap kemahiran, amalan pemanduan selamat dan berhemah dipraktikkan setiap masa.



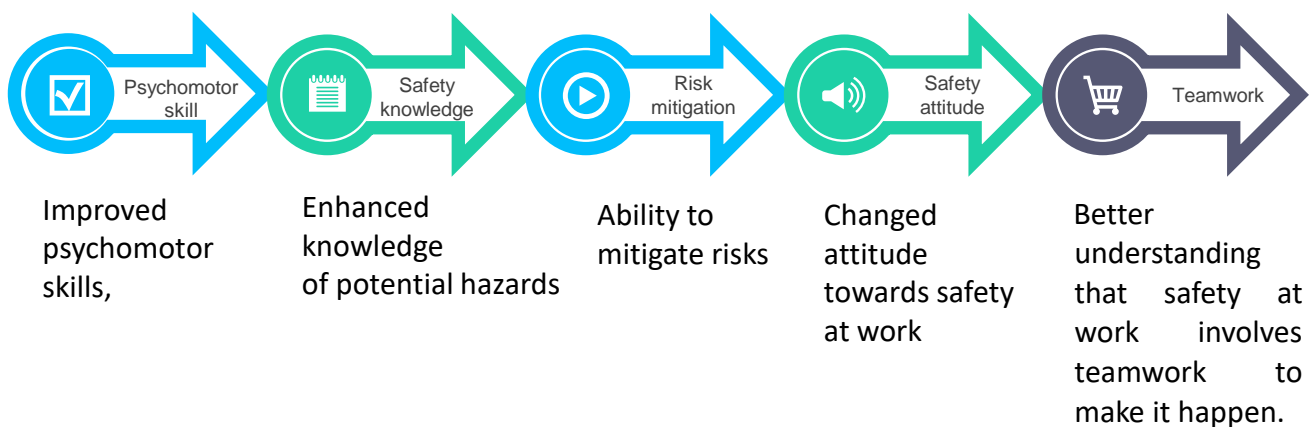
# SAFETY AT WORK FOR SITE SUPERVISORS (A 2-days Training Course)



Construction worksites are extremely dangerous places. Not only is construction work labour intensive, the presence and use of heavy machines and equipment onsite are also common. Put these two aspects together and the risk of accidents occurring becomes very real.

In such situations, it is crucial for the people-on-the-spot, the site supervisors, to be doubly aware of potential threats to safety in order to help keep colleagues safe. Worksite safety cannot afford to take second place in importance.

## Course outcomes:



This two-day training course gives an overview of the common hazards at construction worksites, and of the safety techniques to be implemented. No matter what sub-sector of the construction industry you are in,

the training equips you with the necessary tools for effective management of safety at your workplace.

# SAFETY AT WORK FOR SITE SUPERVISORS (A 2-days Training Course)



## HRDF- Claimable

This is an HRDF-claimable course.

## Recognition of Achievement

Each participant  
will receive

- ◆ An e-Certificate of Attendance
- ◆ An e-Certificate of Achievement

## Target Audience

The course is designed for site managers, site supervisors, site leaders, site engineers, site agents, project managers, health officers, developers, concessionaires, and anyone who oversees safety at construction sites.

## Course Duration

The duration of the training can be customised to the client's needs and schedule. Depending on the requirements, the course can run for two full days or be spread over several weeks with varying levels of complexity.

## Method of Delivery

The course will be conducted using a variety of methods: an interesting mixture of classroom lectures, presentations, discussions, Q&A and practical hands-on sessions which, if relevant, could include onsite visits to work locations in order to assess how much of the training was understood by the participants.

## Method of Assesment

At the end of the course, participants will be evaluated on their understanding of the course. How well group activities (such as presentations, discussions on case studies and pop quizzes) are carried out will form the basic assessment method used for the course. Depending on the requirements of the client, the proposed assessment method could also take the form of verbal question-and-answer sessions, assignments, written tests, oral interviews or simulated real-life situations. The assessment method used may also be a combination of some or all the above.

## Disclosure of Result

All evaluation results will be treated as confidential, and each course participant will be informed of his or her results. However, if their management has first informed their employees that these results will also be handed to the HR department of the organisation, Ikatan will provide the evaluation results as requested.

## The Organiser

Ikatan Komuniti Selamat is a non-profit NGO approved by the Registrar of Societies. We aim to promote safety as a way of life, to safeguard against loss of life and property, and to enable Malaysians at every level to benefit from loss-prevention initiatives and available resources. Ikatan provides a platform for collaboration among experts, professionals and other interested parties who are passionate in the various fields of Health, Safety, Crime and Accident Preventions with the view of sharing knowledge, experience and expertise for the betterment of the community and the nation.



# SAFETY AT WORK FOR SITE SUPERVISORS (A 2-DAYS Training Course)



Safety at work training is important for site supervisors because it helps them to identify hazards, communicate safety expectations, develop emergency response plans, ensure regulatory compliance, and promote a safety culture in the workplace.

The training outcomes of a safety at work training course for site supervisors include:

1. Understanding of relevant safety regulations and standards
2. Knowledge of hazard identification and risk assessment techniques
3. Familiarity with different types of workplace hazards and their associated risks
4. Ability to develop and implement

effective safety procedures and protocols

1. Understanding of emergency response planning and procedures
2. Knowledge of first aid and emergency response techniques
3. Ability to effectively communicate safety expectations to employees
4. Understanding of the importance of promoting a safety culture in the workplace
5. Knowledge of strategies for reducing workplace accidents and injuries
6. Understanding of the legal and financial consequences of non-compliance with safety regulations.



## PRINCIPAL TRAINER

ANDREW ANTHONY

HSE Consultancy & Training expert for more than **40 years**

Construction and manufacturing industries safety training and consultancy providers



## PRINCIPAL TRAINER

Capt. (R) Wan Hock Leong

HSE Consultancy & Training expert for more than **40 years** Construction and manufacturing industries safety training and consultancy providers

# EFFECTIVE SAFETY COMMITTEE



**Under section 30, Occupational Safety and Health Act 1994 (OSHA) , It is a legal obligation for employers to establish a safety and health committee at the workplace if :**

- (a) there are forty or more persons employed at the place of work; or
- (b) the Director General directs the establishment of such a committee at the place of work.



## Training Objectives

Upon completing the course, participants will be able to:

- ✓ Determine the provisions of the Safety and Health Committee Regulations
- ✓ Explain the basics of OSHA and its Regulations.
- ✓ Explain the basic of Safety Management System.
- ✓ Understand responsibilities and role of OSH Committee
- ✓ Determine the efficiency of OSH committee management
- ✓ Self-emphasize the important of being a member of OSH committee
- ✓ Guide others to work safely and correct unsafe conditions or actions



**PRINCIPAL TRAINER**  
Capt.(R) Wan Hock Leong

HSE Consultancy & Training expert for more than **40 years** Construction and manufacturing industries safety training and consultancy providers



**PRINCIPAL TRAINER**  
Muhamad Shukri

**En. Shukri**, telah terlibat secara langsung di dalam sektor operasi perkilangan dan pembangunan modal insan lebih daripada 25tahun.

# Basic Occupational First Aid, CPR and AED (2 Days)



First Aid training is a legal requirement in the workplace. It is also a demonstration of CARE in your employees' welfare who will equip themselves for the betterment of broader community safety. IKATAN has the trained solution specialists who are ready to help.

Occupational hazards exist in every workplace. It is also present at home and in our community. These undesirable events require immediate attention.

- First Aider effectively become the first responder to the sick and injured before the arrival of healthcare personnel. Often this makes a difference between life Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) are two key elements of the Basic Life Support (BLS) discipline.

These two (2) days comprehensive training is highly hands-on as we will practice using a dummy.

## Upon completing the course, participants will be able to:

- Understand the latest American Heart Association (AHA) Guidelines
- Enable their organization to be in compliance with the relevant legal requirements and DOSH guidelines
- Perform the use of AED confidently and independently with combination of CPR
- Understand the Do's and Don'ts of being a qualified first aider, avoiding causing more harm to the victim
- Use corrects and safe methods in relieving of foreign-body airway obstruction (choking) for victims
- Acquire the knowledge and skills in basic bandaging and splinting
- Become a resource to sudden cardiac arrest victims and increase their survival rate



IN  
PARTNERSHIP  
WITH

**ASEC**  
.com.my





# Fire Fighting and Emergency Response

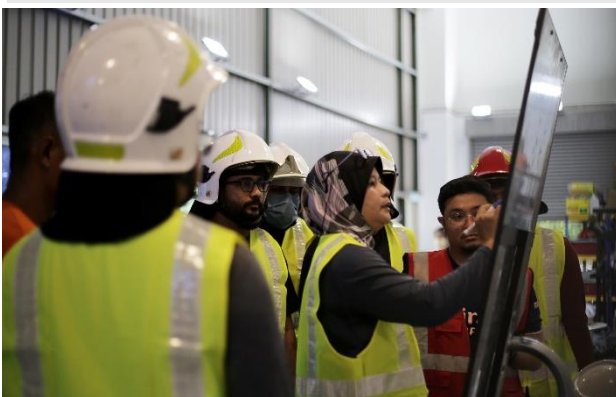


**Scalable from ½ day to 2 days**



The goal of the Basic Fire Fighting Course is to provide participants with the knowledge and skills required to respond safely and effectively to fire emergencies, to minimize the risk to life and property, and to facilitate effective coordination with other emergency responders.

## Fire Fighting



Make aware of participants' responsibility in Fire Fighting Team, develop in-depth skills in fire safety

## Emergency Response



Provide a clearer understanding of the planning and preparation of emergency response plans in the workplace

# DEVELOPING AN EFFECTIVE SAFETY CULTURE

## 1 DAY COURSE



### Participants will

- Develop a clear understanding of human behaviour.
- Understand the consequences of behavioural acts and causes of accidents and adverse events.
- To achieve as a Team to obtain a good Safety Culture.
- Develop skills for identifying, evaluating and implementing cost effective solutions for influencing behavioural change.



### INTRO

An effective Safety Culture is widely accepted as being the essential component of an organisation's safety management system. This course will provide you with all the necessary tools to create your own unique and effective safety culture that will empower your workforce.

### This course will highlight

- The impact of an effective Safety Culture on achieving good safety management.
- How to establish a safety culture and identify behavioural change improvement opportunities.
- The importance of human factor



# DEVELOPING AN EFFECTIVE SAFETY CULTURE

## 1 DAY COURSE



## SAFETY CULTURE DEVELOPMENT

Insights for navigating turbulent times.

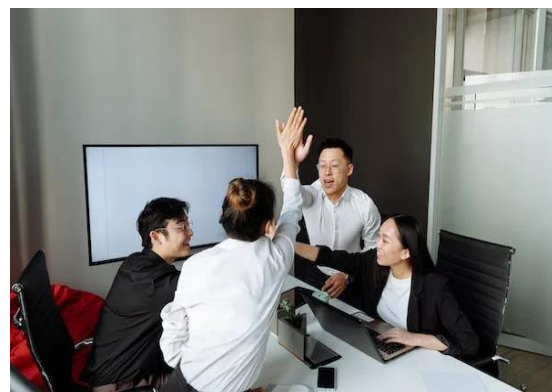
**9 Years** Safety & Health Manager – Oil & Gas Company  
Bachelor of Business Administration, Majoring in Occupational Safety & Health Management (European University of Ireland, Dublin, UK)



**PRINCIPAL TRAINER**  
ANDREW ANTHONY

## COURSE CONTENT

- Safety Culture and its environment
- The influence factor
- Leadership and culture
- Improving Safety Performance
- Legal Impact/ Historical Review
- What drives behaviour
- Case Study / Video Show
- Personal Action Plans
- Facts Finding / Presentation / Group Discussion



# 2-Days – Safe Handling and Chemical Management



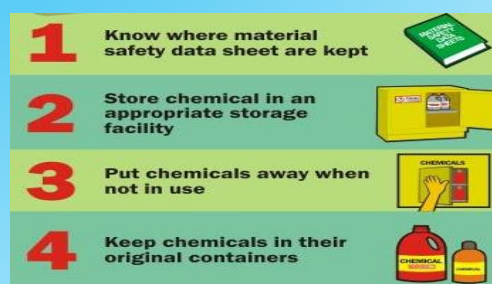
Our **chemical handling training** course is aimed at persons who work with or in close proximity to chemicals. The course is designed to give participants the skills necessary to work safely in environments which involve the transport, storage, use and disposal of chemicals.

## Course outline for Chemical Handling Training includes:

- Latest Legislation
- Routes of Entry
- Classification of Chemical Substances and Preparations
- Material Safety Data Sheets
- Personal Protective Equipment
- Safe Systems of Work
- Transport Storage Use and Disposal of Hazardous Substances

Upon completing the course, participants will be able to:

- Understand hazardous chemicals affect the body
- Find relevant information on hazardous chemicals
- Recommended control measure to hazardous chemicals.
- Understand the right and responsibilities when working with hazardous chemicals.
- Interest and motivated in learning & reading of safety data sheet and chemical labels
- Motivated with full awareness in wearing appropriate personal protective equipment



Enjoe Tong



# Anti- Harassment Awareness and Prevention Training



Building a workplace culture of mutual respect and creating an inclusive/ supportive environment



**PROTECTING  
EMPLOYEES FROM  
HARASSMENT**



**A SAFE AND  
SUPPORTIVE  
ENVIRONMENT**



**MUTUAL RESPECT**

**After this training, all employees should understand:**

- How to recognize harassment as inappropriate workplace behavior
- The nature of sexual harassment
- The reasons why workplace harassment is employment discrimination
- All harassment should be reported
- Supervisors have a special responsibility to report harassment

**Scalable session: From half a day to 2-days**

# Working at Height Level 1 (1Day) and Level 2 (2 days)



Trainer : Zailan Siwan

## WORKING AT HEIGHT LEVEL 1 (WAH) - WORKERS COURSE - 1 day

- Pre-Test Assessment & Review
- Duties & Responsibilities for workers and Supervisors
- Laws and Regulations of Malaysia Standards and Practices of International Lesson Learn / Case Study
- Hazards and Risks management WAH
- Effects on fall (Pendulum/Swing) & suspension trauma
- Full body Harness & Connectors / Anchorage Systems
- Inspecting the fall arrest devices
- Donning & doffing procedures / Practical Demo
- Theoretical Assessment Sessions

## WORKING AT HEIGHT LEVEL 2- SUPERVISORS COURSE- 2 days (Additional scope )

- Donning & doffing procedures / Practical Demo roofing slopes and roof truss strength
- Designing life line and installation requirements (Engineering Design and calculations)
- Practical Session / Assessments
- Inspection of full body and connectors
- Donning & Doffing Practical working on roof



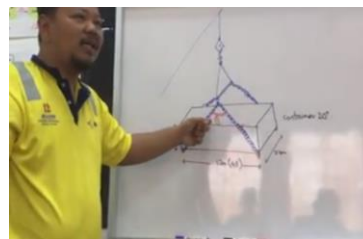
# RIGGING & SLINGING (2 days)



## RIGGING & SLINGING Course (2 Days)

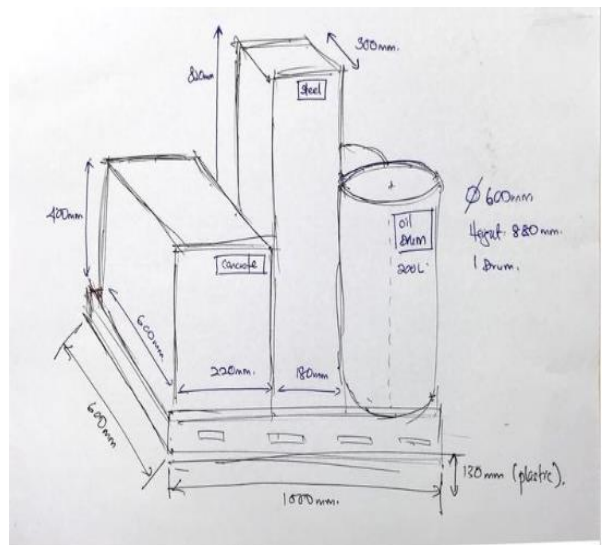
Rigging & Slings course is a basic requirement for riggers / banksman to perform his duties to ensure that all rigging activities comply with the specific standard such as API RP 2D, LOLER 1998, ASME B30.9, OSHA 1994, Perintah Khas 01/2017 & 02/2020, etc. The overall tasks and duties of under hook block including the dos and don'ts will be specified throughout the 2 days intensive course and is compulsory to pursue next level of rigging; the Lifting Supervisor. Practical & Assessment (Written/Interview and practical assessment) will be given at the end of program..

Trainer : Zailan Siwan



## BASIC LIFTING SUPERVISOR Course (2 Days)

Also known as Appointed person (AP) under LOLER 1998 (UK), will covers 4 crucial elements which covers under hook block as well as the crane selection & understanding crane capability to plan and decide whether overall lifting activities within manageable condition. Details of lifting gears selection, inspection and the crucial criteria for crane acceptance will be discussed during the session plus the lifting engineering calculation. At the end of the sessions, participants would be able to produce complete lifting plan based on routine /normal lifting activities



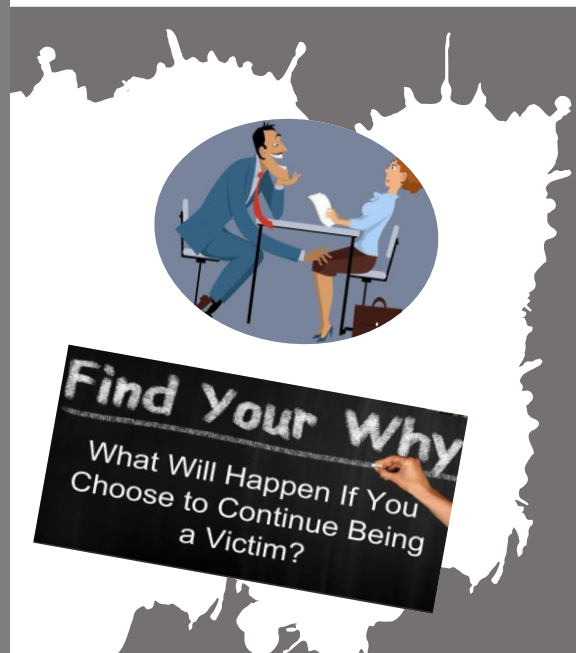
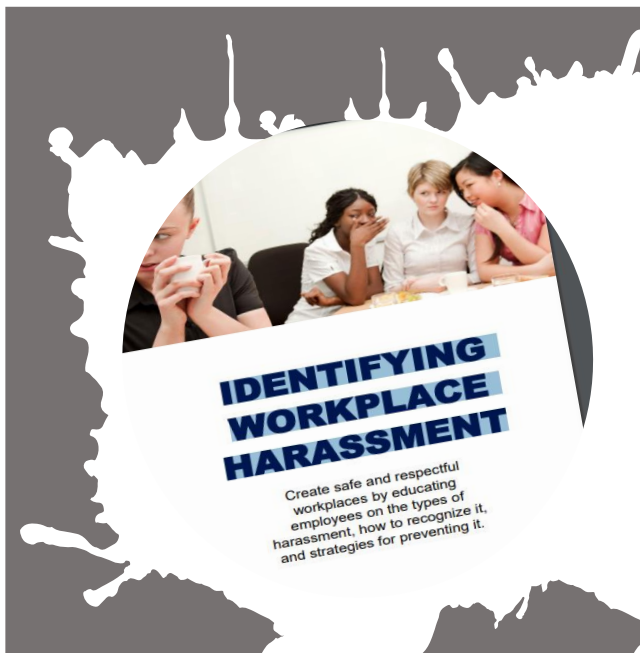
Mohammad Zailan Haji Siwan  
September 22, 2018 · 🌐

Reward waiting!

As a Lifting Supervisor, you were given assignment to lift one plastic pallet consisted of 1 Barrel oil (200L), One steel block and one concrete block. Given dimension and arrangement on the pallet (not to scale), you are assign to identify the EXACT LOCATION on the Center of Gravity (COG) of the load before they can be lifted correctly and safely.

Please prove your decision in calculating by identify the X, Y and possible of Z location. 3 First winners will be selected to receive price! Open to all readers!

# Are you or your employee a victim of a narcissist?



**Principal Trainer – Dr Praveena Rajendra**



A certified Mental Health & Awareness practitioner. She uses various techniques and coping mechanisms, including her personal life experience, to help victims recognize abusive behaviors, heal and live an empowered life.

Dr Praveena has a dedicated column called “Mind the Mind” in The Sun; Malaysia’s national daily where she writes about mental health awareness. Also, Dr Praveena sits at the board of Malaysia Mental Health Association (MMHA)





# IDENTIFYING WORKPLACE HARASSMENT



Dr Praveena Rajendra  
cbt | rebt | mental well being



## IDENTIFYING WORKPLACE HARASSMENT (2 days)

### INTRODUCTION

This two-day workshop is designed to help trainees build an awareness of the critical issue of workplace harassment.

By attending this session, participants will gain a comprehensive overview of what constitutes workplace harassment and have an opportunity to discuss and analyze real-life scenarios in greater detail. Trainees will learn about the legal obligations employers have around preventing and managing harassment by learning relevant legislation and policy documents applicable to the work environment. Through interactive activities and class discussions, attendees will explore issues related to respect, civility, bias, diversity and inclusion in the workplace.

Participants leaving this session should be better equipped to understand their responsibility for taking action against any case of workplace harassment they encounter or are informed about, as well as how they can create a culture of cooperation and acceptance within their organization's working environment.

### COURSE OBJECTIVES

The workshop aims:

1. To educate attendees on the definition of workplace harassment, as well as relevant local and federal laws related to it.
2. To provide practical tools and strategies for identifying, preventing, and responding to incidents of harassment in the workplace.
3. To increase awareness of the ways in which workplace harassment can manifest and how it affects individuals and organizations.
4. To help create a positive and safe working environment for all employees by fostering an understanding of respect as an essential component of a healthy culture.
5. To promote productive conversations around topics such as bystander intervention, accountability, power dynamics, reporting procedures, resolution strategies, etc., so that attendees walk away with actionable strategies to implement in their workplace cultures for addressing workplace harassment issues effectively if or when they arise.

### LEARNING OUTCOME

1. Gain an understanding of the causes, consequences and legal implications associated with workplace harassment.
2. Able to recognize when inappropriate behaviors occur and gain knowledge on how to respond in a legally appropriate manner.
3. Learn effective ways to identify and address potential problems before harassment occurs, including implementing policies that help prevent future instances of workplace harassment.
4. Able to identify the factors which can lead to an ineffective or hostile work environment and will develop strategies for responding in a professional manner which preserves respect for all parties involved.
5. Learn how to better support employees who have experienced or are currently enduring workplace harassment and develop methods for resolving conflicts through constructive communication techniques such as active listening, redirecting negative conversations, maintaining professionalism, and setting clear boundaries

# Mental Wellbeing Training & Consultancy



Mental health training has the most significant impact on your employees when it focuses on **growing awareness and building a positive culture of support, empathy, and treating others well**. Within this environment, colleagues are empowered to build resilience and recognise when others need support



## Principal Trainer

Assoc. Prof.  
Dr. Muhammad  
Ahmad Zahari



Scalable session:  
From half a day to 2-days session

## Building Resilience and Empathy

### Training Outcomes:

1. Develop a comprehensive understanding of mental health issues and their impact on individuals and society.
2. Enhance knowledge of proven mental health and wellbeing strategies, tools, and techniques to promote positive mental health outcomes.
3. Gain skills to identify, assess, and manage mental health issues in oneself and others effectively.
4. Cultivate empathy and sensitivity towards individuals experiencing mental health challenges.
5. Boost confidence and competence in providing support and interventions for individuals with mental health issues.
6. Improve communication and interpersonal skills, including active listening and giving effective feedback.
7. Understand the role of culture, diversity, and inclusion in mental health and wellbeing.
8. Acquire knowledge of available resources, services, and support networks for mental health and wellbeing.
9. Foster a commitment to promoting mental health and wellbeing in oneself, others, and the wider community.
10. Develop a motivation to advocate for better mental health policies, programs, and services.

# Mastering Safe Decision-Making for Leaders



## 1.5 DAYS PROGRAM

### SAFETY LEADERSHIP AND CULTURE

Every company desires a breakthrough in their safety performance.



CHIN YEW SIN

### Helping your organization to make SAFETY as your CORE VALUE ?

A typical approach is to establish more safety programs and enforcement of compliance. But new programs with new tools are unlikely to experience buy-in from the workforce, which may already be burdened with current tools and processes. Threats and intimidation have proven to be ineffective and unsustainable. Working harder on the fundamentals does not guarantee desired results.

Safeguards which focus on equipment design, processes and systems are only as good as the humans who use them. The brutal truth is that hiring more safety officers on the ground may result in unintended consequence, shifting employee safety responsibility and accountability to SSHE department!

The answer is ultimately found in a company's leadership and culture- the day-to-day norms that shape decisions and behaviours. In this journey, the organization leader's personal safety values and belief must be grounded deep as core values that influences decision-making all the time, at every level.

If your company wishes to develop a culture in which the value of safety is embedded in every level of the workforce, contact us today. Ikatan Komuniti Selamat (IKS) would like to partner you in this journey.



+6016 5668158



yschin.safety@gmail.com



www.safecommunity.org.my

Principle Trainer:  
CHIN YEW SIN

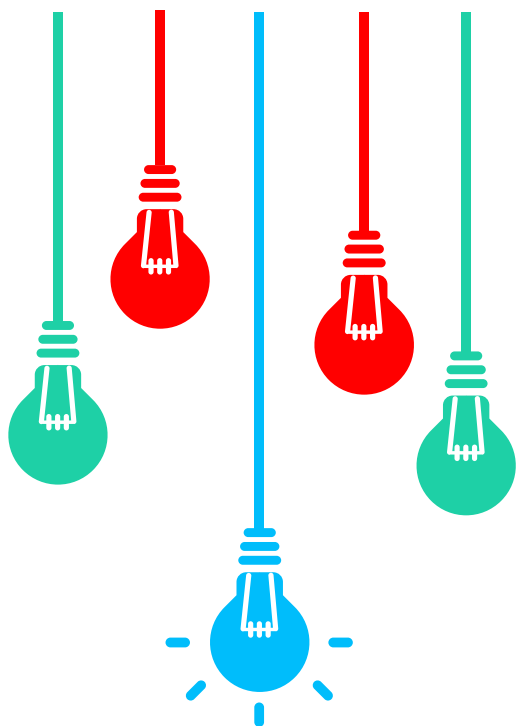
Author of the book:  
"Unlocking the  
Secret of Making  
Safe Choices"



# Mastering Safe Decision-Making For Leaders



The **program** focuses on an individual's decision making and science of the brain that often influences and affects the quality of our decisions due to mistakes



## Understand your decision-making styles & Biases

### PROVEN RESULTS in Multinational Corporations

Designed to provide personal knowledge and shift at risk behavior via sharing, scenarios discussion and role plays

## Value based Safety Culture



Shifting Compliance to Commitment mindset



This course reveals the steps towards forming a vision around leading safety as a culture based on safety belief and values



Equip you with the concepts and techniques required to lead a safety culture.



Self discovery to avoid the traps in making unsafe choices



# ONBOARDING NEW EMPLOYEES & TRANSITIONING GRADUATES TO NEW WORKPLACE



New employees are susceptible to injury. They are also at risk of breaching the code of conduct which has implication to your company's reputation

Protecting new workers from workplace injuries is becoming a bigger priority for many employers.

At Ikatan, we can help your organization to develop an effective onboarding and character-building program designed to give them the knowledge and skills they need to remain safe on the job .



The character-building program helps them to assimilate quickly to

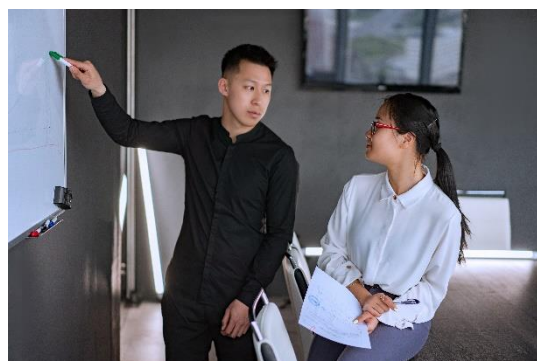
your company safety culture and integrity standard.

Graduates Employment's readiness Training (Safety & Personal integrity Induction)



Graduates are expected by employers to demonstrate essential workplace generic skills and competencies that foster smooth transition and integration into the workforce . One key concern often expressed by most employers is related to safety and health awareness and personal integrity , which are indicative of graduates' readiness.

**At Ikatan, we provide and facilitate workshop to these graduates to avoid potential pitfalls.** It helps to mitigate the stress and uncertainty associated with transitioning from university into the workforce, particularly for new graduates in highly demanding and stressful work environments



# ONBOARDING NEW EMPLOYEES & TRANSITIONING GRADUATES TO NEW WORKPLACE



## PRINCIPAL TRAINER

Dr Maria Rufina is renowned in the training and corporate fraternity in Malaysia. She specializes in training and consultancy works in the area of HUMAN CAPITAL DEVELOPMENT. To date, Dr. Maria has trained over 50,000 people both locally and internationally.

Dr. M's area of specialization is in the area of core skills including Strategic Thinking & Planning, Management & Leadership Development. She also is successful in bringing out the best of the participants in topics such as Performance Management, Presentation, Facilitation, Train the Trainer and Personal Development, 5S Quality Improvement, Negotiation Skills, Communication, Teambuilding and Customer Service. Her specialty is in merging the divergent and convergent aspects of a topic to create a training flow that facilitates effective and interesting impart of knowledge and skills.

In view of her effective training, Dr. M is engaged repeatedly by clients.



Some customized programs of Dr. M, which has been considered as "induction" and literally repeated several times for others in the organization are "Safety Leadership Program" and "SSL Presentation Skills"

A graduate from University Malaya, Dr. Maria Rufina holds a BSc (Hons) in Mathematics and MBA in Finance to her credit. She also earned a Doctorate in Business Administration from European American University. To add to her credibility, she is also often invited to share her views and expertise on Astro Channel 4 (Berita Astro) and Channel 6 (Business News).



Participants of various levels and nationality, find her training inspiring, thus creating a conviction in them to implement what they have learnt.



# BUILDING a SAFETY FIRST CULTURE – ½ - 1 DAY



## Principal Trainer

CHIN YEW SIN



## I PRACTICE SAFETY FIRST, AT ALL TIMES

### Training Outcomes:

- Understand the importance of Safety First and why it matters
- Develop a personal commitment to safety and learn how to make safety a personal responsibility and a mindset.
- Identify the Great behaviors that demonstrate Safety First and understand how they contribute to a safer work environment.
- Learn about the enablers that help to achieve Safety First and understand how leadership can create a culture of safety through FEEL (Foster, Empower, Encourage, Listen) and CARE (Credibility, Action, Resolve, Engagement)
- Understand the concept of process safety and its importance in the Oil and Gas industry.
- Be motivated to take action and practice Safety First at all times, especially in decision-making processes, through SPIES (Self, Political, Intellectual, Emotional, Spiritual)

### Course content

- Why Safety First?
- What does Safety First mean to you?
- Key Behaviors (Great behaviors) that Demonstrate Safety First. (CPRS + CARE)
- What are the Enablers to Achieve Safety First? (By Leadership- FEEL)
- Importance of Safety First in your industry (Process Safety)
- Call to action for leaders to practice Safety First at all times & every time in decision making (SPIES)

Everyone	Set expectations.. verify they're met		Leaders
	Comply <small>...with WMS, procedures...</small>	Foster <small>...understanding or intent and R&amp;R...</small>	
	Prevent <small>...by executing quality &amp; timely action...</small>	Empower <small>...our team to make the right choice, always...</small>	
	Recognize <small>...barriers effectiveness &amp; team capability...</small>	Educate <small>...what good looks like &amp; share learnings...</small>	
	Speak up <small>...and ensure concerns are addressed...</small>	Listen <small>... &amp; demonstrate their feedback is valued...</small>	
Pursuit of Excellence + CARE			

# We Provide Consultancy Services



## 7 Core Consultancy Services

No	Core Consultancy Services
1	Road/ Transportation
2	Emergency Rescue/ Response
3	Safety Leadership / Culture
4	Ergonomics / Noise Control
5	OSH Legislation / Compliance
6	Mental Wellbeing
7	Environment/Social Impact Assessment



## When your Corporations is partnering with us :

### YOU ARE

- ✓ Fulfilling your CSR.
- ✓ Supporting the agenda of Sustainable Development Goals (SDGs) adopted by UN

## Why choose us?

- A full staff of qualified safety professionals (HRDC-TTT Certified)
- Specialized in a wide range of industries and fields
- Passionate about improving Safety & Health

## EXCO





# Social Impact Assessment Consultancy Service



**A Social Impact Assessment (SIA) is a requirement under the Town and Country Planning, Act 172 for most development projects**



Many project developments bring about social impacts to their surrounding communities that may affect the way people live as community members, families or individuals. A Social Impact

Assessment (SIA) is required under the Town and Country Planning, Act 172, for many development projects involving land reclamation and large infrastructure developments.

Also included are developments of new towns, development on hill areas and other developments in socially sensitive areas where an SIA is deemed necessary by the local planning authority. The identification of social impacts, their analyses and findings are compiled in a Social Impact Assessment report. Social impacts such as displacement, severance, disruption to community life, and economic gains and losses are tested for their significance and severity with consequent mitigation measures.

The process of the SIA would also include stakeholder engagements. Developers and project proponent are often subject to SIA as part of the development approval process.

Datin Paduka Dr. Dahlia is a land use and SIA expert and a founding member of the Malaysian Association of Social Impact Assessment where she is an active Professional Member to date. She had also been instrumental in the formulation of SIA guidelines in Malaysia.

Dr Dahlia obtained her master's degree in Transport from the Imperial College, University of London and has a PhD related to environmental and social impact assessment from Newcastle University, UK. She was former director-general of the Federal Department of Town and Country Planning and has wide experience dealing with land use planning at strategic and local levels in the context of sustainable development



Datin Paduka Dr. Dahlia Rosly

# A Brand-New Training Facility Menara The STRIDE, BBCC



## FOTO PUSAT MENGAJAR PERTUBUHAN IKATAN



Susunan bilik kuliah dalam bentuk U



Susunan bilik kuliah dalam susunan selari



Foto toilet yang ada di setiap floor bangunan



Foto surau untuk pelajar Muslim





## CONTACT US TODAY

To bring your safety vision to realization

**ELIZE LEE** : [elize1906@gmail.com](mailto:elize1906@gmail.com)

**019-226 7867**

**CHIN YEW SIN** : [yschin.safety@gmail.com](mailto:yschin.safety@gmail.com) **016-566 8158**



Mistakes are painful,  
but as time goes by, they  
become a collection of  
experiences called  
"lessons".

At Ikatan, we take pride in transforming safety lessons to our communities, helping to create a safer and more prosperous country for all. We believe that by educating our communities on the importance of safety, we can create a brighter future for our nation. Join us and help make a difference!

- Chin Yew Sin- Head of Training & Consultancy

**PERTUBUHAN IKATAN KOMUNITI SELAMAT**  
**ALLIANCE FOR A SAFE COMMUNITY (PPM-017-14-04012019)**  
10-09 Menara The Stride, Bukit Bintang City Centre,  
No. 2 Jalan Hang Tuah, 55100 Kuala Lumpur, Malaysia  
Tel: 03- 21100236  
Email: [allianceforsafecommunity@gmail.com](mailto:allianceforsafecommunity@gmail.com)



***PERTUBUHAN IKATAN KOMUNITI SELAMAT***

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# Building A Sustainable Safety Culture For All

**SAFETY  
IT'S A CHOICE  
NOT A CHANCE**