Safety Induction Contractor Worker (SICW)

Course Overview

The Safety Induction Contractor Worker (SICW) programme is designed to equip general and foreign workers with essential safety and health knowledge before entering any construction site.

This course ensures compliance with industry safety requirements and provides participants with a fundamental understanding of workplace hazards, risk control measures, and safe work practices in the Malaysian construction industry.

.

Course Objectives

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

- Understand basic construction safety requirements
- Identify common hazards and risks at construction sites
- Apply basic HIRARC (Hazard Identification, Risk Assessment & Risk Control) principles
- Recognise high-risk construction activities
- Understand workplace health hazards
- Use Personal Protective Equipment (PPE) correctly
- Promote a safety-conscious work culture

Training Benefits

Participants and organisations will benefit from:

- Compliance with safety induction requirements
- Reduced workplace accidents and incidents
- Improved hazard awareness and risk management skills
- Better understanding of employer and employee responsibilities
- Enhanced safety culture at construction sites
- Increased productivity through safer working practices
- Eligibility for relevant construction site entry requirements

Target Audience

This programme is suitable for:

- General workers
- Foreign workers
- Construction site workers
- Site supervisors
- Contractors and subcontractors
- Skilled and semi-skilled construction personnel

Training Methods

- Interactive lecture and explanation
- Group discussion
- Real-life case study sharing
- Visual and video presentation
- Q&A session
- Assessment session

Course Outline

Module 1: Introduction & Legal Requirements

- Overview of construction safety regulations
- Worker registration requirements
- Employer and employee responsibilities
- Takaful protection benefits

Module 2: Basic Planning & Risk Management

- Introduction to HIRARC
- Definition of hazard and risk
- Causes of accidents
- Control measures hierarchy (Elimination to PPE)
- Safety signage

Module 3: High-Risk Construction Works

- Definition of high-risk works
- Working at height
- High-risk machinery and equipment
- Safe working procedures
- Human and environmental factors

Module 4: Work Environment & Health Hazards

- Chemical, physical and biological hazards
- Dust, fumes and hazardous materials
- Fire hazards and fire extinguisher usage
- Heat stress
- Manual handling

Module 5: Welfare Facilities & PPE

- Types and functions of PPE
- PPE standards and compliance
- PPE maintenance and replacement
- Welfare facilities at construction sites
- Best safety practices

Training Duration

1 Day (9:00 AM – 5:00 PM)

Training Schedule

9:00 AM – 9:15 AM	Registration & Course Introduction
9:15 AM – 10:30 AM	Module 1: Introduction & Legal Requirements
10:30 AM – 10:45 AM	Morning Tea Break
10:45 AM – 12:00 PM	Module 2: Basic Planning & Risk Management
12:00 PM – 1:00 PM	Module 3: High-Risk Construction Works

1:00 PM – 2:00 PM	Lunch Break
2:00 PM – 3:00 PM	Module 4: Work Environment & Health Hazards
3:00 PM – 3:15 PM	Afternoon Tea Break
3:15 PM – 4:15 PM	Module 5: Welfare Facilities & PPE
4:15 PM – 4:45 PM	Assessment (Quiz & Discussion)
4:45 PM – 5:00 PM	Review, Q&A & Closing

Assessment & Certification

We will conduct a quiz session at the end of the training, where questions will be discussed and answered together with participants to ensure a clear understanding of the key learning points.

Upon completion of the training, participants will receive the CIDB Safety & Health Induction Certificate, which is required for CIDB Green Card application or renewal.