



# HIRARC FOR OSH COMMITTEE



1 March 9, 2026 (Monday)

8.45am – 5.00pm FMM Institute, Perak

This course equips OSH Committee Members with essential **HIRARC knowledge** to help them understand hazards related to organisational work activities. Participants will gain practical skills to apply HIRARC effectively in their daily safety roles.

## COURSE CONTENTS

### MODULE 1 - THEORY OF SAFETY

- This Module provides the participant with the basic knowledge required for Safety Awareness; eg; Understanding Hazard; Danger; Risk; Unsafe Condition; Unsafe Act; and Control Measures.

### MODULE 2 - HAZARD DESCRIPTION & CONTROL MEASURES

- This Module provides the participants with the knowledge of all the possible hazards present in a workplace.
- Hazards and its Control Measures.

### MODULE 3 - HAZARD IDENTIFICATION

- This Module provides the participants with the knowledge of identifying the Hazards in the workplace.

### MODULE 4 - READING A HIRARC FORM

- This Module provides the participants with the knowledge and practical practice in reading a real HIRARC Assessment Form.

## TRAINER

**MR. R.ANBALAGAN A/L V.RAMASAMY** holds a Bachelor of Science in Electrical and Electronics Engineering from Southern Pacific University, Certificate in Factory Management from Sanno Institute of Management, Japan. He is a Competent Occupational SH Officer registered with DOSH and an Ergonomic Trained Person. He is also a Certified Lead Assessor in ISO14001 and ISO 45001 and an OHSAS18001:2007 Lead Auditor. He has 32 years of working experience in areas such as Maintenance, Production, Human Resource, Training, EHS and Facilities and his last position was at the Managerial level. His career success includes setting up and facilitating of Small Group Work Teams, Leading TPM Teams, Cost saving projects, Leading Preventive and Predictive Maintenance Teams in setting up Preventive and Predictive Maintenance System, assisted in ISO9001; TS16949; ISO14001; OHSAS18001 certification and recertification.

**MR. ANBALAGAN**, a certified trainer registered with PSMB has conducted numerous OSH Public and In-House courses since 2005 in areas such as Chemical Safety, Forklift and Reach Truck Competency, Emergency Response, Fire Fighting, Ergonomics Risk Assessment, SH Committee, Safety Inspection, Electrical Safety, EMS, Schedule Waste, ISO 14001 and ISO 45001. In the past, he has conducted courses for organizations such as CS Opto, Mineba Electrical, Jabil, Dorsett Regency Hotel, Southern Steel, Swiss Profile, Robert Bosch, United Sweetheart, Maestro Swiss, Oriental Summit, Agilent, Berjaya Hotel, Amphenol TCS, Hume Cement, Shangri-La Group, Muda Paper Mill, GS Paper & Packaging, Sony Electronics and many others. In addition, his Training expertise includes Environmental, OSH Legislations, HIRARC, Machine Safety, PPE, Warehouse Safety, Accident Investigation and OHSAS 18001.



## OBJECTIVES

After completing this course, participants will be able to:

- ✓ Understand and describe HIRARC requirements
- ✓ Identify hazards in various workplace scenarios
- ✓ Evaluate and propose suitable control measures
- ✓ Contribute effectively to creating a safer work environment

## WHO SHOULD ATTEND

- Occupational Safety & Health (OSH) Committee Members
- Safety Representatives
- Supervisors involved in workplace safety

## TRAINING METHODOLOGY

- Interactive Classroom Session
- Training Notes
- Practical Understanding & Hands-On Exercises

**Closing Date: MARCH 2, 2026**

**~ Registration Form ~**

# HIRARC FOR OSH COMMITTEE

FMM Institute

No 1, Lorong Raja DiHilir, 30350 Ipoh, Perak

Fax: 05-5488221

Dear Sir / Madam, please register the following participant(s) for the above programme.

1.	Name		Designation	
	NRIC		HP No	
2.	Name		Designation	
	NRIC		HP No	
3.	Name		Designation	
	NRIC		HP No	
Email				

*(Please attach a separate list if space is insufficient)*

We hereby confirmed that (Please tick (✓) in appropriate box):-

- We will be claiming from HRD Corp and full payment would be made to FMM Institute in the event that no disbursement from HRD Corp under any circumstances
- We will NOT BE CLAIMING from HRD Corp. Enclosed cheque/bank draft No \_\_\_\_\_ for RM \_\_\_\_\_ being payment for \_\_\_\_\_ participant(s) made in favour of the "FMM Institute".

Submitted by:

Name:	Designation:	
Company:	Tel:	Fax:
Address:		
Email:	FMM Membership No	