



MASTERING OSH WORKPLACE INSPECTION FOR SAFETY COMMITTEE

📅 **JULY 20, 2026 (MONDAY)** ⌚ **8.45 AM – 5.00 PM** 📍 **FMM INSTITUTE, PERAK**

Rapid growth in the manufacturing sector has significantly increased the risk of occupational accidents and diseases, making workplace safety more critical than ever. To address this, the Malaysian Government mandates organisations to establish Occupational Safety and Health Committees (OSHC) to strengthen safety culture and ensure compliance with legal requirements.

A key responsibility of the OSHC is conducting effective workplace inspections - an essential step in identifying hazards, preventing incidents, and protecting employees.

Is your team equipped to do this effectively?

This comprehensive programme is specifically designed to empower participants with the **practical knowledge, confidence, and skills** needed to carry out thorough and effective OSH workplace inspections.



COURSE CONTENTS

Module 1

- Legal Requirement for Occupational Safety & Health Workplace inspection
- This module describes the requirement and frequency of inspection*

Module 2

- Hazards & their effects

This module describes the different Hazards that could be present in our workplace and the effects from them and what type of control measures are available to prevent dangerous occurrences.

Module 3

- Preparing Workplace OSH Inspection Checklist.
- Conducting Practical Workplace OSH Inspection

This module guides the participant to how to generate OSH Workplace Inspection checklist and also take them on a walkabout trip on practical inspection.

Module 4

- Workplace OSH Inspection Report preparation and reporting.
- This module guides the participants on report preparation and reporting*

TRAINER

MR. ANBALAGAN 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 related 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, Molex, Mattel, 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 attending this workshop, participants will:

- Be able to describe in detail the need of OSH workplace inspection and effectively perform the inspection; and
- Effectively report the inspection results to the relevant parties.

WHO SHOULD ATTEND

Safety & Health Staffs, Safety Committee Members and Top Management

TRAINING METHODOLOGY

Class Room, Notes, Video & Practical Inspection

Closing Date: JUNE 29, 2026

COURSE DETAILS

Date **July 20, 2026 (Monday)**

Time **8.45am - 5.00pm**

Venue **FMM Institute Perak, No 1, Lorong Raja DiHilir, 30350 Ipoh, Perak**

Medium of Instruction **English**

CPD **7 hours**

Fees **Members RM756.00/pax** **Non-Members RM918.00/pax**

(Fees inclusive of Service Tax at 8%, Course Materials, Refreshment, Lunch and Certificate of Attendance)

ADMINISTRATIVE DETAILS

HRD CORP CLAIMABLE COURSE DETAILS

- Training Provider: **FMM Institute Perak** ■ MyCoID : **475427W_PERAK**
- HRD Corp Programme No: **Provided upon confirmation**

DISCLAIMER

The FMM Institute reserves the right to change the facilitator, date and to vary / cancel the course should unavoidable circumstances arise. All efforts will be taken to inform participants of the changes.

REGISTRATION

- Upon **Faxing/Mailing** the completed **Registration Form** to FMM Institute, you are **deemed** to have read and **accepted** the terms and conditions. The **course** would also be **deemed** as **confirmed** unless informed otherwise.
- Will be based on First-Come-First served basis.

PAYMENT

- **Cheques** made in favour of "FMM Institute" should be forwarded to FMM Institute Perak.
- For **HRD Corp Claimable Course**, an **Attendance of 100% is a must**, in any case, **employers will be billed in full**
- FMM Institute SST Registration No. **W10-1901-32000105**
- FMM Institute TIN No. **C10626805080**

CANCELLATION

Must be in Writing with Reasons ■ 7 days before the course – No payment charged ■ 3 – 6 days before the course - 50% payment charged ■ < 3 days before the course – Full payment charged ■ Participants who did not turn-up will be charged full payment ■ Replacements can be accepted at no additional cost

Register in Groups & Enjoy More Savings!

- 2-4 participants: 10% discount
- 5-7 participants: 15% discount
- 8-9 participants: 20% discount

~ Registration Form ~

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

Enquiries – please contact **Ms Vaani / Pn Eda / Ms Harvindar** ☎ (05) 548 8660 📠 (05) 548 8221 ✉ fmm_institute_perak@fmm.org.my