

MASTERCLASS

Occupational Safety & Health

Building Safer and Resilient Workplaces

28 April 2026 | 9am - 6pm
Kuala Lumpur Golf & Country Club

Designed for professionals with basic safety awareness practical human rights practices across operations and supply chains.

RM800/pax. Discount: 2 pax: 5% discount, >3 pax: 10%

Be part of the movement transforming workplaces through stronger systems, smarter practices and a safety-first mindset.

A strong Occupational Safety & Health (OSH) system is the foundation of a safe, productive and resilient workplace. Beyond compliance, effective OSH practices protect people, reduce risks and foster trust across the organisation.

This workshop equips learners with the knowledge and tools to identify hazards, conduct risk assessments and implement policies and procedures that meet regulatory standards. It also covers incident and emergency management, strategies for building a safety-first culture and approaches for monitoring and reporting. By the end, learners will be prepared to create safer workplaces and sustain a culture of health and safety across their organisation.

Learning Outcomes

- **Understand** OSH fundamentals, key regulations, and international standards, and identify workplace hazards through effective HIRARC risk assessments.
- **Implement** OSH policies, SOPs, compliance measures, and incident/emergency response procedures across the organisation.
- **Foster a safety-first culture** and monitor OSH performance using key indicators such as LTIFR, TRIR, and near-miss rates.

What We Will Cover

- **OSH Essentials & Hazard Management:** Key regulations, roles, and hazard identification using HIRARC.
- **Policies, Compliance & Incident Response:** Implementing policies/SOPs, ensuring compliance, and managing incidents and emergencies.
- **Performance & Safety Culture:** Monitoring OSH indicators and strengthening a safety-first culture.

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Modules

Topics explored in this training include:

Foundations of OSH

- The importance of OSH for people, business and ESG, key laws such as OSHA 2022 and ISO 45001, and the shared roles of managers and executives.

Workplace Hazards & Risk Assessment

- The types of workplace hazards – physical, chemical, biological, ergonomic and psychosocial and control them using HIRARC.

Policies, SOPs & Compliance

- Why SOPs matter, how to implement them, and how to ensure and monitor compliance.

Incident & Emergency Management

- Incident reporting, reporting procedures, root cause analysis, and emergency response planning.

Monitoring & Reporting

- Key OSH performance indicators Leading, Lagging & Balanced Indicators.

Building Safety Culture

- Why safety culture matters and how to strengthen it through engagement, leadership, toolbox talks, campaigns, and OSH-linked KPIs.

WORKSHOP

Occupational Safety & Health

Building Safer and Resilient Workplaces



Meet your trainer:

**Dr. Dzulqarnain
Abu Bakar**

*Retired HSSE &
Sustainability Professional*

Dzul is an Environment, Safety, Health & Industrial Security specialist with nearly 30 years of experience across oil & gas, construction, fabrication and petrochemical industries. Having served as an owner/operator, client, contractor, vendor and consultant, he brings practical, on-the-ground insight to real HSES challenges.

He has led the development of key safety culture programmes, BBS, PBS, EBS and Total Safety Culture, alongside standards such as OHSAS 18001 and ISO 14001. With a hands-on approach and a PhD in Industrial Safety & Health Technology, Dzul equips participants with practical strategies to strengthen OSH systems, improve compliance and build a strong safety-first culture.

Tools and Resources

Participants who attend this course will receive:

- Comprehensive training materials, including full slides and key resources
- A Certificate of Completion from Fuller Academy
- Lunch and refreshments for a comfortable learning experience
- Opportunities for networking with like-minded professionals