



OHS NETWORK TRAINING CALENDAR 2022

OHS NETWORK SDN BHD

C-09-02, Plaza Paragon Point, Pusat Bandar 5, Seksyen 9,
43650 Bandar Baru Bangi,
Selangor Darul Ehsan, Malaysia.

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	COURSE		COURSE CODE	DAYS	CEP	FEE (RM)	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
HEALTH	Work Life Balance, Health Mindset for LIFE!	Seminar	WLB	1	Y	Free	28th	28th	4th	F a s t i n g M o n t h	20th	10th
	Chemical Health Surveillance (Aren't they all Carcinogenic?!)!	Coaching	CHS	2	Y	1,600.00			30-31st			22-23rd
	Hearing Conservation Program (Do You Prefer Voice or Video?)	Coaching	HCP	2	Y	1,600.00	3-4th					
	Medical Ergonomics Program (No Pain! No Gain?)	Coaching	MEP	2	Y	1,600.00					30-31st	
	STRESS @ Work (Stress Literally Makes You Fat!)	Restshop	S@W	2	Y	1,600.00		17-18th				
	Quit Smoking Program (Is VAPE the Answer?)	Coaching	QSP	2	Y	1,600.00						
	Medical Surveillance Standardization for OHDs	Workshop	MSS	2	Y	1,600.00	24-25th		23-24th			29-30th
	Occupational First Aid, CPR & AED (Simulation and Refresher)	Training	OFA	2	Y	850.00						
	Occupation Diseases (Know them before it's too late!)	Seminar	ODP	2	Y	800.00		2-3rd			25-26th	
	Attitude is Altitude! Behavioral Based Safety (BBS)	Training	BBS	2	Y	600.00						
SAFETY	The True Intention of Safety and Health Policy & Its Committee	Workshop	SHC	2	Y	600.00				M o n t h		13-14th
	HIRARC is Better then Cure	Workshop	HIRARC	3	Y	1,000.00		21-22nd				
	Oishi! Kiken Yochi Training (KYT)	Training	KYT	2	Y	600.00						
	Be Prepared, to ERP or not to ERP	Workshop	ERP	2	Y	600.00	13-14th				16-17th	
	Accident Investigation & Reporting in Practice	Workshop	AIW	2	Y	600.00			14-15th			
In-House Program	Occupational First Aid, CPR & AED	Competency	iOFA	2						PLEASE CALL US FOR MORE INFO		
	Advanced Occupational First Aid, CPR & AED	Competency	iAOFA	5								
	Occupational First Aid, CPR & AED (TTT)	Competency	iOFATTT	5								
	Occupational First Aid, CPR & AED (Refresher)	Competency	iOFAR	1								
	Hearing Conservation Program (Do You Prefer Voice or Video?)	Training	iHCP	2								
	Medical Ergonomics Program (No Pain! No Gain?)	Training	iMEP	2								
	Chemical Health Surveillance (Aren't they all Carcinogenic?!)!	Training	iCHS	2								
	STRESS @ Work (Stress Literally Makes You Fat!)	Restshop	iS@W	2								
	Quit Smoking Program (Is VAPE the Answer?)	Training	iQSP	2								
	Drugs and Alcohol (From a Clear Policy to Issues in Implementation)	Training	iDNA	2								
	Infection Control	Training	iICP	2								
	Healthy Lifestyle Promotion Programs	HELP Your Heart! Cardiovascular Diseases	Training	iHELP	2							
		The Silent Killer! Hypertension	Training	iTSK	2							
		Is Vape better than Smoking?	Training	iVBS	2							
		Know and No Diabetes Mellitus	Training	iKDM	2							
		The Mother of all Diseases! Obesity	Training	iMDO	2							
		The SECRET to loosing weight	Training	iSLW	2							
		All Cholesterol is actually GOOD!	Training	iCAG	2							
		Be active for LIFE!	Training	iBAL	2							
		STRESS @ Work (Stress Literally Makes You Fat!)	Training	iS@WH	2							
		What You Don't Know About Cancer Will Kill You!	Training	iCAN	2							
	Attitude is Altitude! Behavioral Based Safety (BBS)	Training	iBBS	2								
	The True Intention of Safety and Health Policy & Its Committee	Workshop	iSHC	2								
	HIRARC is Better then Cure	Workshop	iHIRARC	2								
	Oishi! Kiken Yochi Training (KYT)	Workshop	iKYT	2								
	Be Prepared, to ERP or not to ERP	Workshop	iERP	2								
	Accident Investigation & Reporting in Practice	Workshop	iAIW	2								



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	COURSE		COURSE CODE	DAYS	CEP	FEE (RM)	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
HEALTH	Work Life Balance, Health Mindset for LIFE!	Seminar	WLB	1	Y	Free	4th	10th	9th	5th	2nd	7th
	Prevention (Program Management)	Chemical Health Surveillance (Aren't they all Carcinogenic?!)!	Coaching	CHS	2	Y	1,600.00					
		Hearing Conservation Program (Do You Prefer Voice or Video?)	Coaching	HCP	2	Y	1,600.00	27-28th		27-28th		
		Medical Ergonomics Program (No Pain! No Gain?)	Coaching	MEP	2	Y	1,600.00					19-20th
		STRESS @ Work (Stress Literally Makes You Fat!)	Restshop	S@W	2	Y	1,600.00		24-25th		23-24th	
		Quit Smoking Program (Is VAPE the Answer?)	Coaching	QSP	2	Y	1,600.00			12-13th		
		Medical Surveillance Standardization for OHDs	Workshop	MSS	2	Y	1,600.00		28-29th			28-29th
		Occupational First Aid, CPR & AED (Simulation and Refresher)	Training	OFA	2	Y	850.00					
SAFETY	Occupation Diseases (Know them before it's too late!)	Seminar	ODP	2	Y	800.00	13-14th					
	Attitude is Altitude! Behavioral Based Safety (BBS)	Training	BBS	2	Y	600.00		15-16th			7-8th	
	The True Intention of Safety and Health Policy & Its Committee	Workshop	SHC	2	Y	600.00			12-13rd			15-16th
	HIRARC is Better then Cure	Workshop	HIRARC	3	Y	1,000.00	21-22nd			17-18th		
	Oishi! Kiken Yochi Training (KYT)	Training	KYT	2	Y	600.00					28-29th	
	Be Prepared, to ERP or not to ERP	Workshop	ERP	2	Y	600.00	18-19th	22-23rd	22-23rd			5-6th
In-House Program	Accident Investigation & Reporting in Practice	Workshop	AIW	2	Y	600.00				3-4th		
	Occupational First Aid, CPR & AED	Competency	iOFA	2								
	Advanced Occupational First Aid, CPR & AED	Competency	iAOFA	5								
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