



# OHS NETWORK TRAINING CALENDAR 2024

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		16th		26th		
	Chemical Health Surveillance (Aren't they all Carcinogenic?!) )	Coaching	CHS	2	Y	1,600.00	8-9th		7-8th		27-28th	
	Hearing Conservation Program (Do You Prefer Voice or Video?)	Coaching	HCP	2	Y	1,600.00		6-7th		29-30th		
	Medical Ergonomics Program (No Pain! No Gain?)	Coaching	MEP	2	Y	1,600.00		29-1st			22-23rd	
	STRESS @ Work (Stress Literally Makes You Fat!)	Restshop	S@W	2	Y	1,600.00				22-23rd		
	Quit Smoking Program (Is VAPE the Answer?)	Coaching	QSP	2	Y	1,600.00	18-19th				13-14th	
	Medical Surveillance Standardization for OHDs	Workshop	MSS	2	Y	1,600.00					2nd -3rd	
	Occupational First Aid, CPR & AED (Simulation and Refresher)	Training	OFA	2	Y	850.00	10-11th			24-25th		
	Occupation Diseases (Know them before it's too late!)	Seminar	ODP	2	Y	800.00		13-14th				10-11th
	Attitude is Altitude! Behavioral Based Safety (BBS)	Training	BBS	2	Y	600.00				17-18th		
SAFETY	The True Intention of Safety and Health Policy & Its Committee	Workshop	SHC	2	Y	600.00	22-23rd				21-22nd	
	HIRARC is Better then Cure	Workshop	HIRARC	2	Y	1,000.00		28-29th				26-27th
	Oishi! Kiken Yochi Training (KYT)	Training	KYT	2	Y	600.00	3-4th			24-25th		
	Be Prepared, to ERP or not to ERP	Workshop	ERP	2	Y	600.00		28-29th			14-15th	
	Accident Investigation & Reporting in Practice	Workshop	AIW	2	Y	600.00	29-30th			23-24th		
In-House Program	Occupational First Aid, CPR & AED	Competency	iOFA	2								
	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								
	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	19th		6th			6th
	Chemical Health Surveillance (Aren't they all Carcinogenic?!)	Coaching	CHS	2	Y	1,600.00		12-13th			25-26th	
	Hearing Conservation Program (Do You Prefer Voice or Video?)	Coaching	HCP	2	Y	1,600.00	9-10th			8-9th		9-10th
	Medical Ergonomics Program (No Pain! No Gain?)	Coaching	MEP	2	Y	1,600.00		26-27th			6-7th	
	STRESS @ Work (Stress Literally Makes You Fat!)	Restshop	S@W	2	Y	1,600.00	3-4th		9-10th			4-5th
	Quit Smoking Program (Is VAPE the Answer?)	Coaching	QSP	2	Y	1,600.00	31th	& 1th		14-15th		
	Medical Surveillance Standardization for OHDs	Workshop	MSS	2	Y	1,600.00	29-30th		30th	& 1st		
	Occupational First Aid, CPR & AED (Simulation and Refresher)	Training	OFA	2	Y	850.00		6-7th				23-24th
SAFETY	Occupation Diseases (Know them before it's too late!)	Seminar	ODP	2	Y	800.00	22-23th		23-24th		12-13th	
	Attitude is Altitude! Behavioral Based Safety (BBS)	Training	BBS	2	Y	600.00		5-6th		23-24th		
	The True Intention of Safety and Health Policy & Its Committee	Workshop	SHC	2	Y	600.00			25-26th		4-5th	
	HIRARC is Better then Cure	Workshop	HIRARC	2	Y	1,000.00	15-16th			2-3rd		
	Oishi! Kiken Yochi Training (KYT)	Training	KYT	2	Y	600.00		20-21st			19-20th	
	Be Prepared, to ERP or not to ERP	Workshop	ERP	2	Y	600.00						
In-House Program	Accident Investigation & Reporting in Practice	Workshop	AIW	2	Y	600.00	24-25th		4-5th			2-3rd
	Occupational First Aid, CPR & AED	Competency	iOFA	2								
	Advanced Occupational First Aid, CPR & AED	Competency	iAOFA	5								
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	Hearing Conservation Program (Do You Prefer Voice or Video?)	Training	iHCP	2								
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	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								

PLEASE CALL US FOR MORE INFO