

# LIST OF COURSES

2025



# **STCW**

## *Certificate of Competency*

### **NAUTICAL STUDY & MARINE ENGINEERING**

#### **COURSES**

- 1** Combined Masters and Chief Mates on Ships of 3000GT or More on Near Coastal Trade Voyages
- 2** Officers in Charge of A Navigational Watch on Ships of 500GT or More on Near Coastal Trade Voyages
- 3** Chief Engineer Officers and Second Engineer Officers on Ships of 3000kW Propulsion Power or More on Near Coastal Trade Voyages
- 4** Officers in Charge of An Engineering Watch on Ships of 750kW or More on Near Coastal Trade Voyages
- 5** Masters on Ships of Less Than 500GT on Domestic Voyages
- 6** Mates on Ships of Less Than 500GT on Domestic Voyages
- 7** Engineer Officers on Ships of Less Than 750kW Propulsion Power on Domestic and Near Coastal Trade Voyages

# MASTERS & CHIEF MATES (MCNC)

Combined Masters and Chief Mates on Ships of 3000GT or More on Near Coastal Trade Voyages

To meet the mandatory minimum requirement as set out in the Merchant Training **(Training and Certification)** Rules 1999, for the certifications of Combined Masters and Chief Mates on Ships of 3000GT or more on Near Coastal Trade Voyages as per guideline specified by Marine Department Malaysia on Standards Of Competence of Combined Masters and Chief Mates JL/P/01/2009 (Table 1)

Upon completion of this course the trainees will be able :

- To discharge academic knowledge as a Combined Masters and Chief Mates on Ships of 3000GT or more on Near Coastal Trade Voyages.
- To acquired knowledge as specified by function 1, 2 and 3 as preparation for class 4 certificate of competency examination.



| ENTRY REQUIREMENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  | DURATION |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------|
| QUALIFICATIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  | MONTHS   |
| <ul style="list-style-type: none"><li>✓ Not less than 18 years of age.</li><li>✓ Valid Malaysian Seaman Identification Card.</li><li>✓ Valid Medical Certificate issued by an approved medical practitioner of Marine Department, Malaysia.</li><li>✓ Have a Certificate of Competency of Watchkeeping Officer</li><li>✓ Have an approved seetime not less 12 months as an officer on board a merchant vessel of 500GT or More on Unlimited Trade Voyages and/or Near Coastal Trade Voyages</li></ul> |  | 3        |

# WATCHKEEPING OFFICER (WKO)

Officers in Charge of A Navigational watch on Ships of 500GT or More on Near Coastal Trade Voyages



This course meets the minimum requirements for knowledge, understanding and proficiency as stated below of the International Convention on Standards of Training, Certification and Watch keeping for Seafarers 1978 as amended for the function of;

- Navigation at the operational level
- Cargo handling and stowage at the operational level
- Controlling the operation of the ship and care for persons on board at the operational level

Upon successful completion of this course and the requisite sea-service, the trainees should be competent to carry out safely the watch keeping duties of an officer in charge of a navigational watch, both at sea and in port as per STCW regulation VIII/2 and STCW Code, chapter VIII.

| ENTRY REQUIREMENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  | DURATION |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------|
| QUALIFICATIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  | MONTHS   |
| <ul style="list-style-type: none"><li>✓ Not less than 18 years of age.</li><li>✓ Valid Malaysian Seaman Identification Card.</li><li>✓ Valid Medical Certificate issued by an approved medical practitioner of Marine Department, Malaysia.</li><li>✓ Have a Certificate of Competency of Watchkeeping Officer</li><li>✓ Have an approved seetime not less 12 months as an officer on board a merchant vessel of 500GT or More on Unlimited Trade Voyages and/or Near Coastal Trade Voyages</li></ul> |  | 3        |



# CHIEF AND SECOND ENGINEER (CSNC)

## Chief Engineer Officers and Second Engineer Officers on Ships of 3000kW Propulsion Power or More on Near Coastal Trade Voyages

The aim of the course is to provide the trainees with the knowledge, understanding and skill necessary to prepare for the Chief Engineer Officers and Second Engineer Officers on Ships of 3000kW Propulsion Power or More on Near Coastal Trade Voyages (Motor) Certificate of Competency based on the standards of competence as laid down in Rules 20 and 21, JL/P/01/2009, Standards of Competence, Marine Department Malaysia.

Upon completion of the course, trainees will have sufficient knowledge, understanding and skill to carry out that part of duties and responsibilities to the levels of knowledge, understanding and proficiency required for certification of officers as laid down in Rules 20 and 21, JL/P/01/2009, Standards of Competence, and Marine Department Malaysia for the following Functions

- Marine Engineering
- Electrical, electronic and control engineering
- Maintenance and Repair
- Controlling the operation of the ship and care for persons on board



### ENTRY REQUIREMENTS

### DURATION

| QUALIFICATIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | MONTHS |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <ul style="list-style-type: none"><li>✓ Not less than 18 years of age.</li><li>✓ Valid Malaysian Seaman Identification Card.</li><li>✓ Valid Medical Certificate issued by an approved Medical Practitioner.</li><li>✓ Have a Watch keeping Engineer Certificate of Competency (750kW Or More Near Coastal Voyage) or have a Chief Engineer Officers and Second Engineer Officers Certificate of Competency on ships powered by main propulsion machinery of between 750kW – 3000kW on near coastal voyages.</li><li>✓ Have successfully completed the necessary sea service requirement as specified in the Training &amp; Certification Rules of Marine Department, Malaysia.</li></ul> | 3      |

# WATCHKEEPING ENGINEER (WKE)

## Officers in Charge of An Engineering Watch on Ships of 750kW or More on Near Coastal Trade Voyages



The aim of this course is to provide the trainees with the knowledge, understanding and proficiency at operational level for watch-keeping duties in a manned engine room as designated duty engineer in a periodically unmanned engine room on a seagoing ship powered by main propulsion machinery of 750kW or more on near coastal trade voyages based on the standards of competence as laid down in Rules 17A, JL/P/01/2009, Standards of Competence, Marine Department Malaysia.

Upon completion of the course, trainees will have sufficient knowledge, understanding and skill to carry out that part of duties and responsibilities to the levels of knowledge, understanding and proficiency required for certification of officers as laid down in Rules 17A, JL/P/01/2009, Standards of Competence, Marine Department Malaysia

### ENTRY REQUIREMENTS

### DURATION

| QUALIFICATIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | MONTHS |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <ul style="list-style-type: none"><li>✓ Not less than 18 years of age.</li><li>✓ Valid Malaysian Seaman Identification Card.</li><li>✓ Valid Medical Certificate issued by an approved medical practitioner of Marine Department, Malaysia.</li><li>✓ 12 Month Sea time after holding Engineer Officers on Ships of Less Than 750kW Propulsion Power on Domestic and Near Coastal Trade Voyages &lt;750kW <b>OR</b>,</li><li>✓ 30 Month Sea time as Assistant Engineer or Greaser/Oiler <b>OR</b>,</li><li>✓ 36 Month Sea time service in Engine Room as Engine Rating/General Purpose Rating.</li></ul> | 3      |

# MASTERS DOMESTIC

## Masters on Ships of Less Than 500GT on Domestic Voyages

This course aims to meet the mandatory minimum National requirements as set out in the Merchant Shipping (Training and Certification) Rules 1999, for the certification of Masters on Ships of Less Than 500GT on Domestic Voyages, as per guidelines specified by Marine Department Headquarters JL/P/01/2009.

On successful completion of the course and assessments, a document may be issued certifying that the holder has successfully completed a course of training and eligible to appear for an oral examination for Masters on Ships of Less Than 500GT on Domestic Voyages Certificate of Competency.

Upon passing oral examination and obtained the relevant certificate of proficiency as per MSN 7/2012 Marine Department may issue relevant certificate of competency.



### ENTRY REQUIREMENTS

### DURATION

| QUALIFICATIONS                                                                                                                                                                                                                                                                                                                                                                                                       | DAYS |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <ul style="list-style-type: none"><li>✔ Obtained a Certificate of Competency as Mates on Ships of Less Than 500GT on Domestic Voyages</li><li>✔ Have at least 12 months seetime as a Mates on Ships of Less Than 500GT on Domestic Voyages.</li><li>✔ Have a valid Seaman Card</li><li>✔ Have a valid Medical Certificate issued by an Accredited Medical Practitioner by the Marine Department, Malaysia.</li></ul> | 10   |

# MATES DOMESTIC

## Mates on Ships of Less Than 500GT on Domestic Voyages



This course is a combination of theoretical sessions, supplemented by practical and is for the purpose of upgrading those within the Domestic vessels serving the deck department to being an officer under the Mate Domestic <500GT certification.

The trainees who successfully complete this course will have attained sufficient level of knowledge and competency to be awarded with a certificate to indicate that the candidate has attained the minimum level of competency at the Mate Domestic <500GT level.

### ENTRY REQUIREMENTS

### DURATION

| QUALIFICATIONS                                                                                                                                                                                                                                    | DAYS |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <ul style="list-style-type: none"><li>✔ Have at least 24 month Seetime</li><li>✔ Have a valid Seaman Card</li><li>✔ Have a valid Medical Certificate issued by an Accredited Medical Practitioner by the Marine Department of Malaysia.</li></ul> | 7    |

# ENGINEER OFFICER

## Engineer Officers on Ships of Less Than 750kW Propulsion Power on Domestic and Near Coastal Trade Voyages

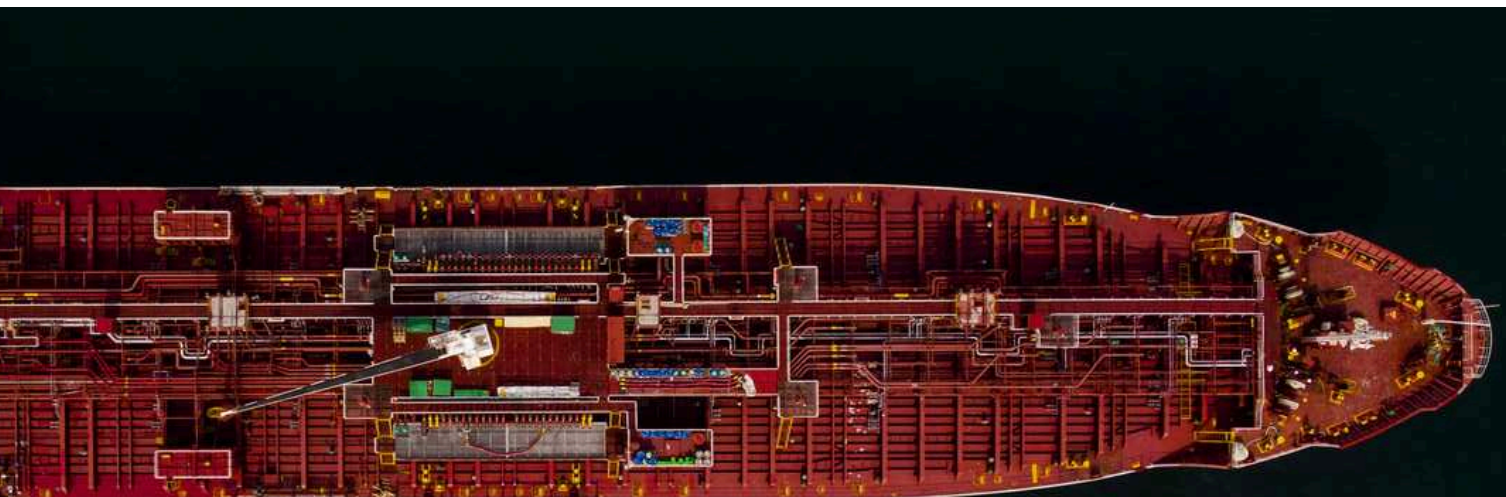
This preparatory course aims to meet the mandatory minimum national requirements as set out in the Merchant shipping (Training and Certification) Rules 1999 of Standard of Competence of Masters, Officers, and Ratings for Specification of Minimum Standard of Competence for Engineer Officers on Ships of Less Than 750kW Propulsion Power on Domestic and Near Coastal Trade Voyages (Rule 16).

On completion of this course the participant will be able:

- To discharge academic knowledge as Engineer Officers on Ships of Less Than 750kW Propulsion Power on Domestic and Near Coastal Trade Voyages according to Merchants Shipping (Training and Certification) Rules 1999 of Standards Competence of Masters, Officers, and Rating (JL/P/01/2009).
- To perform as a certified and qualified marine engineer officer in charge of engine room on ships powered by main propulsion machinery of less than 750kW and carry out safely duties onboard ships both at sea and in port.



| ENTRY REQUIREMENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  | DURATION |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------|
| QUALIFICATIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  | WEEKS    |
| <ul style="list-style-type: none"><li>✓ At least 18 years of age</li><li>✓ Valid Medical Examination Certificate issued by Marine Department Malaysia approved Medical Practitioner.</li><li>✓ Valid Malaysia Seafarers Identity Document.</li><li>✓ Has completed at least 18 months of shipboard services (sea going service) as assistant engineer, OR 24 months of shipboard services (sea going service) as Engine Rating, OR Official Confirmation of sea service from an employer or related Government Agency or a "Sworn Statement" in front of a Commissioner of Oaths (supported by an Employment Letter).</li><li>✓ Have involved supervised duties associated with engineering watch keeping of the ship and meeting the eligibility requirements in accordance with Merchant Shipping (Training and Certification) Rules 1999. (JL/P/01/2009)</li></ul> |  | 6        |





# STCW PROGRAM

## COURSES

- 1 STCW Modular
- 2 STCW Security Related Training
- 3 STCW Re-Validation



# STCW PROGRAM

STCW stands for 'Standards of Training, Certification, and Watchkeeping'. STCW came into force in 1978 to standardize the maritime trainings around the world. STCW Basic Safety Training, as it is known today is required by all seafarers who are working onboard merchant vessels.

| STCW MODULAR                                                                | DURATION |
|-----------------------------------------------------------------------------|----------|
| Basic Training                                                              | 6 Days   |
| Basic Training Oil & Chemical Tanker                                        | 6 Days   |
| Basic Training Liquefied Gas Tanker                                         | 5 Days   |
| Shipboard Catering Management                                               | 5 Days   |
| Passenger Ship Crowd Management                                             | 2 Days   |
| Radar Navigation & Radar Plotting                                           | 10 Days  |
| Electronic Navigational Aids (Operational)                                  | 10 Days  |
| Proficiency in Survival Craft & Rescue Boat (other than a fast rescue boat) | 6 Days   |
| Medical First Aid                                                           | 3 Days   |
| Advanced Fire Fighting                                                      | 4 Days   |
| Leadership and Managerial Skill                                             | 5 Days   |
| STCW SECURITY RELATED TRAINING                                              | DURATION |
| Ship Security Officer                                                       | 3 Days   |
| Ship Security Awareness                                                     | 1 Day    |
| Designated Security Duties                                                  | 2 Days   |
| STCW RE-VALIDATION                                                          | DURATION |
| Basic Training                                                              | 1 Day    |
| Proficiency in Survival Craft & Rescue Boat (other than a fast rescue boat) | 1 Day    |
| Advanced Fire Fighting                                                      | 1 Day    |
| Shipboard Catering Management                                               | 1 Day    |





# TVET PROGRAM

## COURSES

- ① Navigational Watch and Deck Support Operation
- ② Marine Engine Maintenance Operation
- ③ Navigational Watch and Support Operation - Safe Watchkeeping Operation
- ④ Marine Engine Room Watchkeeping - Shipboard Emergency Situation Handling
- ⑤ Marine Engine Room Watchkeeping



# MARINE NAVIGATION SURVEILLANCE & DECK SUPPORT OPERATIONS

H501-003-3:2019 (Single Tier)

Embark on a rewarding maritime career through our Dual Certification Training Program, endorsed by Malaysia's Department of Skills Development (JPK). This program is tailored to produce skilled professionals for global competitiveness, offering a versatile career path with recognition from both the industry and government. Graduates receive the esteemed SKM Level 3 certification from JPK and the Able Seafarers Deck (ASD) certificate from the Malaysia Marine Department, creating diverse opportunities for immediate employment or future education in related fields. The curriculum strikes a balance between practical and theoretical training, ensuring a comprehensive skill set. With this dual certification, individuals are well-prepared for career advancement within the maritime and government sectors, contributing to the growth of Malaysia's maritime industry. Enroll now to embark on a fulfilling career, meet international standards, and become a valuable asset in the maritime landscape.



## ENTRY REQUIREMENTS

## DURATION

| QUALIFICATIONS                                                                                                                                                                                                                                | MONTHS |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <ul style="list-style-type: none"> <li>✓ Men</li> <li>✓ SPM graduates</li> <li>✓ Able to read, count &amp; write</li> <li>✓ Aged 18-35 Years</li> <li>✓ Healthy body</li> <li>✓ Not color blind</li> <li>✓ Have a good personality</li> </ul> | 18     |

# MARINE ENGINE MAINTANANCE OPERATION

H501-002-3:2017 (Single Tier)



Sijil Kemahiran Malaysia (SKM) Marine Engine Maintenance Operation is a vocational training program in Malaysia that focuses on teaching students the skills needed to maintain and repair marine engines. The course covers topics such as engine components, fuel systems, electrical systems, and troubleshooting techniques. Students learn about the various types of marine engines and the principles of their operation, as well as how to perform routine maintenance and repairs. Upon completion of the course, students receive a SKM certificate, which is recognized in Malaysia as evidence of their competency in marine engine maintenance and operation. The certificate is useful for individuals who wish to work in the maritime industry, such as on ships, boats, or in marine-related businesses.

## ENTRY REQUIREMENTS

## DURATION

| QUALIFICATIONS                                                                                                                                                                                                                                | MONTHS |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <ul style="list-style-type: none"> <li>✓ Men</li> <li>✓ SPM graduates</li> <li>✓ Able to read, count &amp; write</li> <li>✓ Aged 18-35 Years</li> <li>✓ Healthy body</li> <li>✓ Not color blind</li> <li>✓ Have a good personality</li> </ul> | 18     |

# NAVIGATIONAL WATCH AND SUPPORT OPERATION –

## Safe Watchkeeping Operation (H501-003-22019-C03)

The Navigational Watch and Support Operation – Safe Watchkeeping Operation (H501-003-22019-C03) course under the TVET Maritime program equips learners with the knowledge and skills to perform safe and effective watchkeeping duties on board ships. The training emphasizes lookout responsibilities, COLREGs compliance, and proper communication to ensure the safety of navigation at sea. Learners will also be introduced to bridge resource management, teamwork, and emergency response procedures, preparing them to support officers of the watch in daily operations. This course highlights safety, security, and environmental protection, making it essential for those pursuing a career as ratings or support crew in the maritime industry.



### ENTRY REQUIREMENTS

### DURATION

| QUALIFICATIONS                                                                                                                                                                                                                                                                                          | WEEKS |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| <ul style="list-style-type: none"> <li>✓ Men</li> <li>✓ SPM is not required</li> <li>✓ Must have a Certificate of School Completion</li> <li>✓ Can read, count &amp; write</li> <li>✓ Aged 18-35 Years</li> <li>✓ Healthy body</li> <li>✓ Not color blind</li> <li>✓ Have a good personality</li> </ul> | 9     |

# MARINE ENGINE ROOM WATCHKEEPING –

## Shipboard Emergency Situation Handling (H501-002-22017-C03)

The Marine Engine Room Watchkeeping – Shipboard Emergency Situation Handling (H501-002-22017-C03) course under the TVET Maritime program prepares learners to carry out watchkeeping duties in the engine room safely and efficiently. The training focuses on monitoring machinery operations, responding to abnormal conditions, and maintaining effective communication with the engineering team. Participants will learn how to identify potential hazards, follow emergency procedures, and take immediate action during shipboard incidents such as fire, flooding, or machinery failure. Emphasis is placed on safety, teamwork, and adherence to maritime regulations, ensuring that learners can support engineers in maintaining safe and continuous vessel operations. This course is vital for those aiming to build competence as engine room ratings or support crew in the maritime industry.



### ENTRY REQUIREMENTS

### DURATION

| QUALIFICATIONS                                                                                                                                                                                                                                                                                          | WEEKS |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| <ul style="list-style-type: none"> <li>✓ Men</li> <li>✓ SPM is not required</li> <li>✓ Must have a Certificate of School Completion</li> <li>✓ Can read, count &amp; write</li> <li>✓ Aged 18-35 Years</li> <li>✓ Healthy body</li> <li>✓ Not color blind</li> <li>✓ Have a good personality</li> </ul> | 7     |



# MARINE ENGINE ROOM WATCHKEEPING

(H501-002-22017)

The Marine Engine Room Watchkeeping (H501-002-22017) course provides learners with the knowledge and skills to carry out safe and effective watchkeeping duties in a ship's engine room. The training covers machinery monitoring, routine checks, reporting of abnormalities, and coordination with the engineering team. Emphasis is placed on safety awareness, communication, and teamwork to ensure smooth and reliable engine room operations. This course is essential for those preparing to serve as engine room ratings or support crew in the maritime industry.



## ENTRY REQUIREMENTS

## DURATION

### QUALIFICATIONS

### MONTHS

- ✓ Men
- ✓ SPM is not required
- ✓ Must have a Certificate of School Completion
- ✓ Can read, count & write
- ✓ Aged 18-35 Years
- ✓ Healthy body
- ✓ Not color blind
- ✓ Have a good personality

6



# HSE PROGRAM

## COURSES

- 1 Emergency Response
- 2 Soft Skills
- 3 Technical Safety
- 4 Occupational Safety & Health (OSH)



# EMERGENCY RESPONSE

A program that prepares individuals and teams to handle critical situations through knowledge, awareness, and hands-on practice. It builds readiness to manage fires, hazardous materials, medical incidents, and rescues, ensuring lives, property, and operations are protected with confidence and industry best practices.

| EMERGENCY RESPONSE                                    | DURATION | VALIDITY |
|-------------------------------------------------------|----------|----------|
| Basic Emergency Response                              | 2 Days   | 3 Years  |
| Emergency Action Plan                                 | 2 Days   | 3 Years  |
| Fire Safety & Evacuation Procedures                   | 1 Day    | 3 Years  |
| Emergency Response Plan & Procedures                  | 2 Days   | 3 Years  |
| Fire Prevention & Fire Extinguisher Training          | 2 Days   | 3 Years  |
| Basic Fire Fighting (BFF)                             | 1 Day    | 3 Years  |
| Advanced Fire Fighting / Industrial Fire Fighting     | 2 Days   | 3 Years  |
| Damage Control Team (DCT)                             | 2 Days   | 3 Years  |
| SCBA Basic / Refresher                                | 1 Day    | 3 Years  |
| Fire Watcher                                          | 0.5 Day  | 3 Years  |
| Fire Warden                                           | 0.5 Day  | 3 Years  |
| Fire Drills                                           | 1 Day    | 3 Years  |
| Chemical Spill Response                               | 1 Day    | 3 Years  |
| Safe Chemical Handling                                | 1 Day    | 3 Years  |
| HazMat                                                | 2 Days   | 3 Years  |
| H2S Awareness & Basic                                 | 0.5 Day  | 3 Years  |
| Mercury Safety                                        | 1 Day    | 3 Years  |
| Confined Space Rescue                                 | 2 Days   | 3 Years  |
| Height Rescue & Fall Protection                       | 2 Days   | 3 Years  |
| Water Rescue & Near-Drowning Response                 | 1 Day    | 3 Years  |
| Aquatic Rescue                                        | 1 Day    | 3 Years  |
| Basic Occupational First Aid (BOFA)                   | 2 Days   | 3 Years  |
| Advanced First Aid                                    | 2 Days   | 3 Years  |
| Basic Trauma Life Support                             | 2 Days   | 3 Years  |
| Basic Life Support (BLS) & AED Training               | 1 Day    | 3 Years  |
| Awareness First Aid                                   | 1 Day    | 3 Years  |
| Incident Command System (ICS) Training                | 2 Days   | 3 Years  |
| Emergency Drill Coordination (Tabletop & Live Drills) | 1 Day    | 3 Years  |
| On Scene Commander                                    | 2 Days   | 3 Years  |





# SOFT SKILLS

Training that strengthens leadership, communication, and teamwork to support a strong safety culture. By improving decision-making, problem-solving, and collaboration, participants are better prepared to influence safe behaviours, manage risks effectively, and contribute to a healthier, safer, and more resilient workplace.

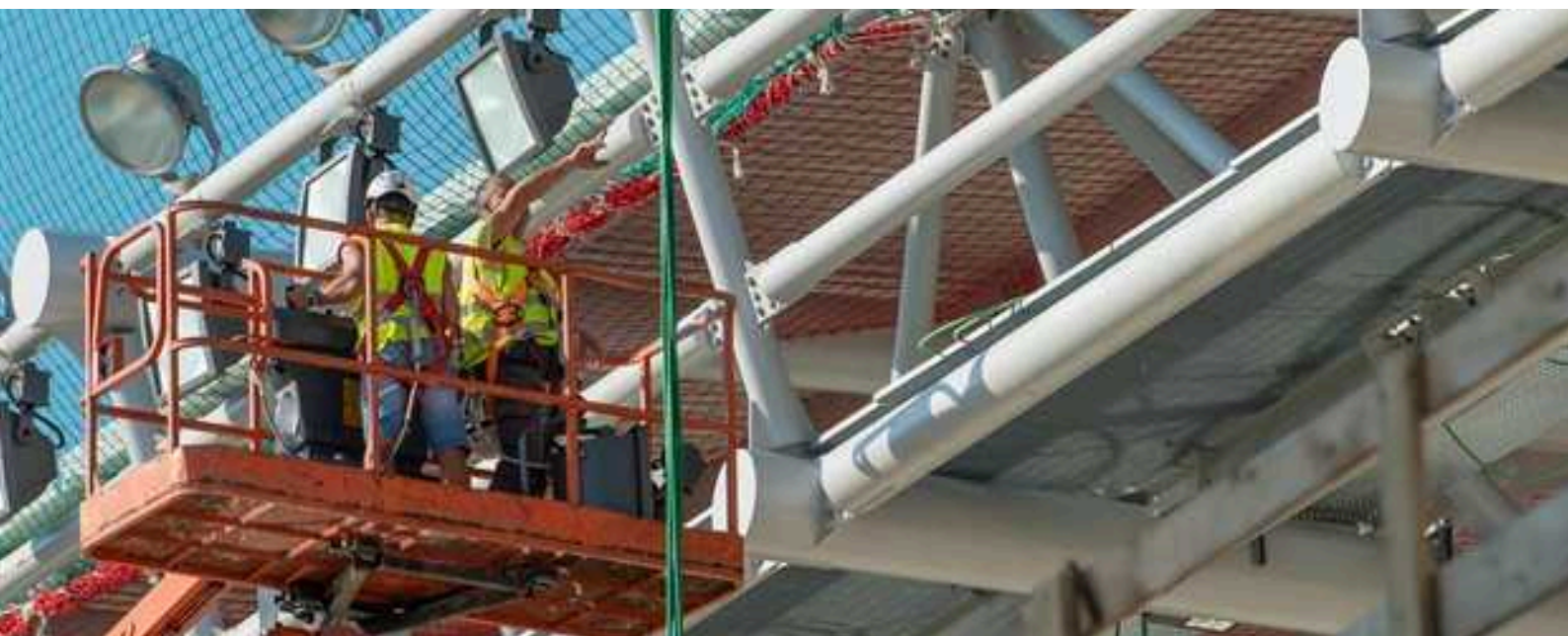
| SOFT SKILLS                                  | DURATION | VALIDITY |
|----------------------------------------------|----------|----------|
| Transformational Leadership                  | 2 Days   | 3 Years  |
| Situational Leadership                       | 2 Days   | 3 Years  |
| Leadership Winning Tools                     | 2 Days   | 3 Years  |
| Leadership Coaching and Mentoring            | 2 Days   | 3 Years  |
| 7 Habits of Effective People                 | 2 Days   | 3 Years  |
| Introduction to Hearts and Minds             | 2 Days   | 3 Years  |
| Problem Solving and Analytical Thinking      | 2 Days   | 3 Years  |
| Effective Teamwork for High Performance      | 2 Days   | 3 Years  |
| Interpersonal Communication                  | 1 Day    | 3 Years  |
| Human Performance Workshop (Felt Leadership) | 2 Days   | 3 Years  |
| Kaizen Leadership                            | 2 Days   | 3 Years  |
| Safety Leadership                            | 2 Days   | 3 Years  |



# TECHNICAL SAFETY

Training focused on safe lifting, equipment handling, and inspection practices to minimise risks and ensure compliance with industry standards. Through practical learning and real-world applications, participants gain the competence and confidence to perform technical tasks safely, supporting a secure and efficient workplace.

| TECHNICAL SAFETY                              | DURATION | VALIDITY |
|-----------------------------------------------|----------|----------|
| Rigging, Slinging & Banksman Awareness        | 1 Day    | 3 Years  |
| Rigging & Slinging (Level 1)                  | 2 Days   | 3 Years  |
| Rigging & Slinging (Level 2)                  | 2 Days   | 3 Years  |
| Basic Wire Rope, Inspection & Resin Socketing | 2 Days   | 3 Years  |
| Lifting Supervisor                            | 2 Days   | 3 Years  |
| Banksman                                      | 1 Day    | 3 Years  |
| Working at Height (Level 1)                   | 1 Day    | 3 Years  |
| Working at Height (Level 2)                   | 2 Days   | 3 Years  |
| Rescue at Height                              | 2 Days   | 3 Years  |
| Lifting & Hoisting Awareness                  | 1 Day    | 3 Years  |
| Forklift Operator Training                    | 2 Days   | 3 Years  |
| Crane Inspection                              | 2 Days   | 3 Years  |
| Overhead Crane                                | 2 Days   | 3 Years  |
| Onshore Mobile Crane                          | 2 Days   | 3 Years  |
| Offshore Crane Operator Training & Assessment | 3 Days   | 3 Years  |
| Scaffolding Awareness                         | 2 Days   | 3 Years  |
| Confined Space Awareness                      | 2 Days   | 3 Years  |





# OCCUPATIONAL SAFETY & HEALTH (OSH)

Comprehensive programs that build hazard awareness, risk management, and regulatory compliance. Designed to strengthen safety culture, these trainings equip participants with the knowledge and practical skills to prevent incidents, protect well-being, and create safer, healthier, and more productive workplaces.

| OCCUPATIONAL SAFETY & HEALTH (OSH) | DURATION | VALIDITY |
|------------------------------------|----------|----------|
| Safety & Health Committee          | 2 Days   | 3 Years  |
| OSH 2022 Amendment                 | 1 Day    | 3 Years  |
| Positive Intervention Culture      | 2 Days   | 3 Years  |
| Human Performance Improvement      | 2 Days   | 3 Years  |
| Generative Safety Culture          | 2 Days   | 3 Years  |
| Behaviour Based Safety             | 2 Days   | 3 Years  |
| Incident Investigation             | 2 Days   | 3 Years  |
| HIRARC                             | 2 Days   | 3 Years  |
| Defensive Driving                  | 1 Day    | 3 Years  |
| Effective Communication            | 1 Day    | 3 Years  |
| Team Building                      | 1–2 Days | N/A      |
| 5S / 6S                            | 2 Days   | 3 Years  |
| RCA – Root Cause Analysis          | 2 Days   | 3 Years  |
| Tripod Beta                        | 2 Days   | 3 Years  |
| Mental Health Awareness            | 1 Day    | 3 Years  |







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