



# TKBT1

Working at Height / Elevated Platform - Level 1

*Tenaga Kerja Bangunan Tinggi Tingkat 1*

The Working at Height / Elevated Platform - Level 1 (Tenaga Kerja Bangunan Tinggi Tingkat 1) training is designed to comply with the Minister of Manpower of the Republic of Indonesia Regulation No. 9 of 2016 concerning Occupational Health and Safety in Working at Height. This training course is intended for workers operating on fixed or temporary work platforms, such as those involved in cleaning tall buildings using gondolas, constructing buildings with scaffolding, or installing equipment like air conditioning units and communication towers. It provides essential knowledge and skills for ensuring safety in work environments that require working at height.

## General Course Objectives

Upon successful completion of the course, delegates will be able to:

- Understand the basic principles and initial skills necessary for working safely at height, including knowledge of safety equipment, techniques, and basic safety procedures.
- Perform simpler or routine tasks at height under direct supervision.
- Work on fixed and/or temporary platforms with fall protection equipment such as nets, pads, or work restraint ropes, and move safely using ladders.

## Course Content

- Legislation regarding Working at Heights
- Basics of Occupational Health and Safety
- Characteristics of Fixed Work Floors and Temporary Work Floors
- Collective fall prevention and arrest devices, as well as movement-limiting devices
- Principles of Applying Fall Factors
- Theory and practice of using ladders
- Evaluation

## Prerequisites

- Indonesian Citizen
- Certificate of Education - Min. elementary school/ equivalent
- Digital photo 2x3 & 4x6 (@3 sheets), professionally attired, on red background
- Valid Medical Certificate from Doctor/Clinic
- Letter of Employment from Employer
- Copy of ID card
- Integrity Pact

**Accrediting Body:**

KEMNAKER

**Course Duration:**

1 Day

**Course Validity:**

3 Years

**Course Venue:**

Cilegon, In-House

**Note:**

If conducted In-House / On-Site, client should provide classroom or other suitable quiet area with chairs, desks, whiteboard, and overhead projector.