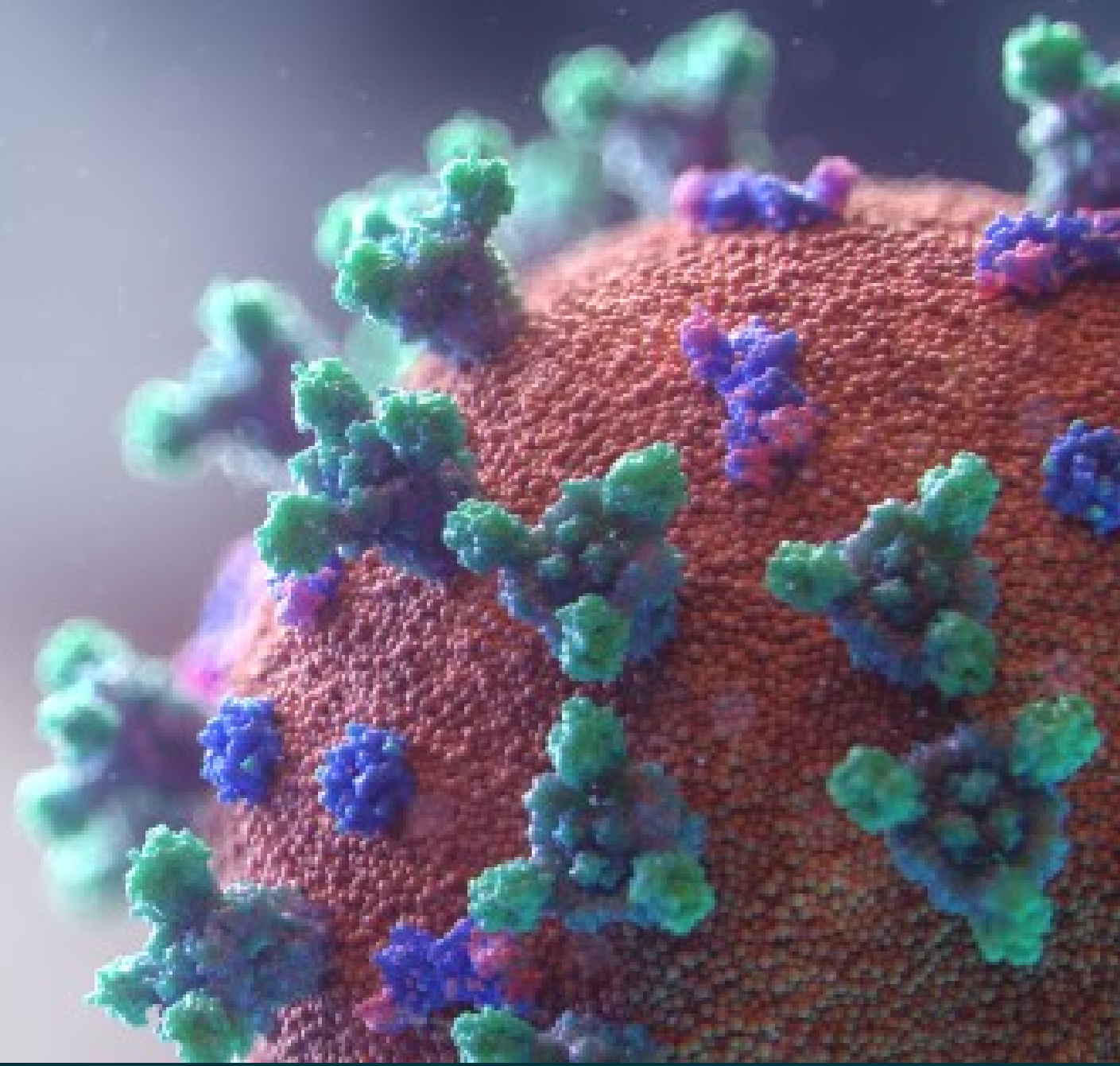




A member of **RelyOnNutec**

# **COVID-19 STANDARD OPERATING PROCEDURES**





# INTRODUCTION

The aim of our company SOPs is **to ensure compliance** to the Malaysia Government efforts to prevent and control the spread of COVID-19.

The **objectives** are to ensure:

- All risks related to the health and safety of our staff and delegates are identified, prevented and controlled.
- Ensure training activities and facilities are risk assessed and risks eliminated or reduced to an acceptable level.
- Contact tracing is in place.



# **RELAXING OF TESTING REQUIREMENTS FOR DELEGATES ATTENDING TRAINING AT MSTS TRAINING CENTRES**

**RTK Antigen / PCR Testing**

**As of 1<sup>st</sup> May 2022, Delegates, Visitors & Staff are no longer required to perform any type of COVID 19 test. We will ensure strict monitoring of the MySejahtera profiles status and expect all persons entering our centres to be honest with their medical condition.**

**SAFETY of our Delegates, Visitors & Staff remains our PRIORITY**



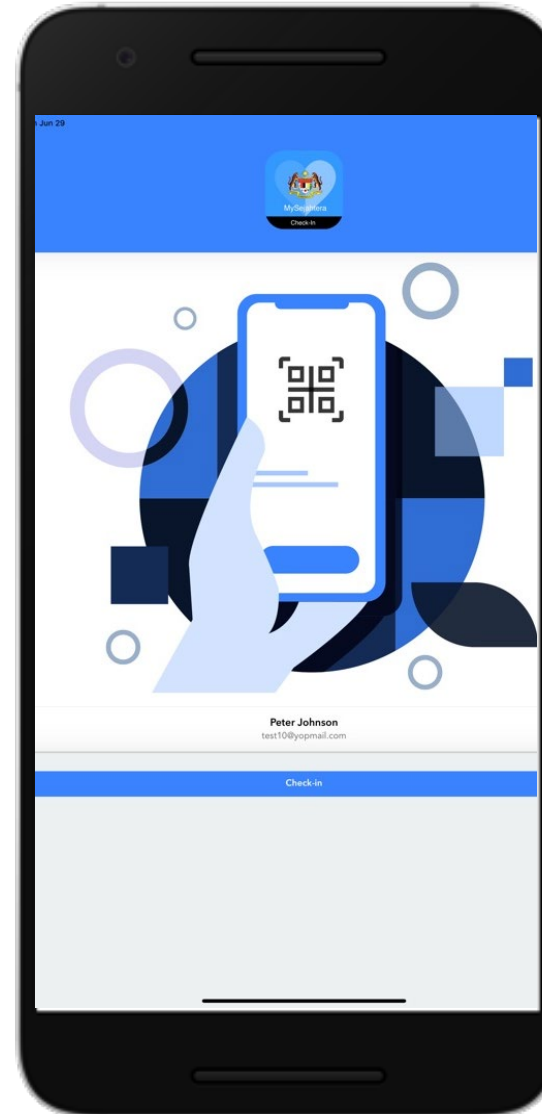
# CHECK-IN PROCEDURES USING MYSEJAHTERA

## Update MySejahtera Profile

Everyone upon arrival at the centre **MUST** update their profile on MySejahtera App

- Check in using **MySejahtera contact tracer**

**Only those with low risk and casual contact status are permitted entry**

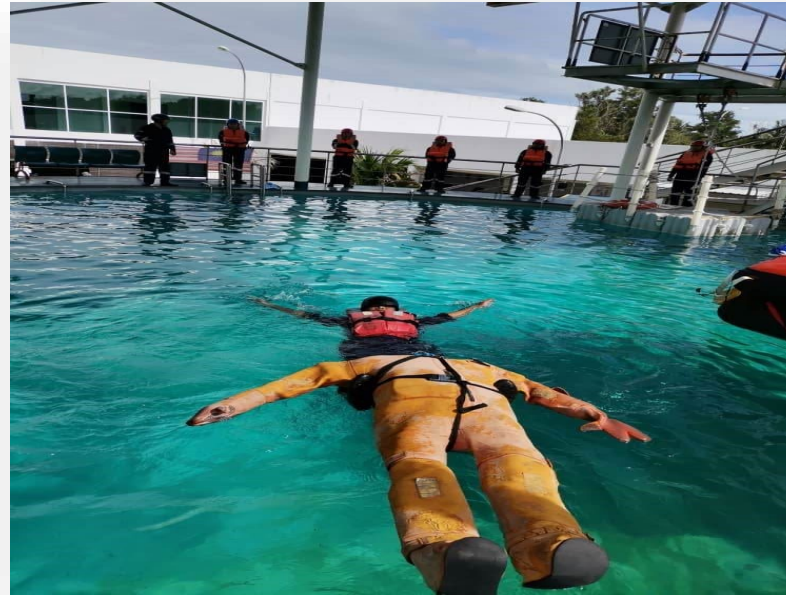
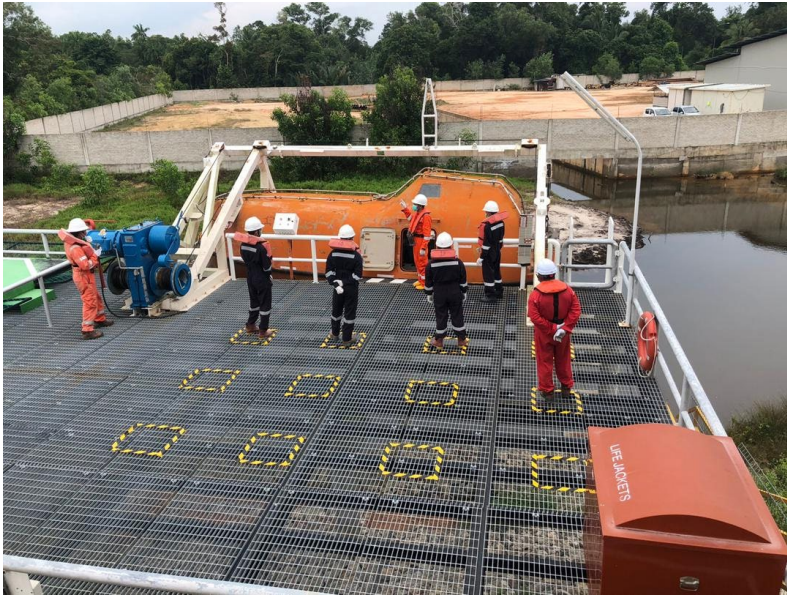




# TRAINING

## Practical exercise examples

- Toolbox talk to **emphasize social distancing**.
- **Trainers demonstrate CPR** whilst delegates only simulate to avoid cross contamination.
- **'In-water'** group sea survival techniques practised individually or with dummies .
- No sharing of personal equipment throughout the course.





# PERSONAL HYGIENE

## Wearing of masks

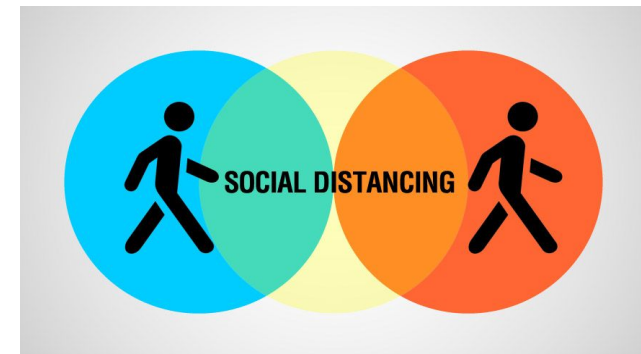
All delegates and staffs will be required to wear masks within the training centre.

## Frequent washing / sanitizing of hands

Sanitization / hand wash stations are available throughout the centre.

## Practice Social Distance

All delegates and staff to ensure safe social distances from each other





# ALTERNATIVE TRAINING SOLUTIONS

## Alternative Remote Training Solutions are available:

- **Virtual learning / webinars** offers delegates the option to attend the theoretical elements of training remotely via live webinars. This reduces the physical contact time the delegate has to spend at the training centre.

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- **Digital Learning** allows delegates to attend theoretical elements of OPITO approved BOSIET using any mobile device or computer.

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- **E-learning** – MSTS offers over 100 e-learning programmes via our group website [www.relyonnutec.com](http://www.relyonnutec.com)

## Digital Delivery, Virtual Learning or E-Learning: NOT THE SAME?



### OPITO Digital Delivery

The digital delivery option has been developed by OPITO to provide an alternative method of learning the theory elements of the training without any changes to the technical content.

**Available Courses**  
- BOSIET with EBS  
- BOSIET with CA-EBS  
- Tropical BOSIET

**Certificate** Certificate will be issued upon completion and competence of practical elements.



### Delivery Mode:

The theory elements will be delivered via **OPITO online host** and the practical to be completed at any MSTS Training Centre of your choice within **90 days**.

### Virtual Learning

In virtual learning, delegates can interact with instructor at real-time, answer quizzes and even raise your hand during the session.

### Delivery Mode:

The theory elements will be delivered via **online webinars** and the practical elements to be completed at any MSTS Training Centre

**Available Courses** All courses offered by MSTS including OPITO and CAAM approved courses

**Certificate** Certificate will be issued upon completion and competence of practical elements.



Screenshot of live virtual learning session



**RelyOn Nutec**  
Digital

### E-learning

Over 40 e-learning courses developed by RelyOn Nutec Digital are accessible for subscription. You can upgrade your knowledge at your own pace any where in the world.

### Delivery Mode:

The courses are delivered via **Know-How learning management system** that easily accessible even with low bandwidth connections.

**Available Courses** Visit [www.relyonnutec.com](http://www.relyonnutec.com) to get the full list of available courses

**Certificate** Certificate will be issued upon course completion.

### Booking and Inquiry

All bookings and inquiries can be directed to [bookings@msts-my.org](mailto:bookings@msts-my.org)