



## Experiential Learning on Site Safety 2016-2017

### Training Programme Rundown

Time 09:00am – 17:00am (Training Time)

Venue Noah's Ark, Ma Wan

### Training Rundown

Time	Program	Venue	Objective
0900-0915	<b>Settle Down</b>	Anchor Room	- To make sure the participants are ready for training and establish a caring and supportive team culture
0915-0945	<b>Energizer</b>	Anchor Room	- To move participants away from their comfort zones and build helping relationship with fellows.
0945-1100	<b>Team Task</b> <u>Magic Cube</u> The team are challenged to pass through the cube safely and timely	Anchor Room	- To build up safety sense by adjusting their attitude through interactive exercise 1. Planning 2. Assessment (on safety concern) 3. Execution 4. Evaluation
1100-1230	<b>High Event Ropes Course</b> Students will challenge the course in pairs. Participants will be engaged at all time and take turns to serve as climber and belayer	Adventureland Zone C & D	- To understand the usage and importance of Personal Protective Equipment (PPE) - To experience working at height - To understand basic concept of belay oneself at height - To overcome challenge in collective effort
1230-1300	<b>Review</b>	Adventureland Zone C & D	- Review and share the safety awareness during the process
1300-1400	<b>Lunch</b>		
1400-1415	<b>Energizer</b>	Adventureland Zone A & B	- To move participants away from their comfort zones and build helping relationship with fellows. -



1415-1600	<b>Lashing and Lifting Exercise</b> Students are challenged to cooperating in building up a structure of 4 stable stands with bamboo and ropes provided which can be used to life up and move bulky item from one point to another point safely. (see below graphic for illustration)	Adventureland Zone A & B	<ul style="list-style-type: none"> <li>- To design the structure of the stands</li> <li>- To evaluate the possible risk during the building process</li> <li>- To build the stands with collective effort</li> <li>- To plan on the procedure and division of work within the team.</li> <li>- To plan on the standing position of everyone</li> <li>- To lift and move the item</li> <li>- To evaluate the process</li> <li>- Review and share the safety awareness during the process</li> <li>- To consolidate learning from the day and making the experience a relevant tool for future application.</li> </ul>
1600-1630	<b>Safety presentation by HKCA</b> <b>Lifting Presentation by HKCA</b>	Anchor Room	
1630-1655	<b>Review</b>	Anchor Room	
1655-1700	<b>Closing and prize presentation</b>	Anchor Room	