



# M2Y GLOBAL ACADEMY

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## 14-DAYS INTERNSHIP PROGRAM: OCCUPATIONAL HEALTH AND SAFETY

### Program Overview

M2Y Global Academy offers a comprehensive 14-days internship program designed to provide college students with hands-on experience in Occupational Health and Safety (OHS). This program combines theoretical learning with practical exposure to real-world safety practices.

### Program Structure

The internship is divided into three primary modules:

#### Module 1: Safety Management Documentation (Days 1-5)

- **Introduction to Safety Management Systems:** Overview of OHS standards, regulations, and best practices.
- **Document Preparation:** Hands-on experience in creating and managing essential safety documents such as safety policies, procedures, and checklists.
- **Case Studies:** Analysis of real-world safety incidents and development of preventive measures.

#### Module 2: Online Occupational Health and Safety Training (Days 6-12)

- **E-learning Platform:** Access to interactive online modules covering various OHS topics.
- **Core OHS Concepts:** Understanding hazards, risks, and controls.
- **Emergency Preparedness:** Training on fire safety, first aid, and evacuation procedures.
- **Personal Protective Equipment (PPE):** Importance of PPE and its proper use.

#### Module 3: Industrial Visit and Safety Training (Days 13-14)

- **On-site Safety Orientation:** Introduction to the company's safety culture and practices.
- **Safety Audits:** Participation in safety inspections and audits.
- **Practical Demonstrations:** Hands-on experience with safety equipment and procedures.
- **Industry Best Practices:** Exposure to real-world safety challenges and solutions.

### Internship Schedule

Day	Module	Activity
1-2	Safety Management Documentation	Introduction to OHS, Document Template Creation
3-5	Safety Management Documentation	Document Finalization, Case Studies
6-7	Online OHS Training	E-learning Module 1: Hazard Identification and Risk Assessment
8-9	Online OHS Training	E-learning Module 2: Emergency Preparedness
10-12	Online OHS Training	E-learning Module 3: PPE and Ergonomics
13	Industrial Visit	On-site Safety Orientation, Safety Audits
14	Industrial Visit	Practical Demonstrations, Industry Best Practices



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## Internship Report Submission (Extra 2 days)

- Students will be required to submit a comprehensive report detailing their learning experiences, observations, and recommendations.
- Faculty guidance and support will be provided during the report preparation process.

## Program Benefits

- Practical exposure to OHS concepts and practices
- Development of essential safety documentation skills
- Enhanced knowledge of emergency preparedness and response
- Understanding of industry-specific safety challenges
- Certificate of Completion upon successful program completion

