# INDUSTRIAL SAFETY TRAINING COURSES

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# INTRODUCTION

DRILNET is specialized in the technology transfer in the petroleum and para petroleum sector. Our expertise covers all sectors of the oil industry: Oil, Gas and Energy Project Management, Exploration, Production, Development, Refining and Logistics, but also Safety, Maintenance and Management.

Training is the first activity of our company, that has been accredited since 2000 by the French competent bodies as a training center under the number 93 13 0999613. Thus, we are entitled to offer training services: training engineering (training needs audit, training programs creation, manual editing), conventional training presentation (in premises and on site), coaching (on-the-job training), blended learning and e-learning. In addition to this, DRILNET offers the possibility to train your future trainers.

We are recognized worldwide as an expert in this field; as we train the personnel of the biggest international petroleum companies. DRILNET develops drilling training programs and trains engineers and technicians of international companies such as ADCO (UAE), BOUMERDES UNIVRSITY (Algeria), COFOR (France), DELTAWELL (Italy), DIETSMANN (Monaco), DRILLMEC (Iraq, Italy), ENI and ENI CORPORATE UNIVERSITY (UAE, Malaysia, Kazakhstan, Iraq, Italy), FORASOL (France), GAZ DE FRANCE (France), GSP (Romania), GTSC (UAE), HALLIBURTON (Algeria), OMV-PETROM (Romania), PRIDE (France, Kazakhstan), POLITECHNICO (Italy), RST GLOBAL SOLUTIONS (Singapore, Netherlands, UAE), SCHLUMBERGER (France, UK, Algeria), SONATRACH (Algeria), TNK-BP ROSNEFT (Russia), TOTAL (France, Syria) and others.

Through our partnerships and associations we provide all existing certifications: **American Safety & Health Institute, AWS, Chartered Institute of Environmental Health, Crane Certification Association of America, Croix Rouge Internationale, Emergency First Response, IADC, IASST, IMI Awards, IOSH Managing Safety, LEEA, MCA, National Safety Council, NEBOSH, NFPA, OPITO, STCW 95, UK Spill, etc.**

DRILNET is a proud Member of the **Society of Petroleum Engineers**, the **International Well Control Forum** and also the **Romanian Association of Drilling Contractors.**

The training catalogue represents an assembly of technical guide sheets. The durations and the subjects introduced can be adapted in accordance with the context and the objectives of the client. Depending on your needs, you can choose a course in our training catalogue, and we propose to help you to adapt it in accordance with your objectives and your means.

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| **Award in Health & Safety at Work (HSW)** | • All persons concerned by hazardous working positions | NEBOSH | 4 days | **Page 12** |
| **International Technical Certificate in Oil & Gas Operational Safety (IOGC)** | • Industry and Oil staff | NEBOSH | 5 days | **Page 13** |
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| **Managing Safely** | • Industry and Oil staff | IOSH | 3 days | **Page 15** |
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| **Hazardous Material Awareness (HAZMAT)** | • Industry and Oil staff | OSHA | 1 day | **Page 25** |
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| **Basic Scaffolding Inspection** | • All persons concerned by hazardous working positions | IADC DIT | 2 days | **Page 34** |
| **Scaffolding Erection & Dismantling** | • All persons concerned by hazardous working positions | IADC DIT / OSHA | 2 days | **Page 35** |
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| **Lockout & Tagout Procedures (LOTO)** | • Industry and Oil staff | | 1 day | **Page 47** |
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| **Gas Testing** | • All persons concerned by hazardous working positions | | 1 day | **Page 57** |
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| INDUSTRIAL FIRE FIGHTING | | | | |
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| **Course Title** | **Who should attend** | **Certification** | **Duration** | **Content** |
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| **Basic Life Support (BLS)** | • All staff | EFR | 1 day | **Page 80** |
| **Gestures & Postures (PRAP)** | • All staff | | 1 day | **Page 81** |
| **Casualty Movement / Stretchering** | • All staff | | 3 days | **Page 82** |
| **Safety Team Member** | • All staff | | 3 days | **Page 83** |

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| **Environmental Awareness** | • Industry and Oil staff | ERWDA | 1 day | **Page 84** |
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| **Introduction to Waste Management & Pollution Control** | • Industry and Oil staff | ERWDA | 1 day | **Page 86** |
| **Waste Management on Land** | • Industry and Oil staff | ERWDA | 2 days | **Page 87** |
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| ROAD SAFETY | | | | |
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| **Basic Desert Surviving Skills** | • All persons concerned by hazardous working positions | | 2 days | **Page 90** |
| **Defensive Driving** | • All persons concerned by defensive driving | IMI / IADC DIT | 0,5 day | **Page 91** |
| **Defensive Driving – Off-Road (Heavy Goods Vehicle)** | • All persons concerned by defensive driving | IMI / IADC DIT | 0,5 day | **Page 91** |
| **Defensive Driving – On-Road (Heavy Goods Vehicle)** | • All persons concerned by defensive driving | IMI / IADC DIT | 0,5 day | **Page 91** |
| **Defensive Driving – Off-Road (Light Vehicle)** | • All persons concerned by defensive driving | IMI / IADC DIT | 0,5 day | **Page 91** |
| **Defensive Driving – On-Road (Light Vehicle)** | • All persons concerned by defensive driving | IMI / IADC DIT | 0,5 day | **Page 91** |

The following pages give a non exhaustive list of HSE training programmes

# INTERNATIONAL GENERAL CERTIFICATE IN OCCUPATIONAL SAFETY & HEALTH (IGC)

**Duration: 11 days**

## Objectives

This NEBOSH International General Certificate training course has been developed for multinational organizations in all sectors, mindful of international standards or directives and at the same time adaptive to local needs. It seeks to provide an excellent underpinning knowledge of health and safety, as well as a sound basis for evaluating (and managing) potential hazards and risks. The syllabus incorporates international, technical and other standards where they exist. In other cases, requirements and practices that represent 'good practice' are followed.

## Who should attend

The NEBOSH International General Certificate in Occupational Safety & Health is designed for personnel with health & safety responsibilities, e.g. managers, supervisors, safety officers, non-safety specialists etc & who need a grounding & recognized qualification in occupational safety & health. It is also beneficial for those wanting to further their career in the HSE field or those who wish to enhance their HSE knowledge.

## Programme

The contents of the NEBOSH National / International General Certificate training course are covered in two units and their applications are practiced and tested in the third unit:
Unit N / IGC1: Management of International Health & Safety

- Foundations in health and safety
- Health and safety management systems 1 - Policy
- Health and safety management systems 2 - Organizing
- Health and safety management systems 3 - Planning
- Health and safety management systems 4 - Measuring, audit and review

Unit N / IGC2: Control of International Workplace Risks

- Workplace hazards and risk control
- Transport hazards and risk control
- Musculoskeletal hazards and risk control
- Work equipment hazards and risk control
- Electrical safety
- Fire safety
- Chemical and biological health hazards and risk control
- Physical and psychological health hazards and risk control

Unit N / IGC3: International Health & Safety Practical

## Certification

NEBOSH

# AWARD IN HEALTH & SAFETY AT WORK (HSW)

**Duration: 4 days**

## Objectives

NEBOSH Award in Health and Safety at Work is the first recognized qualification of its kind. Broadly comparable to level 2 on the national framework this course is aimed at all levels in order to gain a broad based awareness of the essentials of health and safety.

This course is taken over 3 days including the multiple choice assessment; with a practical application undertaken outside of the course in the candidates own workplace. The course can be offered as a 4 day option, with day 4 including revision, the multiple choice assessment and the practical application.

## Who should attend

This course is ideally suited anyone who requires to understand the principles of health and safety as part of their job. This will include managers, supervisors, team leaders, HR professionals and trainers. Some employers are using this course as the standard for all employees. Assessments are internationally compatible.

## Programme

HEALTH AND SAFETY AT WORK AWARD (HSW1)

- Foundations of health and safety
- Responsibility for health and safety
- Health and Safety Risk Assessment and Control
- Hazards and controls associated with work equipment
- Transport safety
- Hazards and controls associated with electricity
- Fire safety
- Manual handling and repetitive movement
- Hazards and controls associated with hazardous substances
- The working environment

PRACTICAL APPLICATION (HSW2)

- HSW2 is the practical element which involves a workplace risk assessment which should take around 90 min in the candidates own workplace. Either as part of the course (4 day option) or after course completion (3 day option)

## Certification

NEBOSH

# INTERNATIONAL TECHNICAL CERTIFICATE IN OIL & GAS OPERATIONAL SAFETY (IOGC)

**Duration: 5 days**

## Objectives

The qualification focuses on international standards and management systems, enabling students to effectively discharge workplace safety responsibilities both onshore and offshore. The Certificate also highlights the importance of process safety management in the oil and gas industry.

The NEBOSH Technical Certificate in Oil and Gas Operational Safety covers the principles of process safety management in the oil and gas industries. The syllabus takes a risk management approach based on best practice and international industry standards.

## Who should attend

This qualification is designed specifically for those with safety responsibilities in the oil and gas industry.

## Programme

- Hazards inherent in the extraction, storage and processing of raw materials and products
- Safety and environmental management in this industry
- Hydrocarbon process safety
- Fire protection and emergency response

The syllabus consists of one unit and the unit is divided in to a number of units.

Element 1: Health, safety and environmental management in context
Element 2: Hydrocarbon process safety 1
Element 3: Hydrocarbon process safety 2
Element 4: Fire protection and emergency response
Element 5: Logistics and Transport Operations

## Certification

NEBOSH

# INTERNATIONAL CERTIFICATE IN FIRE SAFETY & RISK MANAGEMENT

**Duration: 5 days**

## Objectives

The NEBOSH International Fire Safety and Risk Management Certificate is designed to equip duty holders to help their organizations to meet the legal duties placed upon them by the Regulatory Reform (Fire Safety).
A fire can have a devastating effect on an organization. 77% of businesses experiencing a major fire never fully recover. The updated duties under the Regulatory Reform (Fire Safety) Order 2005 place the responsibility on employers and those in control of premises to ensure that they assess fire risks and take steps to minimize those risks and safeguard people in the event of a fire.

## Who should attend

Managers and supervisory staff who need to ensure that their organization meets its responsibilities under fire safety legislation. This course will equip duty holders to carry out fire risk assessments of most low risk workplaces and identify the range of fire protective and preventative measures required. It is therefore also suitable for people moving into fire safety adviser roles.

## Pre-requisite

This tuition unit is the 2nd unit of the Fire Safety and Risk Management certificate course (IFC1).

The first unit (IGC1) forms part-1 of the NEBOSH International General Certificate, "Management of Health and Safety", which should be completed before undertaking this course.

## Programme

This unit covers the management of health and safety in particular relation to fire safety including legal requirements. It includes principles of fire and explosion, causes and prevention of fires, fire protection in buildings and ensuring the safety of people in the event of fire. The course unit covers the following elements:

- Managing Fire Safety
- Principles of Fire and Explosion
- Causes and prevention of fires
- Fire protection in buildings
- Safety of people in the event of a fire
- Fire Risk Assessment

## Certification

NEBOSH

# MANAGING SAFELY

**Duration: 3 days**

## Objectives

Our IOSH Managing Safely training will give you a superb grounding in the practical actions you need to handle health and safety in your team.

## Who should attend

Aimed at managers and supervisors in all industries

## Pre-requisite

No pre-requisites or prior health and safety knowledge required

## Programme

The course comprises eight modules:

- Introduction and overview
- Risk assessment
- Risk control
- Health and safety legislation
- Common hazards
- Investigating accidents and incidents
- Measuring performance
- Environmental protection

## Certification

IOSH

# WORKING SAFELY

**Duration: 1 day**

## Objectives

The IOSH Working safely one-day training course is for all employees and meets the government's guidelines for introductory health and safety training and conforms to the HSE's Passport Scheme syllabus.

This course covers the responsibilities when handling resources, risk in the workplace and how safety can be improved.

## Who should attend

This course is for employees from any industry sector who have no supervisory or managerial responsibilities.

## Pre-requisite

No pre-requisites or prior health and safety knowledge required

## Programme

- Defining hazard and risk
- Identifying common hazards
- Improving safety performance
- Introducing working safely
- Protecting our environment

## Certification

IOSH

# INDUSTRIAL HYGIENE

**Duration: 4 days**

## Objectives

Fundamentals of Industrial Hygiene is an essential course to take if you are concerned about the safety, health and general well-being of your co-workers and hazards that could affect them. This is a 4 day course that develops your understanding of industrial hygiene terminology, principles and practices by examining four key processes in an effective industrial hygiene effort -- anticipation, recognition, evaluation, and control. Discussions on when to use a qualified/certified industrial hygienist are held throughout the course.

Coursework focuses on industrial hygiene hazards and controls in general industry.

Upon completion of the Fundamentals of Industrial Hygiene course, you will be able to anticipate, recognize, evaluate and control physical, chemical, ergonomic, and biological hazards within your workplace.

## Who should attend

The course is designed for safety, health, environmental, and management personnel who have industrial hygiene responsibilities, but limited training or experience in industrial hygiene.

## Prerequisite

None

## Programme

Topics include:

- Anatomy & physiology
- Toxicology
- Recognition of chemical & physical hazards
- Recognition of ergonomic & biological hazards
- Hazard evaluation
- Evaluation of chemical & biological hazards
- Evaluation of physical & ergonomic hazards
- Hazard control
- Case study
- Program planning

# PERMIT TO WORK (PTW)

**Duration: 1 day**

## Objectives

A permit to work (PTW) system ensures that formal validation and authority is given when hazardous work is to be undertaken. It ensures that all components of a safe system of work are established before high risk work commences, thereby controlling and reducing risk to individuals and the organization.

The permit to work is also a means of communication and control between site managers, site supervisors, contractors and those carrying out the hazardous work. Because of this, effective permit to work training is crucial for working safely when involved in high-risk activities.

## Who should attend

The course is aimed at the following personnel:

- Those responsible for implementing permit to work systems
- New employees selected by the organization for issuing and signing off permits to work
- Existing personnel in the organization who issue and sign off permits that require formal training

## Prerequisite

None

## Programme

By the end of the Permit to Work course, delegates will have a detailed awareness and understanding of:

- The necessity for permits to work, including high risk activities
- The function and role of a permit to work within the overall risk control framework
- The typical contents of a permit to work
- The procedure for issuing a permit to work
- The cessation and termination of a permit
- The responsibilities of the issuer and receiver of the permit
- Potential difficulties and solutions with the permit to work system

# OFFICE HEALTH & SAFETY

**Duration: 1/2 day**

## Objectives

By law, a basic knowledge of health and safety is essential for all employees in an office environment to ensure that workplace risks are recognized and managed effectively.

This Office Health and Safety Training Course is designed to provide all office workers with adequate health and safety information to ensure safe working. Whilst working in an office environment may present less risk of injury than other sectors, the office environment can still pose a number of hazards. The objective of this course is:

- ✓ To familiarize workers with specific hazards and safe systems of work in the office environment
- ✓ To ensure a clear understanding of the responsibilities that workers should have under existing health and safety legislation
- ✓ To commit workers to the organization's health and safety aims and objectives

## Who should attend

By law, employers, self-employed people, managers, supervisors, employees and contractors all need to take sufficient and appropriate health and safety training. This course is aimed specifically at those who work in an office environment and covers all levels of employee.

Employers have a duty to provide health and safety training and implement preventive and protective control measures for all office employees. These measures must incorporate all aspects of work, including technology, organization of work, working conditions, social relationships and the influence of factors relating to the working environment.

## Prerequisite

None

## Programme

- ➢ Introduction to Office Safety - why office safety is important, benefits of good office safety, the legal framework and employee and employer duties
- ➢ Eliminating and Reducing Hazards - how to undertake a risk assessment and accident prevention
- ➢ Workplace Hazards 1 - slips and trips, manual handling, display screen equipment (DSE) and fire
- ➢ Workplace Hazard 2 – electricity, stress, lighting, falls from height, hazardous substances and noise

# WAREHOUSE SAFETY

**Duration: 1/2 day**

## Objectives

This course aims to:

- ✓ improve participants awareness of safety in their daily activities
- ✓ to assist in the development of appropriate attitudes and knowledge to enable employees to participate in the prevention of workplace injuries and illnesses

## Who should attend

Managers, supervisors and general employees

## Prerequisite

None

## Programme

The content of the course covers various aspects of safety in warehouses including:

- Safety around forklifts and high traffic areas
- Safe storage practices
- Fire safety principles
- Working at heights
- General principles of risk management
- Responding to incidents

# CONSTRUCTION SAFETY

**Duration: 4 days**

## Objectives

Construction Safety course is among the most recognized initiatives of OSHA's primary worker training program. This course provides a more in-depth examination of workplace safety issues.

## Who should attend

The training is designed for construction foremen, superintendents and engineers, safety professionals, construction managers, plant engineers, construction inspectors and any other personnel responsible for workplace safety.

## Pre-requisite

None

## Programme

- OSHA Standards
- OSHA Act
- OSHA Recordkeeping
- Multi-Employer Worksite Issues
- Lockout/Tagout
- Confined Space Entry
- Personal Protective Equipment
- Fire Protection and Prevention
- Material Handling
- Storage, Use, Disposal
- Hand and Power Tools
- Welding & Cutting
- Scaffolding
- Fall Protection
- Cranes/Derricks
- And much, much more

## Certification

OSHA

# HSE RIG PASS

**Duration: 1 day**

## Objectives

The aims and objectives of the training are to ensure that the delegate understands or meets the basic safety orientation requirements defined by drilling-industry safety and training professionals.

This course is IADC accredited and is the initial safety awareness that any person needs to have before entering a rig location. It provides a basic understanding of how rigs operate, and focuses on all safety aspects (in general) that a new hire needs to consider.

## Who should attend

This program is designed to address the orientation training requirements for new personnel working in all Oil and Gas operating environment or area whether it is onshore/offshore.

## Pre-requisite

All delegates will be asked to complete a medical questionnaire prior to course commencement.

## Programme

Delegates will receive theoretical and practical knowledge in the following areas:

- General Safety of Employees
- Personal Protective Equipment (PPE)
- Hazard Communication and Materials Handling
- Occupational Hazard
- Specialized Work Procedures
- Fire Safety
- Materials Handling
- Health & First Aid
- Rig / Platform Environment
- Emergency Response
- Wellsite Environment Protection
- Transportation
- Water Safety
- Marine Debris
- Excavation (Trenching & Shoring)
- Pits and Ponds

## Certification

IADC DIT

# NOISE AT WORK

**Duration: 4 ½ days**

## Objectives

- ✓ Competency in Risk Assessment and Management of Noise at Work.
- ✓ Delegates gain the knowledge and confidence required to successfully identify their organization's obligations under the current regulations, assess noise at work risks and take appropriate steps if required, including the ability to judge the suitability of outsourced noise assessments.
- ✓ Delegates also learn to professionally present and maintain a noise control action plan.

## Who should attend

The course is designed for Health and safety professionals including officers and managers, or any other individual wishing to understand and implement noise measurement/noise control in accordance with current regulations.

## Prerequisite

None

## Programme

- ➢ The course explores: physical characteristics of sound and noise; occupational noise risks; noise measurement; noise control; the Control of Noise at Work Regulations 2005 and noise at work management programs.
- ➢ A practical noise measurement session is included (delegates are shuttled to a nearby industrial/manufacturing facility to gain valuable real experience - delegates must bring safety footwear, other necessary PPE is provided).
- ➢ Each delegate is issued with a course folder containing presentation notes and useful reference materials.
- ➢ Lunches and refreshments are included. All courses begin at 9.00-9.30am.
- ➢ Each delegate is issued with a noise at work report template, as used in the field by INVC Ltd Senior Acoustic Engineering Consultants.

## Certification

IOSH

# HAZARD COMMUNICATION (HAZCOM)

**Duration: 1/2 day**

## Objectives

This is a 4 hour hazard communication course that satisfies the general training requirements of OSHA's hazard communication standard 29CFR1910.1200. If this course is not tailored for participants' specific worksite, some additional training will be required at their worksite, such as what chemicals are in their work area, where Safety Data Sheets (SDSs) and the employer's written Hazcom program are located.

After completing the course, participants will be able to:

- Discuss the 5 key elements of OSHA's Hazard Communication Standard (Hazcom).
- Describe your rights under OSHA's Hazcom standard.
- Identify the new OSHA label symbols and explain what each means.
- Describe the 4 routes of entry for chemicals and give an example of a chemical known to enter the body through each.

## Who should attend

All personnel

## Pre-requisite

None

## Programme

This course is delivered in 8 sections:

- Course introduction
- Hazard Communication Standard (HCS) overview
- Review of common health effects
- Chemical overview
- Measurement and exposure limits
- Other ways of communicating hazards
- Controlling hazards
- Emergencies and first aid

## Certification

OSHA

# HAZARDOUS MATERIAL AWARENESS (HAZMAT)

**Duration: 1 day**

## Objectives

First Responder Awareness Level trained personnel are individuals who are likely to witness or discover a hazardous substance release. They are trained to initiate an emergency response sequence by notifying the proper authorities of the release. At this level, no further action beyond notifying the proper authorities of the release can be taken. First Responders at the Awareness Level shall have sufficient training or have sufficient experience to demonstrate competency.

## Who should attend

Employees who work in an area (or areas) where there is a potential to witness or discover an uncontrolled release of a hazardous substance and whose response actions will be limited to initiating emergency response procedures by notifying the proper authorities, must receive First Responder Awareness level training consistent with the legal requirements. Such employees are not limited to police, hospital, or fire department personnel, but would include any employee meeting the above description.

## Programme

- An understanding of what hazardous substances are, and the risks associated with them in an incident
- An understanding of the potential outcomes associated with an emergency created when hazardous
- substances are present
- The ability to recognize the presence of hazardous substances in an emergency
- The ability to identify the hazardous substances, if possible
- An understanding of the role of the First Responder Awareness individual in the employer's Emergency Response Plan, including Site Security and Control and the U.S. Department of Transportation's Emergency Response Guidebook (ERG)
- The ability to realize the need for additional resources, and to make appropriate notifications to the communication center

## Certification

OSHA

# HAZARDOUS MATERIALS

**Duration: 1 day**

## Objectives

To provide the participants with necessary facts and figures and to make known the protection of the interveners.

## Who should attend

All companies and institutions

## Prerequisite

None

## Programme

THEORETICAL TRAINING

- Necessary facts
- Flammability measurement (LIE – LSE)
- Flammability
- Toxicology (VME – VLE)
- Density / Solubility
- Reactivity
- Extinguishing agents
- Olfactory threshold
- Protection of the interveners
- Breathing (SCBA, CCBA, OCSCBA)
- Filtering cartridges
- Protective equipment wearing
- Different measuring apparatus
  - Catalotic
  - Carometric
  - EEx protection class marking
  - Oxygenometer
  - Toximeters

# HAZARD & OPERABILITY (HAZOP)

**Duration: 2 days**

## Objectives

The Hazard and Operability (HAZOP) course is well recognized as one of the best in the country. Our instructors have years of experience in the area of HAZOP studies. The DRILNET course is a must for all aspiring HAZOP chairpersons, HAZOP scribes and HAZOP attendees. The idea of the course is to train the attendees to become effective HAZOP team members. A well trained HAZOP attendee will add to the design safety inputs of the HAZOP team.

The objective of the course is to provide participants with the background of how process hazard analyses (PHA`s) are performed. The course explains the importance of PHA`s for existing plants and PHA`s / Hazard Reviews for changes to processes.

## Who should attend

This training is ideal for managers, operations and maintenance staff, process reliability and quality control / assurance staff and anyone who needs a general understanding of PHA`s.

## Prerequisite

None

## Programme

- Course introduction
- Regulatory requirements for risk assessment (PHA`s)
- Overview of FMEA (Failure Mode Effect Analysis)
- Overview of FTA (Fault Tree Analysis)
- Overview of HRA (Human Reliability Analysis)
- The Flixborough disaster
- HAZOP Overview
- The HAZOP Process
- Case study
- HAZOP Method
- HAZOP Recording
- Application to Continuous and Batch Processes
- Team meetings and team members responsibilities
- Making risk judgments in team settings
- Hazard recording and reporting
- Hazard studies 1-6
- Workshops will be included throughout the training

# WORK AT HEIGHT

**Duration: 2 days**

## Objectives

To allow participants to use the Personnel Protective Equipments related to falls:

- ✓ The goals are to explain the necessity of dealing with safety when working at height.
- ✓ To teach the techniques and various means of preventing falls.

## Who should attend

Any person being brought in an occasional or permanent way, to carry on their trade at height

## Prerequisite

None

## Programme

### RISKS ANALYSIS SPECIFIC TO WORK AT HEIGHT

- Problems related with work at height: regulation governing the situations of work in height and material
- Physical parameters to take into account:
  - The height of the fall
  - Fall factor
  - Force shock and energy absorption

### THE USING RULES AND THE SAFETY PRINCIPLES OF THE DIFFERENT COMPONENTS USED

- Harness: description of the various components and analyses their functions
  - Resistance, constitution, adjustments.
  - Maintenance, storage.
  - Safety harness, work positioning harness: differentiation
  - Lanyards and fall arresters: Large range: description, characteristics, advantages, drawback of each one
  - Connectors: carabiners snap hooks, manucroche...

- Application of these rules and practical applications on the site
  - The harness: implementation, adjustments.
  - Moving in the structure (horizontal and vertical)
  - Upright work positioning
  - Specific interventions

### MAINTENANCE AND STORAGE OF MATERIALS

# FALL PROTECTION

**Duration: 5 days**

## Objectives

Nearly 20 per cent of all lost time injuries can be attributed to falls in the workplace. The majority of falls occur on the same level, while others involve falls to a lower level. The latter usually resulting in more serious injuries or death. Falls are preventable. This Fall Protection Training Course will provide participants with an understanding of their responsibilities when working in areas where fall hazards exist, the use of and inspection of the required equipment and the critical controls necessary to reduce the risk of a fall.

## Who should attend

Every worker who is, or is likely to be exposed to fall hazards in the workplace.

## Prerequisite

None

## Programme

FALL PROTECTION AND FALL ARREST SYSTEMS

- Lost time injuries & statistics
- Fall Prevention versus Fall Arrest
- Travel restraints
- Fall arrest systems

GENERAL RESPONSIBILITIES

- Employers & Supervisors Workers General precautions & safe working procedures
- Fall Arrest Systems
- Anchorage or tie-off points, D plate body harness, CSA standards, D ring connecting devices, lifelines, shock absorbing lanyards, horizontal & vertical lifelines

FALL HAZARDS AND CONTROLS

- Hazards due to pendulum swings
- Planning guidelines, anchor points
- Rescue plans

INSPECTION OF EQUIPMENT

- Harness, buckles, nylon straps, webbing, friction buckles, self-retracting devices
- DONNING A HARNESS
- Step by step instructions
- Care, cleaning, life expectancy

# LIFTING & RIGGING

**Duration: 4 days**

## Objectives

To provide the participants awareness of lifting equipment and its correct safe usage.

## Who should attend

Any person being brought in an occasional or permanent way, to work with the lifting equipment

## Prerequisite

None

## Programme

- Movement of plan and equipment
- Steel erection
- Particular hoist
- Placement of pre-cast concrete
- Safety nets and static lines
- Mast climbers
- Perimeter safety screens and shutters
- Cantilevered crane loading platforms
- Rigging cranes, conveyers dredgers excavators
- Title-slabs
- Demolition
- Dual lifts
- Rigging of gin poles and sheer legs
- Flying foxes and cableways
- Guyed derricks scaffolds and fabricated hung scaffolds

## Certification

LEEA / IADC DIT

# INSPECTION OF LIFTING EQUIPMENT

**Duration: 2 days**

## Objectives

This course is designed for Operative Level employees who have a responsibility for issuing, storing, pre-use inspection, condemning or acquiring lifting equipment. "You have a duty of care to ensure your employees are competent to carry out this skill especially if you are appointing them as your responsible person.

## Who should attend

The two-day course has appeal to companies, large and small, where it is realised that a trained employee to oversee lifting equipment affords economies in time and equipment and demonstrates a company's commitment to safe working practices.

## Prerequisite

None

## Programme

The course will cover:

- The legislation related to lifting accessories
- Materials
- Lifting Accessories
- Inspection
- Visual Inspection
- Methods of Testing
- Reporting

# SCISSOR LIFT

**Duration: 1/2 day**

## Objectives

Provide participants a general understanding of the safe and efficient operation of Power Operated Mobile Work Platforms. Participants will be able to identify specific health and safety hazards associated with operating scissor lifts.

## Who should attend

Personnel involved in the work with the scissor lifts

## Prerequisite

None

## Programme

- Hazards associated with operating scissor lifts
- Outline fines & penalties for improper use of the equipment.
- Lifting device & mobile equipment definitions
- Complete review of "fall arrest" required, and recommended
- Pre-shift equipment inspection and work area survey requirements
- Review site specific Hazards, and controls for safe operation of a scissor lift
- Review safety decals, load capabilities, and specific equipment requirements

# SCAFFOLDING AWARENESS

**Duration: 1/2 day**

## Objectives

This Scaffolding Awareness training course is a half day course designed to provide participants with the appropriate information on the hazards and dangers of working at height on scaffolding.

## Who should attend

For all persons who work involves the storage, use, erection and dismantle of all scaffold types.

## Prerequisite

None

## Programme

- Breakdown of the requirements of the Safety, Health and Welfare at Work Act, 2005.
- Evaluate the implications of the General Application Regulations, 2007 Part 4: Work at Height.
- Explain the principles of scaffold erection in accordance with manufacturers instructions.
- Storage and erection of scaffolds as per manufacturer's instructions.
- Practical demonstration.

## Certification

IADC DIT

# BASIC SCAFFOLDING INSPECTION

**Duration: 2 days**

## Objectives

To give the attendees such knowledge so as to enable them to understand how to inspect basic scaffolding structures in accordance with the Work at Height Regulations.

## Who should attend

Managers & Supervisors who are responsible for inspecting scaffolds and completing reports in accordance with the Work at Height Regulations.

## Prerequisite

None

## Programme

- Introduction to Scaffolding & Scaffolding Terminology
- The Work at Height Regulations 2005
- British, European and Industry Standards (NASC)
- Overview of SG4:10 Fall Arrest Equipment
- Tube, Fittings & Boards
- Safe Ladder Access and Egress
- Scaffolders Training and Working Methods
- Bracing and Tying Scaffolds
- Fan Boards and Public Protection
- Mobile, Static and Loading Towers
- Birdcage Scaffolds
- Beams and Bridging Beams
- Various Types of System Scaffolding
- How to Carry Out a Scaffolding Inspection
- Scaffold Tagging Systems
- Scaffold Inspection Exercise
- Knowledge Test

## Certification

IADC DIT

# SCAFFOLDING ERECTION & DISMANTLING

**Duration: 2 days**

## Objectives

This course is designed to develop scaffold work force of safe standards. Upon completion of this course the delegates will be able to identify the hazard in working at height, erection and dismantling of scaffold. This is also suitable for supervisor and safety professionals supervising scaffold activities.

## Who should attend

This is also suitable for supervisor and safety professionals supervising scaffold activities.

## Prerequisite

Personnel attending this course should be in a supervisory position, with some prior experience in rigging and scaffolding

## Programme

The course covers the following topics:

- Introduction to Scaffold Systems
- Scaffolding Materials & Parts
- Types of Scaffold
- Proprietary Scaffolding Requirements
- Suspended Scaffolding Requirements
- Mobile Scaffolding Requirement
- Scaffolding Regulations as per OSHA
- Erection and Dismantling
- Preparation & Formulation of Inspection Checklist
- Basic Risk Assessment on Scaffolding Safety

## Certification

OSHA / IADC DIT

# SCAFFOLDING DESIGN, ERECTION & INSPECTION

**Duration: 5 days**

## Objectives

To provide delegates with theoretical and practical guidance on the safe use and construction of tube and coupling scaffolds and the inspection of said scaffolds. Pre-fabricated aluminium scaffolds can be included in this training, provided the training can be conducted on site, with aluminium scaffolding provided by the client.

Upon completion of the course the student should be able to:

- Describe the scaffold members and fittings used in scaffold construction.
- Explain the terms used in scaffold construction.
- List the common causes of accident from working with scaffolding.
- Outline the format of a scaffold inspection.
- Perform a scaffold inspection
- Practical build, inspect and disassemble a scaffold in a safe way (Erection & Inspection).
- Compile a scaffold inspection report, a remedial report

## Who should attend

- The Course is designed for Site Supervisors, Managers and people who are responsible for inspecting and Design of scaffolds.
- Safety & Health practitioners who are responsible to coordinate plan and implement scaffolding work.

## Prerequisite

None

## Programme

- Definition of scaffolding
- Related Statutory Requirement
- Scaffold Design
- Identify the different types of basic scaffolding.
- Types of Scaffolding Independent Scaffolding (Frame, Tubular)
- Static Tower & Mobiles (Frame, Tubular)
- Putlog Scaffolding (Frame, Tubular)
- Birdcage (Frame, Tubular )
- Erection & Dismantling Requirement
- Scaffolding defects.
- Competency Requirement
- Duty, Responsibilities limitation of Competent Scaffolder.
- General Site Hazards

# SCAFFOLDING BASIC

**Duration: 3 days**

## Objectives

Providing participants with the skills and knowledge necessary for them to safely erect scaffolding to an accepted standard

## Who should attend

Those who will be in charge of the erection of a scaffolding device (Painters, deck leader, ordinary seaman)

## Prerequisite

All participants must have completed a Banksman course prior to start this course

## Programme

On completion of this activity, participants will be able to demonstrate a competence in the theory and practice of the following:

- Erect a secure scaffold in a variety of situation
- Understand loading and load characteristics of various scaffold types and systems
- Utilize a tag system to ensure control of scaffold systems
- Safely dismantle scaffolding systems
- Service and maintain scaffolding equipment

# SCAFFOLDING AUDITOR

**Duration: 1 day**

## Objectives

To provide supervisors with the necessary knowledge to inspect a scaffold system and determine its suitability for purpose, and safe loading characteristics

## Who should attend

Those who will be in charge of the control of the scaffolding device

## Prerequisite

Personnel attending this course should be in a supervisory position, with some prior experience in rigging and scaffolding

## Programme

On completion of this activity, participants will be able to demonstrate a competence in the theory and practice of the following:

- Calculate load characteristics of various scaffold systems
- Determine the correct methods of scaffold erection
- Inspect scaffold components for suitability and serviceability
- Maintain a scaffold tagging management system.
- Knowledge and practical skill required to safety erect, independent, static tower, birdcage, hanging, truss out and scaffolds for circular structures, erected from standard tube and fittings
- Recognize safety hazards in the scaffolds listed.
- Know and take the appropriate action to prevent or remedy a hazard in the scaffolds listed

# FORKLIFT

**Duration: 3 days**

## Objectives

This course aims at ensuring that, on completion, the trainee will be expected to have attained a level of operating skills which will comply with the applied standards.

## Who should attend

- This course will be beneficial to all personnel who have to operate a forklift as part of their daily duties.
- It will be especially beneficial to those who have no previous experience or have experience but require refresher training

## Prerequisite

Medical certificate and sufficient on the site job experience

## Programme

- Health and Safety at Work
- Operators safety code
- Principles of lifting
- Daily checks, battery care, hydraulic systems
- Operating, maneuvering and steering procedures
- Stacking and de-stacking loads at various height
- Loading and un-loading lorries
- Practical operations
- Assessment and correction of faults

## Certification

CACES / OSHA

# FORKLIFT OPERATOR

**Duration: 2 days**

## Objectives

The forklift operator training course is designed give new forklift operators an understanding of the physics pertaining to forklifts; to give an understanding of the seriousness of operating a forklift; and to outline the responsibilities for operating a forklift. This program specifies basic knowledge and skill requirements needed for safe operation of lift trucks and their attachments. The two day, 16-hour, training course allows participants more time on the machine to learn how to safely operate the forklift.

## Who should attend

New forklift operators who require additional practical time in order to achieve certification.

## Programme

This program is divided into five theory sections and a practical component. The practical exercise consists of maneuvering a forklift through a predetermined obstacle course while performing several functions. Course length varies on number of students and their experience but is typically 16 hours in length. A general description of the forklift operator training course outline is as follows:

- General Requirements
- Provincial Legislation
- Company Policies & Procedures
- Operating Manuals
- Lift Truck Features & Safety Equipment
- Stability
- Capacity Plate & Location
- Pre-operational Inspection
- Start-up
- Traveling with & without a Load
- Pedestrians
- Load Handling
- Ramps & Grades
- Personnel Lifting, Lowering & Supporting
- Elevators
- Workplace Specific Hazards
- Procedures for Shutdown / Leaving the Operator's Position
- Re-fuelling / Recharging
- Practical Skills Training on both a Class I, IV, V (sit down) Lift Truck and a Class II (stand up - narrow aisle) Lift Truck.

## Certification

IMI / IADC DIT

# FORKLIFT INSTRUCTOR

**Duration: 15 days**

## Objectives

At the end of training, the participant should be able to articulate, explain and transmit the content of the training program following the reference chosen to name the techniques and methods of use of forklifts, to lead a session training, to issue an opinion on the ability of a trainee to conduct security forklift.

## Who should attend

Any person called to become a forklift instructor

## Prerequisite

- Experience conducting material handling / lifting.
- Ability to speak before a small group
- Sensitivity to the principles of prevention / safety

## Programme

MODULE 1: TRAINING / CERTIFICATE (5 days)

- Safety: accidents, incidents, responsibilities.
- Regulation on the use of forklifts.
- Technology of the various categories of forklifts.
- Balance and capacity of forklifts.
- Regulatory audits required.
- Exercises and special handling.
- CACES ® Class 1, 2, 3, 4, 5 and 6 and / or CERTIFICAT OSHA 29 CFR 1910.178 Forklifts all categories

MODULE 2: CO ANIMATION STAGE (3 days)

- Animation theoretical and practical issues selected with the referent instructor.
- Summary with the referent instructor

-

MODULE 3: TECHNOLOGY AND PEDAGOGY (2 days)

- Analysis and synthesis Module 1 and 2.
- Advanced teaching:
- Deepening media.
- Teaching techniques.

MODULE 4: ANIMATION OF A STAGE (3 days)

- The applicant runs an internship under the supervision of a referent instructor.
- Analysis / Synthesis / Assessment

EVALUATION

- A continuous evaluation is conducted and a theoretical and practical sanctions issuing CACES ® R389 Cat. 1/2/3/4/5/6 and / or CERTIFICAT OSHA 29 CFR 1910.178 Forklifts all categories, a training certificate and a certificate of suitability for the forklift instructor
- Evaluation on the achievement of objectives

## Certification

CACES / OSHA

# CRANE SAFETY / CRANE OPERATOR

**Duration: 1 day**

## Objectives

This Crane Operator course has been developed for those workers tasked with crane operation, and covers the knowledge needed by a worker to safely operate a variety of different crane types, including overhead, mobile, tower, and articulating cranes. The crane operator has many responsibilities and plays an integral part in the safety of a job site where cranes are in operation. This course, will help to properly prepare an operator to do their job safely and correctly.

## Who should attend

A focused operations and safety training for operators.

## Prerequisite

None

## Programme

- Hazard Types & Recognition
- Qualifications
- Crane Components & Operations
- Construction
- Definitions
- Site Operations
- Training
- Crane Types & Classifications
- Emergency Response
- Rigging
- Inspection
- Signals
- Case Studies
- Updated Standard Subpart CC

## Certification

LEEA / OSHA / IADC DIT

# TRUCK MOUNTED CRANE

**Duration: 1 day**

## Objectives

This truck mounted crane operator training program is designed to provide folding boom truck crane and stiff boom truck crane operators with a solid foundation in:

- ✓ Health & Safety Standards
- ✓ Preventative Maintenance
- ✓ Proper Procedures for Safe Operation

## Who should attend

Personnel involved in the work with the truck mounted crane.

## Prerequisite

None

## Programme

- Safety Regulations & Standards
- Truck Mounted Crane Fundamentals
- Principles of Balance, Stability & Capacity
- Preventive Maintenance & Procedures
- Pre-Operational Inspections
- Safe Operations for Applicable Designation
- Load Control Techniques
- Rigging Orientation

# OVERHEAD CRANE

**Duration: 1 day**

## Objectives

This training module gives workers an overview of the safe operating procedures for moving loads with floor-operated overhead industrial cranes. This course covers the dangers associated with lifting and moving a load with an overhead crane, as well as safe procedures that will avoid those dangers.

## Who should attend

Personnel involved in the work with the overhead cranes

## Prerequisite

None

## Programme

- Safety Regulations & Standards
- Overhead Crane Fundamentals & Overview
- Crane Terminology
- Preventative Maintenance & Procedures
- Pre-Operational Inspections
- Crane Movements & Controls
- Load Control Techniques
- Brakes Overview
- Load Control Techniques
- Crane Start Up & Shut down
- Rigging

# MOBILE CRANE

**Duration: 1 day**

## Objectives

This Crane Operator course has been developed for those workers tasked with crane operation, and covers the knowledge needed by a worker to safely operate a mobile crane. The crane operator has many responsibilities and plays an integral part in the safety of a job site where cranes are in operation. This course will help to properly prepare an operator to do their job safely and correctly.

## Who should attend

A focused operations and safety training for operators

## Prerequisite

None

## Programme

- Crane Components
- Intro to Hydraulic Theory
- Mathematical Calculations
- Load Moment Indicator (LMI)
- Inspection Parameters
- Wire Rope
- Standard Hand Signals
- Load Charts

## Certification

LEEA / OSHA

# BANKSMAN & SLINGER

**Duration: 3 days**

## Objectives

The course will train delegates in the principles of banking a crane using hand and radio signals, in the correct slinging of different types of loads, and in the safety precautions to be taken whilst working with cranes. The course is a mix of theoretical and practical sessions, during which delegates will be required to demonstrate their level of knowledge and understanding of the training program content.

## Who should attend

People who are involved in the crane banking and the loads slinging

## Pre-requisite

Due to certain aspects of the course being physically demanding and potentially stressful, delegates will be required to confirm their medical fitness & physical ability to participate on this course by completing our centre medical self-screening form prior to course commencement

## Programme

- Relevant regulations pertaining to lifting operations
- Loads assessment (( weight and centre of gravity)
- SWLs and color coding
- Pre-use inspections on equipment to ensure safe lifting
- Slinging and securing loads
- Hand and radio signals
- Lifting equipment (e.g. slings, shackles and chains)
- Packing and stowage of containers, half heights and correct securing methods
- Safety precautions while working with cranes

## Certification

LEEA / OPITO

# LOCKOUT TAGOUT PROCEDURES (LOTO)

**Duration: 1 day**

## Objectives

During servicing and maintenance of machines and equipment, "Contact with moving machinery or object being machined" or "Contact with electricity or electric discharge" will be the potential hazard at workplace because the power source has not been controlled correctly. Lockout / Tagout (LOTO) is the primary control measure of hazardous energy in order to ensure that there is no unexpected energization, start up of the machines or equipment or release of stored energy causing employee's injury when carrying out the maintenance work.

This course aims at improving an organizations energy control system by setting out the detailed legal requirements and best operating practices needed for an effective lockout and tag out program.

Learner objectives:

- ✓ Introduction to lockout and tag out systems – energy control systems
- ✓ Legal requirements for lockout and tag out
- ✓ Identifying energy sources requiring lockouts and tag outs
- ✓ Developing energy control systems – lockout and tag out standards and procedures

## Who should attend

Target group: SHE practitioners, SHE representatives, technicians, managers and supervisors.

## Prerequisite

None

## Programme

- ➢ Scope and Application
- ➢ The Energy Control Plan
- ➢ Lockout/Tagout Training
- ➢ Lockout/Tagout Periodic Inspections

# HAND & POWER TOOLS

**Duration: 1 day**

## Objectives

To minimize the amount of accidents occurring with powered tools, and to reduce the severity of outcome with an incident

## Who should attend

Any department requiring their employees to use hand or portable tools

## Prerequisite

None

## Programme

- General Safe Work Practices
- Personal protective equipment
- Guarding
- Controls & Switches
- Hand tools
- Power tools
  - Electric power operated tools
  - Abrasive Wheels and Tools
  - Pneumatic power tools
  - Fuel powered tools
  - Hydraulic power tools
  - Power-actuated tools
  - Explosive Actuated Tools
- Medical emergency

## Certification

OSHA

# ABRASIVE WHEEL

**Duration: 1 day**

## Objectives

The aim of the Abrasive wheels training course is to enable candidates to work safely, to provide an understanding of current legislation and promote awareness of the dangers and hazards of abrasive wheels, and to offer practical steps to reduce workplace accidents and encourage workers to adopt a culture that results in a safer workplace.

## Who should attend

Our abrasive wheel training courses are suitable for all operators, managers and supervisors, who as part of their working duties select, mount, specify or use abrasive wheels.

## Pre-requisite

None

## Programme

- Provides a brief outline of the Health and Safety at Work Act
- Provision & Use of Work Equipment Regulations
- Safety in the use of abrasive wheels HSG17.
- Personal Protective Equipment Regulations
- The correct use of PPE.
- Hazards arising from use of abrasive wheels.
- Methods of marking abrasive wheels.
- Methods of storing, handling & transporting of abrasive wheels.
- Mounting procedures & precautions of abrasive wheels.
- Diamond Wheels.
- Electric and Petrol Machines.
- Safe use of the machines and equipment.
- Question papers with feedback from course delegates.
- Balancing of grinding wheels, correct method of dressing wheels.
- Adjustment of guards and rests.
- Practical exercise to include all elements of the above on bench grinders, Portable disc cutters & Grinders.
- Question papers
- Feedback from course delegates.

# WELDING SAFETY

**Duration: 1 day**

## Objectives

To minimize the amount of accidents related to the welding operations, and to reduce the severity of outcome with an incident.

## Who should attend

Any personnel involved in the welding operations

## Prerequisite

None

## Programme

- Types of Welding
- OxyFuel Welding
- Shielded Metal Arc Welding
- Types of Cutting
- Oxygen Cutting
- Arc Cutting
- Hazards of Welding
- Fire Prevention & Protection
- Special Precautions
- Protection of Personnel
- Ventilation
- Confined Spaces
- Basic Safety Guidelines

# ELECTRICITY AT WORK

**Duration: 1 day**

## Objectives

This 1 day electricity at work regulations course provides an insight into the use and application of the current legal requirements, to make the candidate aware of their duties under these regulations and the duties imposed on employers and employees.

## Who should attend

This course is highly useful to anyone who works with electricity be that an electrician or an office manager, particularly for Facilities maintenance people, existing electrical contractors, Health and Safety officers amongst many others.

## Pre-requisite

None

## Programme

- The concept of 'duty holder'
- Electrical systems, work activities and protective equipment
- The strength and capabilities of electrical equipment
- Electrical equipment in adverse or hazardous environments
- The provision of insulation, barriers, etc
- Earthing, bonding and other means of protection
- The integrity of referenced conductors
- Suitability of electrical connections
- Protection from overload and short-circuit currents
- Disconnection and isolation of circuits
- Precautions for safe isolation
- Working live
- Working space, access and lighting
- The concept of 'competence' in electrical work

# ELECTRICAL RISKS

**Duration: 1 day**

## Objectives

Spark discussion with your team on effective ways to recognize, evaluate, and avoid electrical hazards. Topics covered include personal protective equipment related to electrical safety, requirements for working on equipment, and electrical injuries such as shocks, burns, electrocutions, and falls.

## Who should attend

Personnel involved in the electricity works.

## Prerequisite

None

## Programme

- From this training session you will learn;
- What is Hazard Identification and Risk Assessment
- Who has the responsibility to perform the Hazard Identification and Risk Assessment
- Hazard Identification Process
- Risk Assessment Process
- Initial Risk Estimation
- Parameters used in Risk Estimation, (Severity, Frequency, Likelihood of Occurrence of Harm, Likelihood of Avoiding or Limiting Harm)
- Risk Reduction Strategies
- Risk Evaluation
- Risk Reduction Verification
- Documentation and Communication Process

# CHEMICALS HANDLING

**Duration: 1/2 day**

## Objectives

On completion of the workshop, participants will be able to:

- ✓ Identify personnel who are exposed to risk
- ✓ Understand the need for risk assessments recognize the hazards associated with specific chemicals
- ✓ Understand the design and function of gas cylinders
- ✓ Select appropriate personal protective equipment
- ✓ Safely handle gas cylinders and drums
- ✓ Re-assess storage facilities in line with safe working practices
- ✓ Identify unsafe working practices when working with gas control equipment
- ✓ Understand the key actions required in an emergency situation

## Who should attend

The workshop is designed for managers, supervisors, workshop personnel and engineers who either use or supervise personnel working with chemicals.

This workshop complements and builds on existing levels of experience and focuses delegates on safe working practice in line with relevant Codes of Practice and Guidance Notes.

## Pre-requisite

None

## Programme

The course consists of seven modules, each covering different aspects of the handling and storage of chemicals:

- ➢ Introduction to gases
- ➢ Gas properties (specific to your requirements)
- ➢ Gas packages
- ➢ Personal protective equipment
- ➢ Handling cylinders and drums
- ➢ Safe gas storage
- ➢ Emergency rescue situation

# CHEMICAL SPILL AWARENESS

**Duration: 1/2 day**

## Objectives

This training course covers the knowledge required to respond and manage a chemical spill.

By completing this course it is expected that employees required to mange a chemical spill in the workplace will have the necessary knowledge to safely do so.

## Who should attend

People who are required to manage chemical spills

## Pre-requisite

None

## Programme

- The hazards and associated risks
- Hazardous substances & dangerous goods (definitions)
- Technical terms
- Environmental impacts
- Exposure standards
- MSDS sections and their contained information
- Spill evaluation
- Notifications
- Site security
- Control, contain and clean-up
- Decontamination
- Incident investigation

# CHLORINE HANDLING & HAZARDS

**Duration: 1/2 day**

## Objectives

To instruct personnel on the chlorine dangers and necessary precautions

## Who should attend

Workers who are involved with the use, storage or transport of chlorine

## Pre-requisite

None

## Programme

- Basic information about chlorine in the material safety data sheet
- The hazards
- How to reduce risk
- Complying with occupational exposure limits
- The duty of suppliers
- Safe storage
- Pipe work
- Chlorine container handling
- Ventilation while working with chlorine
- Responding to leaks in chlorine cylinders and systems
- First aid

# OIL SPILL AWARENESS

**Duration: 1 day**

## Objectives

Delegates will gain an understanding of pre-spill planning, the deployment and use of equipment for oil spill clean-up operations and the importance of Health and Safety.

## Who should attend

This course is designed for all operational staff within ports, harbours, oil handling facilities, offshore personnel, local governmental authorities and environmental agencies who may form part of an oil spill response team.

## Prerequisite

None

## Programme

- Health and Safety
- Reporting procedures
- Response options
- Mechanical recovery
- Chemical dispersants
- Shoreline clean-up
- Waste segregation
- Practical deployment exercises

# GAS TESTING

**Duration: 1 day**

## Objectives

This course is designed for those who are required to work and monitor hazardous atmospheres (gas test) in the workplace. This course has theoretical and practical components that participants must successfully complete.

## Who should attend

The course is designed for all those who are required to operate gas testing equipment within the workplace.

## Pre-requisite

None

## Programme

On completion of this course, participants should be able to:

- Prepare and plan for monitoring
- Take precautions to safeguard health
- Take atmospheric readings
- Identify TWA, STEL, Peaks, IDLH atmospheres
- Follow sampling rules
- Maintain equipment
- Change sensors in the field
- Conduct bump and calibration testing of the equipment

# HYDROGEN SULFIDE (H2S)

**Duration: 1 day**

## Objectives

This course is designed for personnel who are involved with process operations where Hydrogen Sulphide may be encountered.

## Who should attend

RSTR

## Prerequisite

None

## Programme

- Respirator Fitness Physicals
- Hydrogen Sulfide Hazards and Properties (Characteristics)
- Hazards
- Properties (characteristics)
- Regulations and Emergency Procedures
- Special Health Problems
- H2S Detection - Electronic Detectors
- H2S Detection - Hand Operated Tube Detectors

# H2S AWARENESS

**Duration: 1/2 day**

## Objectives

This course will provide delegates with the additional skills, information and knowledge, along with the appropriate attitudes to enable them to identify and manage a H2S hazard, assess the risks and implement the appropriate control measures.

## Who should attend

This short course is intended for all personnel assigned to an Oil & Gas facility where gas may be present.

## Prerequisite

None

## Programme

- The properties and sources of H2S
- Toxicity levels and exposure limits
- Acute and chronic effects of exposure
- H2S effects on metals, elastomers and polymers
- H2S gas detection including fixed and portable systems, their advantages and limitations
- Respiratory protection including different types of BA, mask fit testing, cascade systems, their advantages and limitations
- Practical use of Breathing Apparatus
- H2S emergency procedures during operations
- Rescue of H2S casualties
- Detection and protection equipment overview
- Practical use of gas detection
- Site requirements
- A written test

# BASIC H2S

**Duration: 1/2 day**

## Objectives

The OPITO Basic H2S Training course provides the participant with the basic knowledge, skills and attitudes to identify, act and conduct themselves in line with Industry recognised good practice in the event of an H2S hazard or emergency. On completion of this course the candidate will be able to identify the properties and sources of H2S and Sulphur Dioxide as well as learn how to manage the risk of exposure; they will be able to operate a personal H2S monitor in accordance with the procedures; they will be able to inspect, store, don, and use the breathing apparatus supplied for training purposes, in accordance with the procedures; They will be able to identify their emergency procedures according to a management plan during an H2S emergency.

## Who should attend

This short course is intended for all personnel assigned to an Oil & Gas facility where gas may be present.

## Prerequisite

Emergency response training contains physically demanding and potentially stressful elements. All personnel who participate in such training must be medically fit and capable of participating fully. Therefore, prior to attendance candidates must be in possession of a valid offshore medical certificate or an in-date employer medical certificate.

## Programme

- What H2S gas is, where you would find it, how its formed
- Other names used to describe H2S gas
- Properties and characteristics of H2S gas
- Parts per million (ppm) as a measurement parameter
- Occupational exposure limits and toxicity levels of H2S gas
- Factors that affect exposure to H2S gas
- Different ways of measuring and detecting H2S gas
- Acute and chronic effects H2S gas has on an individual
- The role of the emergency response team in the event of an H2S emergency
- What actions are to be taken in the event of an H2S alarm activation
- The various types of portable gas detection devices and when they would be used
- How to conduct a pre-use check and how to operate the portable gas detection equipment
- Understand the various gas detection devices limitations
- The different types of breathing apparatus and what operations they are used for
- How to conduct a pre-use check and how to operate the breathing apparatus
- Understand the various breathing apparatus' limitations
- How to connect to a breathing air cascade system
- How to disconnect from a breathing air cascade system

## Certification

OPITO

# H2S BREATHING APPARATUS

**Duration: 3 days**

## Objectives

The training course aims to provide knowledge, skills, and confidence to respond appropriately to a H2S release as well as recognition of an emergency and provide the knowledge for the proper use of emergency equipment and procedures to enhance survival whenever a gas release is in place.

## Who should attend

This short course is intended for all personnel assigned to an Oil & Gas facility where gas may be present.

## Prerequisite

None

## Programme

- Introduction
- Properties of Hydrogen Sulfide
- Hazards of Hydrogen Sulfide
- Detection and Monitoring
- Emergency Alarms
- Personal Protective Equipment
- Wind Direction Indicators
- Escape Routes And Procedures
- Handling of Breathing Apparatus (Theory/Practice)
- Safety Rules and Procedures
- Closure

## Certification

IADC DIT

# FIRE AWARENESS

**Duration: 1/2 day**

## Objectives

Our fire awareness course is designed to give your staff the knowledge and confidence to act safely in the event of a fire, and to aid fire prevention in your work place.

## Who should attend

Any personnel

## Prerequisite

None

## Programme

- Recognize the cost of fire
- The role of the fire marshal
- Liaison with the fire service
- Action on discovering a fire
- Fire safety legislation
- The chemistry of fire
- Common causes of fire
- Fire safety precautions & prevention
- Fire drills and evacuation
- How to use fire extinguishers

# FIRE WATCH

**Duration: 1/2 day**

## Objectives

Every year, many workplace fires occur as a result of hot work – cutting, welding and other work that generates heat and sparks – being done without an adequate fire watch in place. Most – if not all – hot work incidents are completely preventable. A fire watch, conducted properly, is one of the most important ways to keep workers safe during hot work and prevent damage and destruction to property.

## Who should attend

This course covers the role and responsibilities of the fire watcher.

## Prerequisite

None

## Programme

- Where hot work is – and is not – permitted
- The safety precautions needed to prepare an area for hot work
- The role and responsibilities of a fire watcher
- Responsibilities of other individuals involved in hot work
- What emergency procedures need to be in place for hot work

## Certification

OSHA

# FIRE INDUCTION

**Duration: 1/2 day**

## Objectives

This course is designed to raise awareness of fire hazards in the workplace and how to act safely in the event of an emergency fire situation, including selecting and using a fire extinguisher. On completion of the course participants will understand the chemistry of fire, Identify fire hazards in the workplace, follow evacuation procedures and select and use appropriate fire fighting equipment.

## Who should attend

This course is aimed at all employees across all industry types.

## Prerequisite

None

## Programme

- Fire safety legislation
- Understanding the physics and chemistry of fire.
- Development and spread of fire.
- Action in the event of fire.
- Means of raising alarm.
- Means of summoning the fire brigade.
- Action on hearing the fire alarm.
- Evacuation procedures.
- Practical demonstration in the use of foam and CO2 fire extinguishers.

# FIRE TEAM MEMBER

**Duration: 1 day**

## Objectives

This fire team member training course is designed to equip your staff members with the skills of how to safely respond to a fire emergency under the instruction and guidance of the trained fire team leader.

## Who should attend

Employees that will be a member of a company's Fire Team that is responsible for fire safety and fighting fires.

## Prerequisite

None

## Programme

- Elements of fire – How does fire occur?
- Types of fire: There are five main types of fire namely Class A, Class B, Class C, Class D and Class K
- Fire spreads by means of Conduction, Convection and Radiation. What does that mean?
- How to extinguish a fire – Smother, Starve, Cool
- How to choose an extinguishing method – Look at the type, size and location of the fire
- What type of extinguisher to use – Dry Chemical Powder, Carbon Dioxide, Foam or Water?
- The different types of Fire hose reels
- Fire Blankets
- Safety steps before fighting a fire

-

# FIRE TEAM LEADER

**Duration: 5 days**

## Objectives

The aim of this course is to provide delegates with the necessary skills, knowledge and understanding required to lead an industrial fire team in an emergency fire or rescue situation. Individuals will benefit from the experience and knowledge of our expert instructors while undertaking practical training scenarios in hot, challenging, realistic scenarios and conditions.

## Who should attend

Designed for team leaders with a requirement to respond to and lead a team in an emergency fire or rescue situation.

## Prerequisite

None

## Programme

- Dynamic risk assessment
- Incident assessment
- Good planning and organizing
- Effective briefing and debriefing
- Effective team leadership and mentoring
- Safe use of fire-fighting equipment

# TEAM MEMBER FIRST RESPONSE

**Duration: 1 day**

## Objectives

- ✓ Make the staff responsible with Fire Fighting Company Security Policy and First Response actions waiting Fire Fighters
- ✓ Manage trainee attitude in connection with fire starting
- ✓ Identify and use right extinguisher for each fire , have the right knowledge about company safety means

## Who should attend

All companies and institutions

## Prerequisite

None

## Programme

THEORETICAL TRAINING

- ➢ Fire Triangle Elements
- ➢ Fire Classification
- ➢ Extinction materials
- ➢ Extinction Ways and Procedures

PRACTICAL TRAINING

- ➢ All kind of extinguishers Intervention on real fire (no pollution with our simulators)
- ➢ Domestic Fire
- ➢ Gas cylinder fire extinction

# TEAM MEMBER SECOND RESPONSE

**Duration: 1 day**

## Objectives

This course is designed to provide the student with the knowledge and training to use fire fighting equipment and operate efficiently as a unit.

## Who should attend

All Companies and Institutions

## Prerequisite

None

## Programme

THEORETICAL TRAINING

- Classifications of fire
- Proper types of extinguishing agents
- Preparing and entering an incident area
- Locate missing personnel
- Handle and remove casualties
- SCBA
- Maintaining communications

PRACTICAL TRAINING

- Types of fire extinguishers
- Foam Systems
- Fixed fire fighting systems
- Flammable liquid fires
- SCBA
- Heat & smoke
- Evacuation techniques
- Fire security chain

# FIRE MARSHAL / WARDEN

**Duration: 1/2 day**

## Objectives

This half-day fire marshal training course covers the role of the designated fire marshal (fire warden). You will learn about preventing fires and learn about the different types of fire extinguisher and how to use them correctly. The course will present an understanding of fire regulations and general fire precautions.

## Who should attend

This course is suitable for:

- those who are responsible for overseeing fire safety
- designated fire marshals
- anyone who needs to know how to use a fire extinguisher.

## Prerequisite

None

## Programme

- Action on discovering a fire
- Common causes of fire
- Fire drills and evacuation
- Fire safety legislation
- Fire safety precautions
- The chemistry of fire
- The role of fire marshal
- Using fire extinguishers

# COMMAND & CONTROL FIRE FIGHTING

**Duration: 3 days**

## Objectives

This course covers the strategy and tactics of fire fighting from the point of view of the senior officer.

This is an active course with theory and practical input for all leaders or potential leaders that may be required to take action in the event of fire or related incidents. Our aim is to give participants a greater awareness of leadership and the need for control on the fire ground.

## Who should attend

Individuals who have responsibility to command incidents within their jurisdiction, company officers, and/or newly appointed officers. Additionally, individuals who are upwardly mobile in their organizations may be considered.

## Prerequisite

Open to all but students must be physically fit and able to undertake all aspects of this training.

## Programme

A mixture of practical based exercises and classroom input:

- Incident sizing and assessment
- Crew allocation and briefing
- Dynamic risk assessment
- Planning and co-ordination
- Liaison
- Leadership

# CONFINED SPACES

**Duration: 1 day**

## Objectives

The overall objective of this training is to protect those entering or working around a confined space. In this course you will learn the physical, chemical, and biological principles related to safe working with confined spaces.

## Who should attend

Personnel working in or around confined spaces

## Prerequisite

None

## Programme

CONFINED SPACE INTRODUCTION & REGULATIONS

HAZARDS OF A CONFINED SPACE

PRE-ENTRY REQUIREMENTS

- Confined Space Program
- Hazard Assessment & the Entry Plan
- Training Requirements & Record Keeping

ENTERING A CONFINED SPACE

- The Entry Permit & On-site Rescue
- Energy / Materials Isolation & Control
- Atmospheric Safety & Ventilation

INTERACTIVE EXERCISES, TESTS

## Certification

OSHA

# SELF CONTAINED BREATHING APPARATUS

**Duration: 2 days**

## Objectives

This training allows participants to maintain proficiency in using SCBA, so that its use becomes second nature when operating on the fire ground.

## Who should attend

All Companies and Institutions staff

## Prerequisite

None

## Programme

- Breathing Apparatus presentation
- Breathing psychology
- Assessment and Prevention Professional Risk
- Debriefing
- Outside intervention without SCBA
- Confined space intervention
- In line weight transport / scaffold assembling
- Low density foam full space SCBA intervention Daily debriefing
- SCBA intervention in cloud smoke
- Incident on piping
- Work with bridle, work on leak …
- Pit Entry / Exit
- Manhole Entry / Exit
- Climb up / down escape ladder
- Hot CO2 atmosphere SCBA Intervention

# FIRE EXTINGUISHER

**Duration: 1/2 day**

## Objectives

This program provides the basic introduction to fire extinguishers. There are multiple correct ways to perform services and each company may use particular methods. Some of these include: onsite service using specially equipped service vehicles, onsite service for annual maintenance only while other service work is performed in the shop, or other than annual maintenance the extinguishers are "swapped out" using an exchange program.

## Who should attend

Any personnel

## Prerequisite

None

## Programme

These training courses consist of both theory and practical training. The participants will have:

- Understanding of relevant state fire safety regulations
- Understanding of the theory of fire, classes of fire and fire extinguishing techniques
- Use of Fire Extinguishers, Fire Blankets and Fire Hose reels.
- Experience in extinguishing fires with fire equipment (live hot fires)

# FIRE FIGHTING ON THE RIG

**Duration: 1 day**

## Objectives

This training course helps to identify appropriate employee behaviour while on the rig, the many pieces of safety equipment, safe transportation to and from a rig, operations and equipment, first aid, and the proper response to an emergency.

## Who should attend

Drilling Companies staff

## Prerequisite

None

## Programme

THEORETICAL TRAINING

- On-the-rig fires classification
- Giving the alarm
- Organization of safety conditions for people and goods
- Intervention tactics and methods
- Using of intervention equipment
- Safety regulations
- Work safety (first aid)
- Combustion
- Fires classification
- Extinguishers
- Evacuation rules

PRACTICAL TRAINING

- Exercises on real fires
- Fire extinguishers types
- Self-contained breathing apparatus wearing
- Practical exercises

# INDUSTRIAL FIRES

**Duration: 1 day**

## Objectives

To provide the participants with knowledge in fire fighting in industrial field: life-saving, safety regulations, reading evacuation plan, using equipment, anticipating evacuation risks.

## Who should attend

All companies and institutions staff

## Prerequisite

None

## Programme

THEORETICAL TRAINING

- Combustion
- Fire safety chain
- Fire fighting equipment
- Fires classification
- Evacuation

PRACTICAL TRAINING

- Extinction of under-floor fire
- Detection and neutralization of gas leak
- Flares stacks fires
- Gas flanges fires
- Gutter fires
- Use of variable flow fire hoses
- Use of foam jets

# URBAN FIRES

**Duration: 1 day**

## Objectives

To provide the participants with knowledge in fire fighting in urban environment: life-saving, using equipment, anticipating evacuation risks, extinction means, rescue course, courses in smoky and hot environment.

## Who should attend

All companies and institutions

## Prerequisite

None

## Programme

THEORETICAL TRAINING

- Combustion
- Fire safety chain
- Fire fighting equipment
- Fires classification
- Danger of vehicles

PRACTICAL TRAINING

- Fire fighting in closed premises using fire extinguishers
- Fire fighting in closed premises wearing SCBA
- Use of smog cane
- Fire fighting in technical premises
- Use of variable flow fire hoses on dry pillar
- Use of variable flow fire hoses outside
- Extinction of vehicle fire
- Use of foam jets

# ROAD & TRAIN FIRES

**Duration: 1 day**

## Objectives

To provide the participants with knowledge of road and train fires: intervention equipment, giving the alarm, organization of safety conditions for people and goods, specific risks of tank fire.

## Who should attend

All Companies and Institutions staff.

## Prerequisite

None

## Programme

THEORETICAL TRAINING

- Combustion
- Fire safety chain
- Unconfined Vapor Cloud Explosion
- Flash over
- Boil over

PRACTICAL TRAINING

- Application on the real fires
- SCBA wearing
- Use of smog cane

# FIRST AID

**Duration: 3 days**

## Objectives

In addition to the topics covered on an emergency first aid at work course, on completion of training, successful candidates will be able to administer first aid to a casualty, recognize the presence of major illnesses and provide appropriate first aid.

## Who should attend

This course is ideal for higher or advanced level hazards (e.g. construction, manufacturing or chemical plants) or where your needs assessment identifies a requirement to provide additional training, covering a broad syllabus including the recognition and treatment of a wider range of conditions.

## Prerequisite

None

## Programme

EMERGENCY FIRST AID AT WORK COURSE

FIRST AID TO A CASUALTY

- Injuries to bones, muscles and joints, including suspected spinal injuries
- Chest injuries
- Eye injuries
- Sudden poisoning
- Anaphylactic shock

FIRST AID WHILE ILLNESS

- Heart attack
- Stroke,
- Epilepsy
- Asthma
- Diabetes

## Certification

RED CROSS INTERNATIONAL

# FIRST AID RENEWING COURSE

**Duration: 2 days**

## Objectives

- Getting knowledge to protect and rescue all company staff,
- Waiting for Medical Support in safe condition for the victim.

## Who should attend

All companies and institutions staff

## Prerequisite

None

## Programme

GENERAL

- Accidents related with on site activities
- Prevention goals
- First Aid team member task

RISK IDENTIFICATION

- Electric risk, fire or explosion risk, collapsing risk , breathing risk
- Preventive measures implementation.

VICTIM EXAMINATION

- Victim examination
- What and how to prevent?

RESCUE

- Needed examination
- First aid and making good safety gesture
- Getting stable conditions.

SPECIFIC RISKS

- Attitude control in accident simulation:
- Knowledge examination according DRP 26/2001

## Certification

RED CROSS INTERNATIONAL

# BASIC LIFE SUPPORT (BLS)

**Duration: 1 day**

## Objectives

This course can be adapted to suit a variety of audiences, from the complete novice to those who are skilled but feel their resuscitation skills need updating.

The training includes the necessary theory followed by lots of practical "hands-on" practice to build confidence.

## Who should attend

Any personnel

## Prerequisite

None

## Programme

- The Theory of Resuscitation
- Incident Management
- Basic Life Support
- Recovery Position

## Certification

EFR

# GESTURES & POSTURES (PRAP)

**Duration: 1/2 day**

## Objectives

Can back pain be efficiently prevented? Can the considerable financial loss it represents for companies be significantly reduced? Yes, by providing your employees with an ergonomic awareness training program which will teach them how to acquire correct gestures and postures.

## Who should attend

This course is aimed at all employees across all industry types.

## Prerequisite

None

## Programme

- Back bone physiology
- The origin of back pain
- The good gestures and postures, adapted to a work station
- Exercises to strengthen the back

# CASUALTY MOVEMENT / STRETCHERING

**Duration: 3 days**

## Objectives

To make known how to move a casualty, the first step being the casualty lifting and using different types of stretchers.

## Who should attend

All companies and institutions staff

## Prerequisite

None

## Programme

- Real-life situations exercises
- Use of a corset evacuation corset
- Use of standard shafts
- Roll-and-lift method, or "spoon" lifting
- The Dutch bridge
- Casualty moving by 2 persons
- Casualty moving by 4 persons
- Casualty moving by narrow passages

# SAFETY TEAM MEMBER

**Duration: 2 days**

## Objectives

Acquire necessary knowledge to protect and to provide first aid to any person in the company.

## Who should attend

This course is aimed at all employees across all industry types.

## Prerequisite

None

## Programme

- Industry accidents
- Risks prevention
- Identification and cancellation  of sources of risk
- Role of safety team member
- Casualty assistance
- Casualty examination
- Protect / Alert / Secure
- Simple reflexes and vital Gestures
- First aid

# ENVIRONMENTAL AWARENESS

**Duration: 1 day**

## Objectives

This one-day IEMA Environmental Awareness course will tell you why environment matters to your organisation and provide introduction to environmental legislation and how environmental management systems will meet the requirements of your customers.

## Who should attend

Those that have responsibility for:

- developing the environment strategy and want to understand the resource and time requirements
- implementing environmental management at their site and want a quick introduction have responsibility for to get started before enrolling on a longer course
- are members of the environmental steering group on site
- are a direct report who manages environment
- are responsible for a specific environmental function e.g. waste or are a member of a HS&E team

## Prerequisite

None

## Programme

- Environmental issues
- Environmental legislation
- Environmental Management Systems

## Certification

ERWDA

# ENVIRONMENTAL AUDITING

**Duration: 5 days**

## Objectives

Become a leading environmental auditor with our ISO 14001 Lead Auditor Training Course and gain a qualification which will contribute towards the auditor registration of the Institute of Environmental Management and Assessment (IEMA) or *Environmental Research & Wildlife Development Agency (ERWDA).

Get the right training to guide your organisation to environmental management excellence. As lead auditor you will remain at the forefront of EMS strategy and will drive efficiency in line with ISO 14001. You can play a pivotal role in ensuring your organisation is committed to environmental best practice. Work with EMS training professionals during this five-day course to understand how to keep pace with developments in environmental management systems. Consolidate your auditing skills through interactive sessions, role play and workshops where real life case studies make learning relevant.

## Who should attend

- Those who want to lead compliance in line with ISO 14001/EMAS standards
- Existing auditors of quality systems and safety management systems
- Organizations seeking ISO 14001 certification

## Prerequisite

None

## Programme

- Consolidate ISO 14001 environmental management knowledge
- Conduct and lead effective audits in line with ISO 14001
- Lead and manage audit teams and processes
- Improve analytical and reporting skills

## Certification

IEMA / ERWDA

# INTRODUCTION TO WASTE MANAGEMENT & POLLUTION CONTROL

**Duration: 1 day**

## Objectives

This course is designed to meet the needs of personnel who have responsibility for pollution control and waste management on construction sites. The course aims to introduce an awareness and understanding of environmental aspects and waste issues in relation to construction activities and how to approach responsible site management. The course will deal legal responsibilities for pollution control and waste management with practical advice and best practice to reduce environmental risk and manage waste arising and waste contracts. A certificate of attendance will be issued. The course provides further insight into preparing a site waste management plan and methods for pollution control.

## Who should attend

The course caters for Site Managers; Foreman; Project Supervisors Construction Stage; Main Contractors, Safety Officers, who have responsibility for site management.

## Prerequisite

None

## Programme

- Introduction- Course Outline and Content
- Waste Arising and Issues in Ireland
- Legal Responsibilities for Waste at Construction Sites
- Practical Site Waste Management
- Waste Management Case Study (Q&A)
- Introduction to Site Environmental Awareness
- Practical Pollution Prevention
- Legal Responsibilities for Pollution Prevention
- How to be a good Neighbor
- Overview of Site Compliance and Reporting
- Q&A Session

## Certification

ERWDA

# WASTE MANAGEMENT ON LAND

**Duration: 2 days**

## Objectives

The topics presented provide with the necessary knowledge and information to successfully manage waste on land.

## Who should attend

The course caters for Site Managers; Foreman; Project Supervisors Construction Stage; Main Contractors, Safety Officers, who have responsibility for site management..

## Prerequisite

None

## Programme

ORIENTATION, BACKGROUND AND INTRODUCTION
- Acronyms, definitions and terminology
- Legislation, regulations, by-laws and safety, health and environment
- Overview: minimum requirements

INTEGRATED PLANNING OF WASTE OPERATIONS AND SYSTEMS
- Integrated waste management planning and the IDP
- National waste management strategy and implementation
- Full cost analysis for waste management planning and operations
- Industry waste management plans
- Waste information and systems management

COLLECTION TRANSFER AND TRANSPORT OF WASTE
- Management of waste at the point of generation
- Collection of waste
- Transfer of waste
- Transportation of waste

WASTE MINIMIZATION, TREATMENT AND DISPOSAL OF WASTE
- Public participation and involvement
- Treatment options for waste management
- Thermal treatment of waste
- Volume reduction by shredding and composting
- Land filling of waste

EVALUATION AND IMPLEMENTATION OF SERVICE DELIVERY
- Different approaches towards the rendering of services
- Basic management techniques
- Central versus regional delivery of service
- Procurement and tendering

## Certification

ERWDA

# WASTE MANAGEMENT AT SEA

**Duration: 2 days**

## Objectives

The topics presented provide with the necessary knowledge and information to successfully manage waste at sea.

## Who should attend

The course caters for Site Managers; Foreman; Project Supervisors Construction Stage; Main Contractors, Safety Officers, who have responsibility for site management..

## Prerequisite

None

## Programme

ORIENTATION, BACKGROUND AND INTRODUCTION
- Acronyms, definitions and terminology
- Legislation, regulations, by-laws and safety, health and environment
- Overview: minimum requirements

INTEGRATED PLANNING OF WASTE OPERATIONS AND SYSTEMS
- Integrated waste management planning and the IDP
- National waste management strategy and implementation
- Full cost analysis for waste management planning and operations
- Industry waste management plans
- Waste information and systems management

COLLECTION TRANSFER AND TRANSPORT OF WASTE
- Management of waste at the point of generation
- Collection of waste
- Transfer of waste
- Transportation of waste

WASTE MINIMIZATION, TREATMENT AND DISPOSAL OF WASTE
- Public participation and involvement
- Treatment options for waste management
- Thermal treatment of waste
- Volume reduction by shredding and composting
- Sea filling of waste

EVALUATION AND IMPLEMENTATION OF SERVICE DELIVERY
- Different approaches towards the rendering of services
- Basic management techniques
- Central versus regional delivery of service
- Procurement and tendering

## Certification

ERWDA

# DESERT DRIVING

**Duration: 1 day**

## Objectives

This is a full day Desert Driving course that will teach you how to handle a 4X4 vehicle in the breathtaking desert's of Dubai. You will be in safe hands whilst gaining your new skill; you will be at the wheel as you gain new skills and knowledge to venture safely off-road. Basic mechanical knowledge of a 4X4 vehicle is fundamental to understanding and exploiting its maximum capability and performance.

Learn about the topography of the desert and situations you are likely to find yourself in while off-roading .Deserts can be hot spots for trouble! Find out proven techniques to stay safe and keep your cool! Survival is all important in the desert and we give you hints and tips on an array of topics to ensure you stay on top of a situation you could find yourself in!

## Who should attend

It is designed for drivers of all levels of experience

## Prerequisite

Current valid licence is required

## Programme

- Introduction
- Risks, lows & personal vehicles
- Components of the highway transportation system
- Safety equipment and transportation system
- Pre-check, driver position & mirrors
- Visual strategy & creating space
- Communication
- Basic speed law & driving emergencies

## Certification

IMI

# BASIC DESERT SURVIVAL SKILLS

**Duration: 2 days**

## Objectives

This workshop will provide an introduction to desert survival basics and facets of ecology unique to the desert. Relying on classroom lecture and slideshows, students will become familiar with desert skills such as emergency shelters, water location, signal mirror practice, overview of heat-related injuries, and survival kits for car and backpack.

This comprehensive course will offer a solid foundation in the field skills involved in handling a desert survival situation. This is a non-overnight course which utilizes a combination of classroom lecture, hands-on fieldwork, and group activities.

## Who should attend

Our abrasive wheel training courses are suitable for all operators, managers and supervisors, who as part of their working duties select, mount, specify or use abrasive wheels.

## Pre-requisite

None

## Programme

- Survival psychology
- Heat-related injuries
- Natural and improvised shelters
- Water location and procurement
- Signaling methods
- Fire making skills
- Edible and poisonous plants
- Desert hazards such as snakes
- Scorpions
- Flash floods

# DEFENSIVE DRIVING

**Duration: 1/2 day**

## Objectives

- ✓ The principles of Defensive Driving - how to minimize risks and improve driver's safety margin
- ✓ Hazard Detection - the technique and skill of reading ahead and identifying hazards
- ✓ Understanding the limitations of relying on emergency control skills
- ✓ LOOK UP. STAY BACK - the two behaviors that will halve your crash risk
- ✓ Vehicle safety - checklist, driving position, tyres and pressures
- ✓ Practical Activities - understanding the relationship between reaction time, speed and stopping distances
- ✓ Vehicle dynamics - understanding what causes skids and vehicle instability
- ✓ Key road laws - how much can you rely on road laws to keep you safe - practical interpretation
- ✓ All practical training conducted at suburban speeds.

## Who should attend

It is designed for drivers of all levels of experience

## Prerequisite

Current valid licence is required

## Programme

- ➢ Introduction
- ➢ Risks, lows & personal vehicles
- ➢ Components of the highway transportation system
- ➢ Safety equipment and transportation system
- ➢ Pre-check, driver position & mirrors
- ➢ Visual strategy & creating space
- ➢ Communication
- ➢ Basic speed law & driving emergencies

## Certification

IMI / IADC DIT

***This training can be delivered specifically for light or heavy goods vehicles, off-road or on-road***