



Training courses offered

1) FIRST AID LEVEL 1

It is a legal requirement for every office, workshop, construction site or any place of business to have a certified first aider on duty. The number of first aiders depends on the number of employees on the site. 1 for every 100 employees, however a backup is recommended in the event that the person is absent from work.

This course covers the following:

Personal Protective Equipment and Clothing, First Aid Kits and Equipment:
Approaching an Accident Scene, treating a Collapsed Person, Rescue Breathing, CPR, Choking
Drowning Shock, Unconsciousness Fainting:
Wounds & Control of Bleeding, Fractures, Sprains & Dislocations, Head Injuries, Neck and Spinal
Injuries, Lifting and Carrying a Patient, Burns, Electrocution, Smoke, Chemicals and Poisons,
Bites and Stings, Eyes
Heart Diseases, Angina, Heart Attack, Stroke, Diabetes, Asthma, Seizures, Epilepsy

2) FIRE FIGHTING LEVEL 1

The law in **South Africa** stipulates that at least 1 out of 50 employees in an organization must have basic firefighting skills. In the event of a fire, there will be someone who is trained and knows how to react without causing panic. **Employers need to ensure that all employees know what to do in the case of a fire.**

This course covers the following:

Chemistry of fire: Theory of fire prevention: Theory of fire protection: Theory of firefighting:
Theory of emergency planning: Responding to an emergency: Fire inspections: Registers &
checklists: Reporting the findings. Evacuation plans, fire and evacuation plans.

3) OHS LEGAL LIABILITY

This course deals with all the legal requirements of the employer and employee with respect to the legislation in the occupational health and safety act. **This course is a legal requirement by management within an organization**

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4) **SAFETY REP**

According to section 17 of the OHS Act, shops and offices must have at least **1 representative** for every 100 workers

This course covers the following

- Conduct health and safety audits.
- Identify potential hazards, risks and dangers.
- Investigate incidents.
- Make recommendations regarding health and safety.
- Conduct inspections.
- Attend health and safety committee meetings.

5) **HIRA (Hazard Identification and risk Assessment)**

This course is for learners who have to demonstrate the ability to conduct a risk assessment in the workplace. The course will enable the learner to prepare and conduct a risk assessment as well as, initiate remedial actions for hazards identified and risks assessed.

6) **INCIDENT INVESTIGATION**

Incident investigation is normally performed to find out what happened, why it happened, and to prevent it from happening again, as is demonstrated through the stipulations of the Occupational Health and Safety Act.

This course covers the following:

- The 4 Stages of an Incident Investigation
- Preserve and Document the Incident Scene. An incident investigator's first priority should be to ensure that the incident site is safe and secure.
- Collecting Information, and Interviewing witnesses.
- Determine Root Causes.
- Implement Corrective Actions.



7) **WORKING AT HEIGHTS**

As per the regulations, any work at height of 1.8 meter or more from the ground level or floor. Elevated working positions where the hazard of a fall exists and where there is no physical protection such as handrails. All staff working at height have to be trained and certified.

This course covers the following:

- Working @ Height
- Working @ Heights Team
- Hazard Identification & Risk Assessment
- Fall Protection Plan
- Fall Protection System
- Fall Protection Access
- Fall Protection Ladders & Stepladders
- Fall Protection Roof Work
- Fall Protection Scaffolds & Platforms
- Fall Protection Mechanical Access Equipment
- Basic Fall ARREST Technician
- Fall ARREST System
- Fall ARREST Anchorage
- Fall ARREST Lifelines
- Fall ARREST Equipment
- Rescue Plan
- Reporting Incidents