



## OCCUPATIONAL HEALTH & SAFETY COURSE

### AVAILABLE COURSES

- Safe Mobile Crane Operation Assessment Course.
- Safe Overhead Crane Operation Assessment Course.
- Safe Tower Crane Operation Assessment Course.
- Safe Forklift Operation Assessment Course.
- Safe Scissor Lift Operation Assessment Course.
- Safe Boom Lift Operation Assessment Course.
- Safe Earth moving Equipment Operation Assessment Course.
- Safe Rigging & Slings Assessment Course.
- Safe Scaffolders Assessment Course.
- Safe Confined Space Entry, Emergency and Rescue.
- Safe Cradle Operation Assessment Course.
- Basic First Aid – AHA.
- Fire Fighting Training.
- Risk Assessment Course.
- Emergency Response Preparedness Course.
- OSH (Construction Work Site safety)
- Chemical Spill Safety & Management Course

### INTRODUCTION:

The OHS training program aims to give individuals a broad overview of occupational health & safety policy, procedure and practices employed at workplaces and an understanding of their safety responsibilities. The objective of this course is to raise awareness and provide support to all industries (construction, oil & gas and others etc.) for the methods of Occupational Health & Safety and how to implement them successfully.

### BENEFITS OF COURSE:

After completing the training successfully, the delegates will be able to acquire the following practical knowledge & skills; Understanding of the different types of hazards, EME, Lifting Equipment, MWEP, and confined space safety management. International and local legislation to protect workers expose to the work site hazards, mitigation & minimizing the risk involve in their daily job.

### COURSE CONTENT:

- Introduction
- Roles & Responsibilities
- General Safety Rules
- Potential Hazards for workers in construction
- Scaffolds and Aerial Lifts
- Slips, Trips, and Fall Hazards
- Fall Protection
- Working with Electricity
- Lockout/Tagout Procedures
- Forklift Safety
- Excavation and Trenching Safety
- Cranes and Rigging Safety
- Powered Industrial Trucks
- Vehicle Safety
- Forklift Safety
- Excessive Noise
- Radiation Hazard
- Exposure to Hazardous Chemicals
- Confined Spaces in Construction
- Personal Protective Equipment (PPE)

### COURSE DURATION:

02 days – Theory class, workshop,

### PRE-REQUISITES:

Familiarity with construction site activities is required for course attendees.

### PARTICIPANTS:

Max. 15 – Min. 05

### COURSE VENUE:

Courses are held at RICI Training centre but alternatively can be held at client's premises and tailored for client needs and convenience. For tailored courses, the number of participants will be dependent on facilities available.

### DELEGATE ASSESSMENT:

Delegates will be assessed based on their progress throughout the course and a certificate of competence will be issued to delegates deemed to have achieved a satisfactory standard.