



**Health and Safety
Training Proposal**



First Aid

Level 1	FA1	R700.00
Level 2	FA2	R1020.00
Level 3	FA3	R3200.00

Fire Fighting

Basic Fire Fighting	FF1	R700.00
Fire Marshall	FF2	R700.00
Advanced Fire Fighting	FF3	R2200.00

Occupational Health and Safety

Health and Safety Representative	HS1	R800.00
Basic Health and Safety Induction	HS2	R800.00
General Health and Safety	HS3	R800.00
Occupational Health and Safety and Compensation Act	HS4	R850.00
Accident/ Incident Investigation	HS5	R800.00
Health and Safety for Supervisors	HS6	R1100.00
Risk Assessment (HIRA)	HS7	R965.00
Emergency Evacuation Procedures	HS8	R700.00

Course FA1 – First Aid Level 1

Cost excl. VAT

Course Content

Principles of emergency care, safety and emergency scene management
Artificial respirations
One person CPR
Airway obstruction
Wounds and bleeding

Shock, unconsciousness and fainting
Fractures and splinting
Burns
Head and spinal injuries
Practical demonstrations and participation by each learner in the practical exercises



Course FA2 – First Aid Level 2

Cost excl. VAT

Course Content

Principles of emergency care, safety and emergency scene management
Artificial respirations
One person CPR
Airway obstruction
Wounds and bleeding
Shock, unconsciousness and fainting
Fractures and splinting
Burns
Head and spinal injuries

Chest, hand and eye injuries
Multiple injury management
Environmental illnesses
Poisoning, bites and stings
Chest pain and paralyses
Fits/ Epilepsy
Management of soft tissue injuries
Foreign object management
Practical demonstrations and participation by each learner in the practical exercises



Course FA3 – First Aid Level 3

Cost excl. VAT

Course Content

Principles of emergency care, safety and emergency scene management
Artificial respirations
One person CPR
Airway obstruction
Wounds and bleeding
Shock, unconsciousness and fainting
Fractures and splinting
Burns
Head and spinal injuries
Chest, hand and eye injuries

Multiple injury management
Environmental illnesses
Poisoning, bites and stings
Chest pain and paralyse
Fits/ Epilepsy
Management of soft tissue injuries
Foreign object management
Emergency childbirth
Water related emergencies
Practical demonstrations and participation by each learner in the practical exercises



Course FF1 - Basic Fire Fighting

Cost excl. VAT

Course Content

Fire Introduction

Giving Warning of a Fire

The Burning Process The Fire Tetrahedron

Classes of Fire

PPE

Extinguishing Mediums and Extinguishers

Fire Equipment Requirements

Methods of Operation

Operating Procedure

Care and Maintenance of fire Equipment

How Fire Spreads Fire Prevention Fire Hose Reels

Fire Buckets

Fire Blankets

Getting Out Alive

Lifting and Carrying Techniques



Course FF2 – Fire Marshall

Cost excl. VAT

Course Content

Fire Introduction

Giving Warning of a Fire

The Burning Process The Fire Tetrahedron

Classes of Fire

PPE

Extinguishing Mediums and Extinguishers

Fire Equipment Requirements

Methods of Operation

Operating Procedure

Care and Maintenance of fire Equipment

How Fire Spreads Fire Prevention Fire Hose Reels

Fire Buckets

Fire Blankets

Getting Out Alive

Lifting and Carrying Techniques

Fire suppression with extinguishers and hoses
(practical exercises)



Course FF3 – Advanced Fire Fighting

Cost excl. VAT

Course Content

Fire Introduction
Giving Warning of a Fire
The Burning Process The Fire Tetrahedron
Classes of Fire
PPE
Extinguishing Mediums and Extinguishers
Fire Equipment Requirements Methods of
Operation Operating Procedure
Care and Maintenance of fire Equipment
How Fire Spreads

Fire Prevention Fire Hose Reels Fire Buckets Fire
Blankets
Getting Out Alive
Lifting and Carrying Techniques
Fire suppression with extinguishers and hoses
(practical exercises) Automatic Sprinkler Systems
Fire Prevention Principles and Techniques



Course HS1 – Health and Safety Representative

Cost excl. VAT

Course Content

Introduction to health and safety

Legislative history

The constitution

Understanding the Act and regulations

Department of labour/legislation Important sections of the Act

The health and safety representative role and responsibility

Incident and accident investigations

Explain the specified requirements to conduct health and safety representation activities at a working place

Describe the legislative framework of workplace health and safety legislation, legislation pertaining to health and safety representatives, and the effect on the duties of health and safety representatives of health and safety legislation

Participate in activities within health and safety structures

Participate in the corrective actions to address health and safety related issues/ concerns

Participate in OHS workplace inspections for working areas

Participate in OHS Committee duties/ functions



Course HS2 – Basic Health and Safety Induction

Cost excl. VAT

Course Content

Health and safety legislation

Risk assessment

Personal hygiene

Housekeeping

Environmental awareness

Aids Awareness

Ergonomics

Material handling

Stacking and storage

Personal protective equipment (PPE)

Signs and notices



Course HS3 – General Health and Safety

Cost excl. VAT

Course Content

Introduction to health and safety
Legislative history
The Constitution
Understanding the Act and regulations
Department of Labour/Legislation
Important sections of the Act
Employer health and safety duties
Employee health and safety duties

Ergonomics
Your health and safety representative
Incidents and accidents in the workplace
The health and safety team
Health and safety signage
Emergency evacuations



Course HS4 – Occupational Health and Safety and Compensation Act

Cost excl. VAT

Course Content

Introduction to health and safety

Legislative history

The constitution

Understanding the Act and regulations

Department of Labour/legislation

Important sections in the Act

OHS Act and regulations

Overview of Compensation for Occupational

Injuries and Disease (COID) Act

Additional information

Review OHS Act 85 of 1993 with reference to certain sections and regulations

Demonstrate knowledge and understanding of Acts and sections of legislation, that pertain to injury and diseases in the workplace by explaining their requirements

Explain both legislative requirements and company procedures and the consequences of not following them correctly, resulting in delays and non-conformances

Describe the compensation procedure



Course HS5 – Accident/ Incident Investigation

Cost excl. VAT

Course Content

Introduction to health and safety

Legislative history

The Constitution

Understanding the Act and regulations

Department of Labour/legislation Important sections in the Act

Introduction to incident and accident

investigation Incident and accident

investigation process

Additional information

Describing requirements to conducting preliminary investigations into accidents

Approaches and methods to investigations

Gathering, recording and reporting data investigations that are accurate

Discuss the appropriate needs for investigating an accident or incident at the workplace, involving injury to persons or damage to property

Accumulate data, interviewing people regarding accidents and incidents in the workplace



Course HS6 – Health and Safety for Supervisors

Cost excl. VAT

Course Content

Introduction to health and safety

Legislative history

The constitution

Understanding the Act and regulations

Department of Labour/legislation Important sections in the Act

OHS Act regulations

Health and safety representative

Introduction to incident and accident investigation

Incident and accident investigation process

Incident and accident general information

Introduction to risk assessment

Risk assessment process

Additional information



Course HS7 – Risk Assessment

Cost excl. VAT

Course Content

Introduction to health and safety

Legislative history

The constitution

Understanding the Act and regulations

Department of Labour/legislation Important sections in the Act Introduction to risk assessment

Risk assessment process

Additional information

Planning and conducting OHS inspections and identifying workplace hazards

Reporting on OHS inspections and remedying workplace hazards and associated risks

Interpreting the OSH Act regarding planned inspections, hazard identification and assessments of risks

Create inspection checklists and tools in order to carry out audits in the workplace

Complete a workplace audit, listing hazards identified

Report on and recommend corrective measures



Course HS8 – Emergency Evacuation Procedures

Cost excl. VAT

Course Content

Need for an emergency plan

Understanding the need to know preplanning

The emergency scene

Types of emergencies

Specific emergencies and responses

Communication channels

General evacuation and duties

Emergency response personnel

Authorities and responsibilities

Incident Emergency Controller Communications
Controller

Zone Marshall Fire Team Leader Fire Team Member

First Aid Team Leader

First Aider

Deputies

Evacuation

Emergency Drill



A yellow forklift is shown in profile, lifting a large, glowing 3D 'FOST' logo. The logo is rendered in a bright yellow-orange color with a metallic sheen and a dark grey outline. The forklift is positioned on the left side of the frame, with its mast and forks supporting the logo. The background is a dark grey, textured surface with a repeating diamond pattern.

FOST

TRAINING

Lifting You Higher

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