CONTENTS

3. About us

4. What we have to offer

5. Moulding the Industry

7. Why choose us?

8. Training courses
ABOUT US

Occupational Health & Safety Training (ohst) is a fully accredited SETA institute and with further accreditations with the National Department of Labour (DOL) and the National Department of Transport (DOT). Occupational Health & Safety Training (OHST) is a Level 3 BEE company, 110% and offers the highest quality training at very competitive prices. Occupational Health & Safety Training (OHST) is a corporate member of the South African Institute of Safety & Health (SAIOSH), one of the largest Health & Safety Institutes in South Africa.
WHAT WE HAVE TO OFFER

Occupational Health & Safety Training (OHST) offers SAQA unit standard approved courses which empowers your employees with credits towards qualifications. This also makes excellent sense to claim these monies back from the SETA via the grant schemes.

COURSE THAT WE OFFER:

- Development Standard Operating Procedure
- Development of Training Material
- HSE Inductions
- Health & Safety Representatives Course (HSE Reps)
- Occupational Health & Safety Act 85 of 1993 (OHS ACT)
- Hazards Identification & Risk Assessment (HIRA)
- Workplace Incident Investigation
- MSDS Awareness
- Handling & Storage of Hazardous Chemical Substances
- Conveying of Dangerous Goods by Road
- Basic Fire Fighting
- First Aid Level 1, 2 & 3

- Counterbalance Lift Truck (Codes F1 – F2)
- Overhead Crane (C30 – C31)
- Truck Mounted Crane – (C32)
Our philosophy is simple, “Abantu Kuqala” - simply translated as “People First” in all that we do and teach. Occupational Health & Safety Training (OHST) is moving away from the traditional approach of SAFETY FIRST towards a PEOPLE FIRST approach. Historically we understand that there is always a conflict between PRODUCTION & SAFETY. “Which comes first?” has been the question for years... Occupational Health & Safety Training (OHST) is passionate about and strongly believe that PEOPLE FIRST is the winning culture towards an effective HSE implementation and management and the organization’s ability to integrate SAFETY and PRODUCTION will determine its success in this field. We have being promoting this culture for many years and the acceptance of this approach has been remarkable.
WHY CHOOSE US?

Occupational Health & Safety Training (OHST) uses SETA registered assessors, that are subject matter experts in their relevant fields of work. SAQA approved courses allows your organisation to claim up to 70% of the monies spent from the SETA funding. Occupational Health & Safety Training (OHST) has a fresh and dynamic team and are ever willing to go the extra mile. We offer on-site training nationally as well as off site courses. The on-site training is mostly preferred and is very convenient for most of our clients. Occupational Health & Safety Training (OHST) can also customise training courses to suit your organisational needs and we also offer the services of material development which can be tailor-made to your organisation needs.
OHST is offering a specialized function to all industries, with the function of designing and developing training material, site/plant specific. OHST has a team of specialists who have been trained in the research and development of training material.

OHST can customize any course for your companies training need. OHST will also assist, design and develop the course. This includes learner, facilitator and assessment guides for your organization.

OHST offers the service of technical writing as well as development of companies, standard operating procedures (SOPs) which incorporate quality and operational & safety messages which are risk driven.

ALLOW OHST TO PROVIDE YOU WITH EXPERT SERVICE IN THIS FIELD:

• Technical Writing
• Development of Standard Operating Procedures
• Plant Specific Training Material Development
• Alignment of training material to SAQA unit standards.
At OHST™, we understand that employees, contractors and visitors are equally important in the organization. The employer and all other personnel within the organization share equal responsibility.

Having the correct induction and understanding of basic safety is a crucial aspect for any industry. At OHST™, we have put together an effective overall health, safety and environmental basic safety awareness course which is very informational and interactive.

**CONTENTS**

- An overview of OHS Act 85 of 1993 within an organization and what is expected.
- Duties of the employer (Sec 8) of the Occupational Health & Safety Act 85 of 1993.
- Duties of the employee (Sec 14) of the Occupational Health & Safety Act 85 of 1993
- A brief on loss control, safety & security
- Personal Protective Equipment
- Safety Symbolic Signs
- A brief on the General Safety Regulations
- A brief on the General Administrative Regulations

**DURATION**

<table>
<thead>
<tr>
<th>DURATION</th>
<th>1 day</th>
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**TARGET GROUP**

<table>
<thead>
<tr>
<th>TARGET GROUP</th>
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</thead>
<tbody>
<tr>
<td>All employees</td>
</tr>
</tbody>
</table>

**COURSE OBJECTIVE**

This course provides the learner to be able to explain the requirements pertaining to employer and employee duties with regard to health and safety in the workplace.
Health & Safety representative course is compulsory for any industry employing 20 or more employees as per the Occupational Health and Safety Act 85 of 1993. Health & Safety representative is given as a legal appointment under section 17 of the OHS Act 85 of 1993.

OHST™ has developed an excellent course which will assist learners on both the legal aspects as well as the practical aspects of being effective HSE representatives. The course is SAQA unit standard approved and covers both compliance as well as application in the field of health & safety.

**COURSE 1**

**1) HSE REPRESENTATIVES COURSE**

**CONTENTS**

- Understanding the various terminologies and definitions.
- Duties of the employers (Sec 8) and employees (Sec 14) of the OHS Act 85 of 1993.
- Safety Representatives (Sec 17) and their functions (Sec 18) of the OHS Act 85 of 1993.
- Safety Committees (Sec 19) and their functions (Sec 20) of the OHS Act 85 of 1993.
- Identify Hazards
- Effective workplace inspections
- Case Study and assessment.

<table>
<thead>
<tr>
<th>DURATION</th>
<th>(Course 1 - 1 day) (Course 2 - 2 day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>TARGET GROUP</td>
<td>HSE reps, HSE committee members, union members, supervisors, management</td>
</tr>
<tr>
<td>COURSE OBJECTIVE</td>
<td>This course provides the learner with the duties, responsibilities and roles &amp; functions of HSE representatives.</td>
</tr>
</tbody>
</table>
COURSE 2

2) APPLYING SAFETY, HEALTH AND ENVIRONMENT PRINCIPLES & PROCEDURES

CONTENTS
- Understanding the various terminologies and definitions.
- Duties of the employers (Sec 8) and employees (Sec 14) of the OHS Act 85 of 1993.
- Safety Representatives (Sec 17) and their functions (Sec 18) of the OHS Act 85 of 1993.
- Safety Committees (Sec 19) and their functions (Sec 20) of the OHS Act 85 of 1993.
- Effectively identifying hazards, unsafe acts and unsafe conditions.
- Effective HSE inspections at the workplace.
- Variables that influence Occupational Health and Safety.
- Effective Communication.
- Effective HSE committee meetings and minute taking.
- Environmental Awareness
- Case Study and assessment.

<table>
<thead>
<tr>
<th>DURATION</th>
<th>2 day</th>
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</thead>
<tbody>
<tr>
<td>TARGET GROUP</td>
<td>HSE reps, HSE committee members, union members, supervisors, management</td>
</tr>
<tr>
<td>COURSE OBJECTIVE</td>
<td>This course provides the learner with the duties, responsibilities and roles &amp; functions of HSE representatives.</td>
</tr>
</tbody>
</table>
The Occupational Health and Safety Act 85 of 1993 has repealed the Machinery Occupational Safety Act 6 of 1983. The Occupational Health & Safety Act 85 of 1993 is legislation approved by the Department of Labour which assists organizations with a set law. This law provides a set of rules and regulations that every employer must subscribe to with their workplace.

OHST has simplified this piece of legislation to a basic level of interpretation that anyone will be able to comprehend. The Occupational Health & Safety Act 85 of 1993 is a must to all employers who wish to have better insights into legal liabilities with regards to health and safety within their workplaces.

**COURSE 1**

1) **INTRODUCTION TO OCCUPATIONAL HEALTH AND SAFETY ACT 85 of 1993**

**CONTENTS**

- Overview of the OHS Act 85 of 1993
- Legal Liabilities
- Duties of employer and employees
- SHE representatives and SHE committees
- DOL Inspectors – Powers
- Penalties
- Case Study

<table>
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<tr>
<th>DURATION</th>
<th>1 day</th>
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</thead>
<tbody>
<tr>
<td><strong>TARGET GROUP</strong></td>
<td>Managers, Business Owners, Supervisors, HSE representatives, Safety Officers</td>
</tr>
<tr>
<td><strong>COURSE OBJECTIVE</strong></td>
<td>This course provides the learner with a basic knowledge of the responsibilities pertaining to the Occupational Health and Safety Act.</td>
</tr>
</tbody>
</table>
OCCUPATIONAL HEALTH & SAFETY ACT 85 of 1993

2) ADVANCED OCCUPATIONAL HEALTH & SAFETY ACT 85 of 1993

CONTENTS

- Terminology and definitions.
- Explain both legislative requirements and company procedures and the consequences of not following them correctly, resulting in delays and non-conformances.
- Understanding the legal appointments within the workplace as subscribed by the Occupational Health and Safety Act 85 of 1993.
- A brief on the General Administrative Regulations.
- A brief on the General Safety Regulations.
- Case Study and assessment.

<table>
<thead>
<tr>
<th>DURATION</th>
<th>2 day</th>
</tr>
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<tbody>
<tr>
<td>TARGET GROUP</td>
<td>Managers, Business Owners, Supervisors, HSE representatives, Safety Officers</td>
</tr>
<tr>
<td>COURSE OBJECTIVE</td>
<td>This course provides the learner with in-depth knowledge and understanding of the Occupational Health and Safety Act and HSE procedures &amp; compliance.</td>
</tr>
</tbody>
</table>
HAZARDS IDENTIFICATION & RISK ASSESSMENT

Occupational Health & Safety Training (OHST) recognizes the complexity of tasks that need to be performed in industry and have developed a user friendly course to assist with performance and effective hazards identification. Once the hazards have been identified, the risk of doing that particular job needs to be calculated & analysed.

Elimination, mitigation and/or control of these of high ranking risks must be put in place before an employee can commence his job. A hazards identification and a risk assessment must be performed before any task can be performed, thereby reducing the rates of incidents/ accidents/ loss at the workplace.

COURSE 1

1) HAZARDS IDENTIFICATION & RISK ASSESSMENT (HIRA)

CONTENTS
- Definitions & Terminologies
- Explain the hazard identification and risk assessment process
- Explain the different types of hazard identification and risk assessments in the workplace
- Describe and apply the techniques used in hazard identification and risk assessment in the workplace
- Conduct a Basic Hazards Identification & Risk Assessment
- Case Study

<table>
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<tr>
<th>DURATION</th>
<th>1 day</th>
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</thead>
<tbody>
<tr>
<td>TARGET GROUP</td>
<td>HSE reps, Safety Officers, SHEQ coordinators, Supervisors</td>
</tr>
<tr>
<td>COURSE OBJECTIVE</td>
<td>An overview of the HIRA process, an understanding into the various hazards at the workplace and the risks associated to these hazards. The aim of the course is to enable the learner to make effective qualitative decisions towards health and safety in their workplace.</td>
</tr>
</tbody>
</table>
HAZARDS IDENTIFICATION & RISK ASSESSMENT

COURSE 2

2) ADVANCED HAZARDS IDENTIFICATION & RISK ASSESSMENT (HIRA)

CONTENTS

- Definitions & Terminologies
- Explaining the legal requirements, with regard to inspections, hazard identification and assessment of the associated risks.
- Occupational Health & Safety and workplace hazard identification.
- Hazards identification and the potential dangers
- Significant risk calculation methodology
- Risk ranking
- Setting of control measures to mitigate or reduce the risks.
- Report on and recommend remedial action, hazards identified and assess the risks accordingly.

<table>
<thead>
<tr>
<th>DURATION</th>
<th>2 day</th>
</tr>
</thead>
<tbody>
<tr>
<td>TARGET GROUP</td>
<td>Management, HSE reps, Safety Officers, SHEQ coordinators, Supervisors</td>
</tr>
<tr>
<td>COURSE OBJECTIVE</td>
<td>A practical, scientific and mathematical approach towards health, safety &amp; environment that will provide the learners with the necessary tools and skills, to enable them to carry out HIRA in their workplace. The aim of the course is to enable those who attend to make quantitative decisions towards health and safety in their workplace.</td>
</tr>
</tbody>
</table>
A significantly high number of work related fatalities, injuries and illnesses were reason for concern in the early 1900’s. Fatalities, injuries and illness due to occupational reasons are an ongoing occurrence. The need to reduce these statistics has been highlighted within the macro and micro levels of operation in South Africa.

These statistics are definitely not desirable by organizations and their workforce, this course provides proper understanding on ways to unravel factors that cause potential dangers and the aim to eliminate these dangers thereby minimizing loss of workforce in the process.

**COURSE 1**

1) **PRELIMINARY INCIDENT INVESTIGATION**

**CONTENTS**

- Explaining the legal requirements for incident investigation.
- Causes & Consequences of Incidents.
- Understanding the investigation methods and be able to carry them out.
- The incident investigation process.
- Documentation required for reporting and claiming compensation.
- Effective Communication Skills.
- Conduct a full investigation, with reporting, corrective action and follow up based on case studies.

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<tr>
<th>DURATION</th>
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<tbody>
<tr>
<td>TARGET GROUP</td>
<td>HSE reps, HSE committee members, union members, supervisors, management</td>
</tr>
<tr>
<td>COURSE OBJECTIVE</td>
<td>The course explains the requirements of conducting a preliminary investigation, gathering information for the preliminary investigation as well as performing post-investigation activities.</td>
</tr>
</tbody>
</table>
COURSE 2

2] HSE INCIDENT INVESTIGATION

CONTENTS
- Describe the basic causes of incidents in the workplace
- Prepare an investigation kit
- Identify the members of an investigation team
- Follow a systematic investigation process
- Interpreting the immediate factors & basic factors of an incident
- Analyzing the direct & indirect causes of an incident
- Analyzing the root cause of an incident
- Make recommendations to prevent reoccurrence of an incident
- Reporting incidents

<table>
<thead>
<tr>
<th>DURATION</th>
<th>3 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>TARGET GROUP</td>
<td>Department managers, supervisors and investigators, Team members, SHE representatives, committee members and HSE practitioners</td>
</tr>
<tr>
<td>COURSE OBJECTIVE</td>
<td>This course outlines a detailed but simple approach to incident investigation procedures and techniques.</td>
</tr>
</tbody>
</table>
MSDS, better known as a Material Safety Datasheet, is a crucial piece of document that is supplied free of charge with every hazardous chemical substance supplied. It is constitutes of 16 sections, has given under the hazardous chemical substance regulations, in the Occupational Health & Safety Act 5 of 1993.

It is important that all employees who may be exposed to such hazardous chemical substances within the work environment are correctly trained in understanding the hazards they may be exposed to when working with such a chemical.

**CONTENTS**
- Terminologies and definitions.
- Understanding the 16 sections of the MSDS.
- Classification of chemicals.
- Dangers of the different classes of chemicals.
- Use of a capability chart.
- Video

<table>
<thead>
<tr>
<th><strong>DURATION</strong></th>
<th>4 hours</th>
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<tbody>
<tr>
<td><strong>TARGET GROUP</strong></td>
<td>Plant operators, employees working with HCS</td>
</tr>
<tr>
<td><strong>COURSE OBJECTIVE</strong></td>
<td>This course provides the learner with a basic knowledge of the responsibilities pertaining to the Occupational Health and Safety Act.</td>
</tr>
</tbody>
</table>
MSDS, better known as a Material Safety Datasheet, is a crucial piece of document that is supplied free of charge with every hazardous chemical substance supplied. It is constitutes of 16 sections given under the hazardous chemical substance regulations in the Occupational Health & Safety Act 85 of 1993.

It is important that all employees who may be exposed to such hazardous chemical substances within the work environment are correctly trained in understanding the hazards they may be exposed to when working with such a chemical. OHST has put together a simple, user friendly course to ensure that the employee is able to locate, interpret and understand what is expected when handling and storing chemicals.

CONTENTS

- Terminologies and definitions.
- Understanding the sections of the MSDS.
- Classification of chemicals & Compatibility chart
- Handling & Storage Procedures
- Personal Protective Equipment
- Basic Fire & Basic First Aid
- Assessment

**DURATION**

| 1 day |

**TARGET GROUP**

Managers, Store Controllers, Supervisors, HCS coordinators, Safety Officers

**COURSE OBJECTIVE**

This course provides the learner with an in-depth knowledge on the handling & storage of hazardous chemical substances at the workplace.
The Department of Transport (DOT) have now selected and approved training bodies to provide the conveying of dangerous goods by road training. All drivers with a valid PRDP will need to be trained on this course before they can be issued with a PRDP-D license.

Occupational Health & Safety Training (OHST) has done it once again. YES!!! Occupational Health & Safety Training (OHST) has received approval from the Department of Transport and are now offering a unit standard approved course, “Conveying of dangerous goods by Road”.

**CONTENTS**

- Training Programme Introduction
- Definitions and terminology (NRTA)
- National Road Traffic Act – Selected Regulations
- Introduction to Conveying Dangerous Goods
- Dangerous Goods Classification, Exempt Quantities and Compatibility
- Placarding and Documentation (Tremcard/ Trecard)
- Emergency Response Procedures and Personal Protective Equipment
- Drivers Duties, Documentation and Behavior
- Loading and Off-Loading Dangerous Goods

| DURATION | 1 day (re-assessment)  
| 2 day (NOVICE) |
| --- | --- |
| TARGET GROUP | Logistics Managers, Logistics coordinators, Truck Drivers, Operators, Consignors, Loss Control personnel and supervisors |
| COURSE OBJECTIVE | This course provides the learner with the duties, responsibilities and roles & functions of consignors, consignees, drivers and operators involved with dangerous goods conveyed by road. |
Basic Fire fighting course takes us through the different classes of fires that exist and the different firefighting equipment.

**THIS COURSE FOCUSES ON:**

A) Combustible Fires  
B) Solvent Fires  
C) Electrical Fires  
D) Metal Fires

A practical component is set to allow the learner to extinguish a pan fire, using a fire extinguisher.

**CONTENTS**

- Legislation
- Safety Rules
- Theory of Combustion
- Sources of Energy & Heat Transmission
- Fire Extinguishing Theory
- Classification of Fires
- Identifying Types of Fire Extinguishers
- Operating Fire Extinguishers
- Evacuation Procedure & Safety Precautions

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<tr>
<th><strong>DURATION</strong></th>
<th>1 day</th>
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<tbody>
<tr>
<td><strong>TARGET GROUP</strong></td>
<td>HSE reps, supervisors, operational staff, emergency team members, administration members</td>
</tr>
<tr>
<td><strong>COURSE OBJECTIVE</strong></td>
<td>This course provides the learner with in-depth perspective on performing basic fire fighting techniques.</td>
</tr>
</tbody>
</table>
An employer shall take reasonable steps that are necessary under the circumstances, to ensure that persons at work receive prompt first aid treatment in case of injury or emergency.

Occupational Health & Safety Training (OHST) has put together an excellent programme for first aid training. Occupational Health & Safety Training (OHST) is approved for the SAQA unit standard by SETA and further accreditation with the Department of Labour (DOL).

**CONTENTS**

- Principles of First Aid and Safety
- Artificial Respiration
- One-Rescuer CPR
- Choking
- Wounds & Bleeding
- Shock, Unconsciousness and Fainting
- Fractures
- Burns
- Head and Spinal Injuries

**DURATION**

2 or 3 days

**TARGET GROUP**

First Aiders, supervisors, administrative staff, emergency response team

**COURSE OBJECTIVE**

This course provides the learner with the skills & knowledge to attend to minor medical emergencies.
BASIC FIRST AID - LEVEL 2

An employer shall take reasonable steps that are necessary under the circumstances, to ensure that persons at work receive prompt first aid treatment in case of injury or emergency.

Occupational Health & Safety Training (OHST) has put together an excellent programme for first aid training. Occupational Health & Safety Training (OHST) is approved for the SAQA unit standard by SETA and further accreditation with the Department of Labour (DOL).

CONTENTS
• Principles of First Aid and Safety
• Artificial Respiration
• One & Two Rescuer Adult CPR
• Choking
• Wounds & Bleeding
• Shock, Unconsciousness and Fainting
• Fractures
• Burns
• Head, Chest, Hand, Eye and Spinal Injuries
• Joint & Injuries & Rescue Carries
• Environmental Illness & Injuries
• Child & Infant Resuscitation
• Poisoning, Bites & Stings
• Convulsions
• Chest Pain
• Management of Foreign Objects
• Soft Tissue Injuries
• Elementary and Applied Anatomy & Physiology

DURATION
4 days

TARGET GROUP
First Aiders, supervisors, administrative staff, emergency response team

COURSE OBJECTIVE
This course provides the learner with the skills & knowledge to attend to minor medical emergencies.
An employer shall take reasonable steps that are necessary under the circumstances, to ensure that persons at work receive prompt first aid treatment in case of injury or emergency. Occupational Health & Safety Training (OHST) is approved for the SAQA unit standard by SETA and further accreditation with the Department of Labour (DOL).

CONTENTS
- Principles of First Aid and Safety
- Artificial Respiration
- One & Two Rescuer Adult CPR
- Choking, Wounds & Bleeding
- Shock, Unconsciousness and Fainting
- Specific Fractures, Burns
- Head, Chest, Hand, Eye and Spinal Injuries
- Joint Injuries, Strains & Rescue Carries
- Environmental Illness & Injuries
- Child & Infant Resuscitation
- General Principles of Fractures & The Threatened Limb
- Poisoning, Bites & Stings
- Fits, Breathlessness & Skin Reactions
- Chest Pain & Paralysis
- Multiple Injury Management/Emergency Scene Management
- Pelvic, Abdominal & Crush Injuries
- Emergency Child Birth, Behavioral Emergencies
- Water Accidents, Anatomy & Physiology
- Ethics Related to Emergency Care

**DURATION**  5 days

**TARGET GROUP**  First Aiders, supervisors, administrative staff, emergency response team

**COURSE OBJECTIVE**  This course provides the learner with the skills & knowledge to attend to minor medical emergencies.
The National Code of Practice (NCOP) given under the Driven Machinery Regulation in the Occupational Health & Safety Act 85 of 1993 provide clarity and direction to all stakeholders directly or indirectly related to the accreditation and provision of training to lifting machine/equipment operators in South Africa.

Occupational Health & Safety Training (OHST) provides SAQA unit standard approved training for lifting machinery course. Occupational Health & Safety Training (OHST) has further accreditation with the Department of Labour (DOL).

CONTENTS
- Introduction
- Legislation
- Forklift Safety
- Mechanical Appreciation
- Operational Controls
- Principles of Operations
- Refuelling
- Manoeuvring & Obstacle Course
- Confined Gangway Stacking
- Indentifying & Classification of Freight
- Loading & Unloading
- Theory & Practical Assessments
- Vehicle Checks

DURATION
- 1 day – REASSESSMENT
- 3 to 5 days – NOVICE, depending on skills and experience

TARGET GROUP
- Operational Staff, Logistics employees, Warehouse employees, all operators of forklifts

COURSE OBJECTIVE
- The course explains the requirements of operating a Forklift Lift Truck. Also ensure a high level training on both theory and practical training on the operations of the Forklift Lift Truck.
The National Code of Practice (NCOP) given under the Driven Machinery Regulation in the Occupational Health & Safety Act 85 of 1993 provide clarity and direction to all stakeholders directly or indirectly related to the accreditation and provision of training to lifting machine/equipment operators in South Africa.

Occupational Health & Safety Training (OHST) provides SAQA unit standard approved training for lifting machinery course. Occupational Health & Safety Training (OHST) has further accreditation with the Department of Labour (DOL).

**CONTENTS**

- Introduction
- Legislation
- Crane Safety
- Mechanical Appreciation
- Crane Checks
- Principles of Operations
- Steel Wire Ropes
- Slinging Operations
- Lifting and transportation
- Hand Signals
- Attachments
- Theory & Practical Assessments

**OVERHEAD CRANE (C30 – C31)**

| DURATION           | 1 day – REASSESSMENT  
|                   | 3 to 5 days – NOVICE, depending on skills and experience |
| TARGET GROUP       | Operational Staff, Logistics employees, Warehouse employees, all operators of overhead cranes |
| COURSE OBJECTIVE   | The course explains the requirements of operating a Overhead Crane. Also ensures a high level training on both theory and practical training on the operations of the Overhead Crane. |
The National Code of Practice (NCOP) given under the Driven Machinery Regulation in the Occupational Health & Safety Act 85 of 1993 provide clarity and direction to all stakeholders directly or indirectly related to the accreditation and provision of training to lifting machine/ equipment operators in South Africa.

Occupational Health & Safety Training (OHST) provides SAQA unit standard approved training for lifting machinery course. Occupational Health & Safety Training (OHST) has further accreditation with the Department of Labour (DOL).

CONTENTS

- Introduction
- Legislation
- Principles of Leverage
- Mechanical Appreciation
- Operational Controls
- Principles of Operations
- Operation of the Crane
- Slinging & Transportation of Loads
- Hand Signals
- Attachments
- Theory & Practical Assessments

| DURATION       | 1 day – REASSESSMENT  
|                | 3 to 5 days – NOVICE, depending on skills and experience |
| TARGET GROUP   | Truck Drivers, Operational Staff, Logistics employees, Warehouse employees, all operators of truck mounted cranes. |
| COURSE OBJECTIVE | The course explains the requirements of operating a Truck Mounted Crane. Also ensures a high level training on both theory and practical training on the operations of the Truck Mounted Crane. |