



OCCUPATIONAL HEALTH & SAFETY – SAIOSH

Accredited Short Course



General Health &
safety / ASbesto
Awareness

SAIOSH



BOOK NOW



1 Day Course (NQF 1)



Classroom



NQF 1 CPD POINTS 2

ABOUT THIS COURSE

This course is designed to equip learners with the knowledge and practical skills required to identify, use, handle, transport, store, and care for materials and resources that may impact on health and the environment. It focuses on responsible resource use, environmental protection, waste handling, and safe workplace practices.

Learners will gain an understanding of the properties and characteristics of materials and resources, including waste, and how these can affect people, plants, animals, air, soil, and water. The programme also covers environmental legislation, waste management principles, conservation methods, and the correct use of personal protective clothing and equipment.

By the end of the course, participants will be able to classify materials and resources correctly, apply safe handling procedures, identify environmental risks, respond appropriately to damaging impacts, keep required records, and manage waste responsibly.



Target Audience

- Workers
- Employees
- Supervisors
- Managers
- Officers
- Responders
- Staff/Personnel
- Trainees

PRICE

CLASSROOM: R1150

(Includes snacks and beverages – only applicable to classroom bookings)

COVERED

Materials and Resource Classification

- Identify and classify materials and resources correctly
- Describe their uses, characteristics, and properties
- Understand their potential impact on health and the environment

Safe Use, Handling and Storage

- Work with, use, transport, store, and care for materials safely
- Prevent damage to materials, people, and the environment
- Identify defective materials and take corrective action

Use PPE in line with workplace requirements

- Environmental Impact Awareness
- Recognise actual and potential environmental damage
- Report threats and incidents timeously

Take preventive, corrective, or remedial action appropriately

- Recordkeeping and Reporting
- Complete relevant documentation accurately
- Maintain records related to materials handling and environmental impacts
- Account for consumable use and report shortages or excesses

Waste Management Principles

- Understand the waste hierarchy: avoid, minimise, separate, re-use/repair, recycle, treat, process, dispose
- Describe the waste management process from generation to disposal
- Apply waste management practices in the learner's context
- Recognise and respond to hazardous and special waste correctly

TOPICS COVERED

SMART ZONE

Conservation and Responsible Use

- Identify methods to conserve materials and resources
- Use resources wisely and responsibly
- Recognise opportunities for conservation in the workplace and community

Essential Knowledge

- Material properties and characteristics
- Types of waste and waste streams
- Material Safety Data Sheets (MSDS)
- Pictograms, labels, and expiry dates
- Environmental principles and safe work procedures
- Pollution prevention and resource conservation

WHO SHOULD ATTEND

- This programme is suitable for workers, employees, general assistants, waste handlers, environmental practice learners, supervisors, operational staff, community project workers, and anyone involved in handling materials, resources, or waste in the workplace or community. This aligns with the template's target-audience section for workers, employees, supervisors, managers, officers, responders, staff personnel, and trainees.

ENTRY REQUIREMENTS

- It is assumed that learners are competent in Communication and Mathematical Literacy at NQF Level 1.

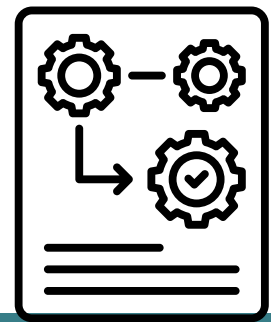
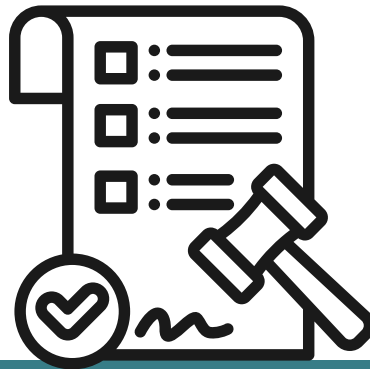
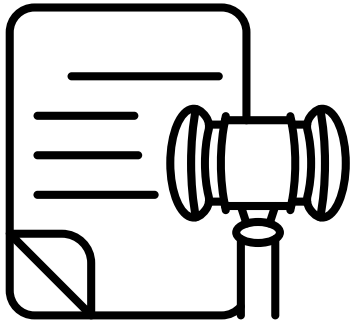
COURSE CONTENT

- Learners will cover material classification, safe use and storage, handling procedures, environmental impacts, waste management, conservation methods, recordkeeping, reporting, PPE use, MSDS interpretation, and responsible use of resources.

KEY FEATURES

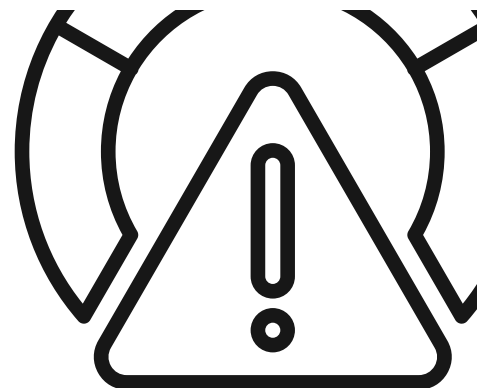
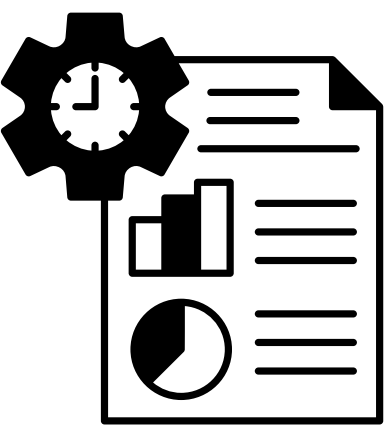
SMART ZONE

- Understanding the Occupational Health and Safety Act (OHSA) and related regulations.
- Learning the minimum legal compliance requirements in the Act.
- Interpreting management controls needed for compliance.
- Understanding management responsibilities for communication and training.
- Conducting risk assessments and identifying suitable control measures.
- Developing a compliance plan for an organisation or business unit.
- Using documents and records to support legal defence, compliance, and governance.



BENEFITS OF THIS COURSE

- Builds a solid understanding of the Occupational Health and Safety Act (OHSA) and what compliance requires in practice.
- Helps learners understand the consequences of non-compliance for management and the workplace.
- Strengthens the ability to interpret regulations and apply them in real workplace situations.
- Develops skills to identify workplace risks and apply suitable control measures.
- Enables learners to develop compliance plans for an organisation or business unit.
- Improves the ability to assess and review risk control measures effectively.
- Supports better legal defence, compliance, and corporate governance through correct use of documents and records.





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