



OCCUPATIONAL HEALTH & SAFETY – SAIOSH

Accredited Short Course



SHE RER
(SAIOSH)
SAIOSH



010 085 0918



www.zoneups.com



405 Cliff Ave, Waterkloofridge, Pretoria



BOOK NOW



2 Day Course



Classroom



NQF 4 CPD Points 5

ABOUT THIS COURSE

This course enables learners to identify confined spaces, understand hazards, follow permit-to-work requirements, use controls correctly and respond appropriately to emergencies associated with confined-space work.

The programme focuses on confined-space recognition, hazard awareness, risk assessment, permit-to-work controls, isolation, ventilation, atmospheric monitoring, PPE, communication, standby requirements, safe entry procedures and emergency preparedness. Learners will gain knowledge and practical awareness to identify atmospheric and non-atmospheric hazards, follow safe entry, work, exit and handover procedures, and recognise when work must stop and escalation is required.



Target Audience

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

PRICE

CLASSROOM: R1150

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

COVERED

Confined-Space Recognition

- Confined space definitions
- Typical workplace examples
- Why confined spaces are hazardous
- Roles involved in confined-space entry work
- Entry requirements and responsibilities
- Site-specific induction awareness
- Hazards and Risk Assessment
- Oxygen deficiency
- Oxygen enrichment

Flammable atmospheres

- Toxic gases
- Engulfment hazards
- Access and egress hazards
- Mechanical hazards
- Electrical hazards
- Heat exposure
- Noise exposure
- Biological exposure
- Atmospheric and non-atmospheric hazards

Permit-to-Work and Entry Controls

- Permit-to-work requirements
- Permit contents
- Permit authorisation
- Isolation and lockout
- Ventilation controls
- Gas testing awareness
- Atmospheric monitoring requirements

COVERED

Equipment Inspection and Setup

- Tripods
- Winches
- Retrieval lines
- Harnesses
- Ventilation equipment
- Gas monitors
- Lighting
- PPE

Rescue stretcher or casualty systems

- Manufacturer instructions and equipment limitations
- Pre-use inspection of rescue and monitoring equipment
- Rescue Techniques
- Non-entry rescue
- Vertical retrieval
- Horizontal retrieval
- Casualty access
- Casualty packaging

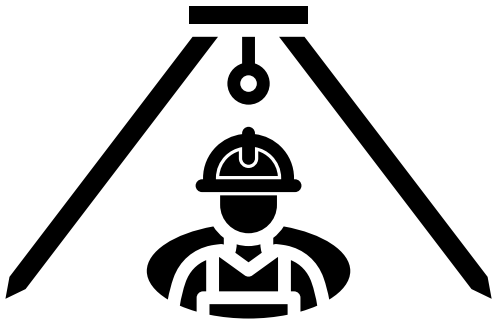
Casualty movement

- Safe retrieval procedures
- Handover to medical responders
- Controlled rescue operations
- Simulation, Assessment and Debrief
- Planned rescue scenario
- Team performance observation
- Incident record completion
- Corrective actions
- Learning review
- Post-exercise debrief
- Rescue improvement log

KEY FEATURES

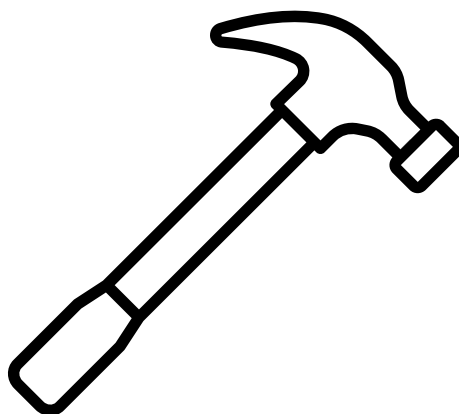
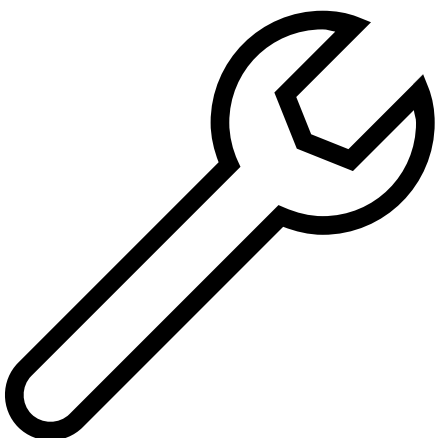
SMART ZONE

- SAIOSH accredited short course
- Confined Space Rescue training
- 2 days / 14-16 contact hours, subject to approved scope and rescue complexity
- Classroom theory plus practical rescue simulation
- Focuses on emergency rescue planning and practical rescue operations
- Includes rescue equipment inspection and setup
- Includes controlled confined-space rescue drill
- Suitable for rescue teams, standby persons, supervisors and SHE practitioners
- Rescue activities must comply with approved risk assessment, equipment register and facilitator competence records



BENEFITS OF THIS COURSE

- Builds practical confined-space rescue preparedness
- Improves rescue planning and emergency response coordination
- Supports safer rescue team roles and communication
- Develops awareness of atmospheric, mechanical, engulfment and access hazards
- Teaches correct inspection and use of rescue equipment
- Improves ability to conduct non-entry and entry rescue operations safely
- Supports effective casualty packaging, retrieval and handover
- Promotes post-incident review and continuous improvement





SIGN UP NOW

SIGN UP NOW AND SECURE YOUR PLACE

1. Register Online- www.zoneups.com
2. Select the training you prefer and the date you would like to attend.
3. Fill in the registration form.
4. Choose your payment method and finalize the booking.

Request a Quotation

Accreditation



*South African
Institute Of
Occupational Safety
And Health*



Services SETA



Fasset

Make the future count



ETDP-SETA



QCTO



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