

FIRE & SAFETY TRAINING COURSES



FIRE EXTINGUISHER TRAINING



This course introduces you to the various types of portable firefighting equipment commonly found in work environments and covers how to correctly and safely handle and use fire extinguishers, fire hose reels and fire blankets.

This fire extinguisher training course meets WHS obligations for an organisation to ensure its workforce is competent in using the portable fire extinguishers on your site. The course includes both a theory and practical component to ensure that successful participants can safely attend workplace fire incidents. Participants will get real hands-on practical experience using fire-fighting equipment under instruction from experienced Emergency Services specialists.

Duration: 2 – 3 hours

Student/Trainer Ratio: 10:1

Prerequisites & Entry Requirements

There are no prerequisites for this course.

All students must be eligible to receive nationally recognised training within Australia and provide a valid Unique Student Identifier (USI) upon enrolment.

Who should attend?

This course applies to all persons who may reasonably be required to extinguish a fire within the workplace. This may include anyone from entry level to senior management.

It is recommended that participants have year 10 level reading and writing capabilities.

Course Objectives and Content

- Types of fires
- Classification of fires
- Types of fire extinguishers available
- Demonstrate correct use of portable fire extinguishers to extinguish a fire
- Demonstrate correct use of hose reels & fire blankets to extinguish a fire
- Safety procedures when fighting fires
- Fire-fighting tactics

Qualifications for Successful Participants

Statement of Attainment in:

CPPFES2004A Identify types of installed fire safety equipment and systems

CPPFES2005A Demonstrate first attack firefighting equipment.

Recognition of Prior Learning

Upon enrolment, you may wish to apply for recognition of prior learning and/or credit transfer. You may email a copy of certificates related to prior learning to training@heightsafety.net. Based on that evidence the course may be modified based on your previous knowledge. There is a currency requirement to be met in order to demonstrate current skills such as basic life support. The outcome of your application will be notified to you in writing within 14 days of initial





FIRE EXTINGUISHER & FIRE WARDEN TRAINING

This course introduces you to the various types of portable firefighting equipment commonly found in work environments and covers how to correctly and safely handle and use fire extinguishers, fire hose reels and fire blankets.

This Fire Warden training course meets WHS obligations for an organisation to ensure its workforce is competent in using the portable fire extinguishers on your site. Participants will leave with a comprehensive understanding of how to recognise emergencies in the workplace, to report emergencies, to take appropriate action, to raise the alarm and how to evacuate building occupants safely. The course includes both a theory and practical component to ensure that successful participants can safely attend workplace fire incidents. Participants will get real hands-on practical experience using fire-fighting equipment under instruction from experienced Emergency Services specialists.

Duration: 4 – 6 hours

Student/Trainer Ratio: 10:1

Prerequisites & Entry Requirements

There are no prerequisites for this course.

All students must be eligible to receive nationally recognised training within Australia and provide a valid Unique Student Identifier (USI) upon enrolment.

Who should attend?

This course applies to all persons who may reasonably be required to extinguish a fire within the workplace. This may include anyone from entry level to senior management.

It is recommended that participants have year 10 level reading and writing capabilities.

Course Objectives and Content

- Types of fires
- Classification of fires
- Types of fire extinguishers available
- Demonstrate correct use of portable fire extinguishers to extinguish a fire
- Demonstrate correct use of hose reels & fire blankets to extinguish a fire
- Safety procedures when fighting fires
- Fire-fighting tactics
- Identifying and responding to emergency signals and warnings
- Fire, bomb threats and other emergencies and their impact on the workplace
- Initiating and controlling the initial emergency response
- Evacuation and assembly principles and procedures
- Fire Warden identification techniques
- Making arrangements for persons requiring evacuation assistance
- Accounting for all building occupants
- Evacuation reporting & assessing incident response and applying corrective actions

Qualifications for Successful Participants

Statement of Attainment in:

CPPFES2004A Identify types of installed fire safety equipment and systems

CPPFES2005A Demonstrate first attack firefighting equipment

PUAFER004 Respond to facility emergencies



Recognition of Prior Learning

Upon enrolment, you may wish to apply for recognition of prior learning and/or credit transfer. You may email a copy of certificates related to prior learning to training@heightsafety.net. Based on that evidence the course may be modified based on your previous knowledge. There is a currency requirement to be met in order to demonstrate current skills such as basic life support. The outcome of your application will be notified to you in writing within 14 days of initial application.

RIIRIS202D RESPOND TO SITE BASED SPILLS



This course has been designed to develop a participant's skills and knowledge required to respond to minor site based spills for both land and water based environments. It can be contextualised for most workplaces.

Duration: 4 hours

Student/Trainer Ratio: 10:1

Prerequisites & Entry Requirements

There are no prerequisites for this course.

All students must be eligible to receive nationally recognised training within Australia and provide a valid Unique Student Identifier (USI) upon enrolment.

Who should attend?

This course is aimed at any person who may be required to attend to hazardous liquid or chemicals spills in a safe manner, utilising the relevant spill response materials and equipment in a workplace.

It is recommended that participants have year 10 level reading and writing capabilities.

Course Objectives and Content

- Legislation
- Spill Kit recognition
- Spill Response procedures
- Demonstration & practical

Qualifications for Successful Participants

Statement of Attainment in:
RIIRIS202D - Respond to site based spills

Recognition of Prior Learning

Recognition of prior learning and/or credit transfer is not offered for this course as it is anticipated that all participants

RIISAM202D ISOLATE AND ACCESS PLANT

This Lock Out Tag Out (LOTO) course covers the isolation and accessing of plant in resources and infrastructure industries. It includes determining plant isolations, isolating plant, completing permit-to-work form, and returning plant to service.

Duration: 4 hours

Student/Trainer Ratio: 20:1

Prerequisites & Entry Requirements

There are no prerequisites for this course. All students must be eligible to receive nationally recognised training within Australia and provide a valid Unique Student Identifier (USI) upon enrolment.

Who should attend?

This course is aimed at all persons who may be required to plan and prepare for the isolation and accessing of plant, the isolation of plant and completion of required permits and the de-isolation of plant into its normal mode of operation. This may include maintenance workers, plant supervisors and managers.

It is recommended that participants have year 10 level reading and writing capabilities.

Course Objectives and Content

- Locate and apply relevant documentation
- Work effectively with others to complete plant isolation
- Determining plant isolations and applying plant and equipment isolations
- Identifying and managing potential plant and site hazards
- Concise completion of PTW system and documentation
- Identifying isolation devices, types and purpose

Qualifications for Successful Participants

Statement of Attainment in:
RIISAM202D - Isolate and access plant



Recognition of Prior Learning

Recognition of prior learning and/or credit transfer is not offered for this course as it is anticipated that all participants will be new entrants to this course of study.

TLID1001 SHIFT MATERIALS SAFELY USING MANUAL HANDLING METHODS

This manual handling training course is designed to raise awareness of Musculoskeletal Disorders and their impact, how to reduce risk of manual handling injuries, risk factors and principles of safe manual handling.

Duration: 4 hours

Student/Trainer Ratio: 15:1

Prerequisites & Entry Requirements

There are no prerequisites for this course. All students must be eligible to receive nationally recognised training within Australia and provide a valid Unique Student Identifier (USI) upon enrolment.

Who should attend?

Any persons who in their workplace is or may be required to lift, move, push, pull, carry, hold or restrain objects. This may include any person from entry level to senior management.

Course Objectives and Content

- Follow manual handling safe work procedures to minimise the risk of injury
- Identify work health and safety (WHS) manual handling hazards
- Undertake a manual handling risk assessment
- Appropriate posture and use manual handling techniques to reduce muscle load on exertion
- Utilise appropriate personal protective equipment (PPE)
- Use manual handling lifting devices safely
- Undertake safe manual handling work practices for handling loads

Qualifications for Successful Participants

Statement of Attainment in:
TLID1001 Shift materials safely using manual handling methods



Recognition of Prior Learning

Recognition of prior learning and/or credit transfer is not offered for this course as it is anticipated that all participants will be new entrants to this course of study.



CPCGWHS1001 PREPARE TO WORK SAFELY IN THE CONSTRUCTION INDUSTRY (WHITE CARD)



This unit of competency specifies the mandatory work health and safety training required prior to undertaking construction work. The unit requires the person to demonstrate personal awareness and knowledge of health and safety legislative requirements in order to work safely and prevent injury or harm to self and others. It covers identifying and orally reporting common construction hazards, understanding basic risk control measures, and identifying procedures for responding to potential incidents and emergencies. It also covers correctly selecting and fitting common personal protective equipment (PPE) used for construction work. This unit meets the general construction induction training requirements of:

Part 1.1 Definitions and Part 6.5 of the Model Work Health and Safety Regulations

Division 11 of Part 3 of the Occupational Safety and Health Regulations 1996 for Western Australia;

Division 3 of Part 5.1 of the Occupational Health and Safety Regulations 2007 for Victoria.

It is expected that site-specific induction training will be conducted prior to conducting construction work.

Duration: 1 Day (8 hours)

Student/Trainer Ratio: 20:1

Prerequisites & Entry Requirements

There are no prerequisites for this course.

All students must be 16 years or older & eligible to receive nationally recognised training within Australia and provide a valid Unique Student Identifier (USI) upon enrolment.

It is recommended that participants have year 10 level reading and writing capabilities.

Who should attend?

This course is designed for all persons who are required to or who want to commence work within the construction industry in Australia.

Course Objectives and Content

- Identifying health and safety legislative requirements of construction work
- Identifying construction hazards and risk control measures
- Procedures for first aid
- High risk work license requirements
- Types, purpose and use of PPE used in construction
- Construction incidents and emergencies
- Identifying health and safety communication and reporting processes
- Understand the meaning of symbols and signage
- Identifying incident and emergency response procedures
- Safe work practices in construction

Qualifications for Successful Participants

Statement of Attainment in:

CPCGWHS1001 Prepare to work safely in the construction industry

Recognition of Prior Learning

Recognition of prior learning and/or credit transfer is not available for this course. All participants are expected to be new entrants to the construction industry in Australia.

