



**SAFETY 2000®**

**Program Overview**

## **OH & S OVERVIEW**

The instructor introduces the OH&S outline. Each student is given a “Blue Book” to participate with. The intent of this section is to ensure employees understand they are responsible for the regulations along with their employer, and to give them experience sourcing information and regulations in the blue book. Topics covered will be a general overview of worker and employer responsibilities focusing on how to use and find Regulations in the “Blue Book”. The students will gain a firm understanding of OH&S Regulations by researching the General Safety Regulations.

## **WORKPLACE HAZARDOUS MATERIALS INFORMATION SYSTEM**

This program covers the basics of WHMIS, providing the participant with the skills to work safely around hazardous materials. It covers worker education, workplace labeling and Material Safety Data Sheets (MSDS's). This course emphasizes the importance of understanding M.S.D.S. sheets. The instructor will walk the students through a typical site-specific labeling session. The students will gain an understanding of labeling systems for pipe, vessels, and points of exposure.

Objectives will be tested by written competency exam. Certification valid for 3 years will be issued on completion of objectives.

## **HYDRATE AWARENESS**

This seminar develops an understanding of what a hydrate is, as well as hydrate formation conditions. Special emphasis is placed on the prevention and detection of the hydrate in a timely manner. The instructor will lead the participants through the CAPP guidelines on Hydrate Handling, and an actual case incident where a fatality occurred due to a Hydrate. The emphasis is placed on practical ways to be pro-active rather than reactive! Students will learn about the nature and formation of hydrates as well as hydrate inhibition, prevention and detection. General precautions and the handling of hydrates will also be covered.

## **RESPIRATORY PROTECTION**

This course will provide the learner with basic knowledge in the use, care, and maintenance of different types of respiratory protection, with emphasis on self-contained breathing apparatus. Students will be able to explain the types of respiratory protection, and define the need for respiratory protection and for a Code of Practice, as well as reviewing their own Corporate Code of Practice. They will be able to clarify the components of S.C.B.A. and S.A.B.A. and demonstrate the proper donning and doffing of both a S.C.B.A. and S.A.B.A. Participants will demonstrate the proper maintenance and storage of both a S.C.B.A. and S.A.B.A. as well as demonstrating proper storage and cleaning of a S.C.B.A.

Objectives will be tested by both practical demonstration and written competency exam. Certification valid for 3 years will be issued on completion of objectives.

## **GAS TESTING**

This course covers all the components of gas testing - Hand-Held Detectors, Single Toxic Gas Monitors, Multi Gas Monitors, Continuous Gas Monitors and LEL Monitors. "We show students their limitations, the equipment's limitations and the common mistakes." It is stressed that a function test is essential before operation of any gas monitor. Each team will function test and test all the above monitors (excepting the continuous monitor) for gas. This course explains the most common errors attributed to gas testing. The instructor will walk the students through a typical function test and what to look for when function testing. Students will be taught proper testing techniques and how to test safely.

Objectives will be tested by both practical demonstration and written competency exam. Certification valid for three years is issued to each candidate upon successful completion of a written examination.

## **STANDARD FIRST AID & CPR**

This program covers the essential modules required for certification and provides a unique First Aid training concept that utilizes less theory and workbooks, and more scenarios and practical application. The practical modules are unique in that students respond to several mock-ups using live casualties. No other First Aid course has been presented with such enthusiasm and motivation among the students. The focus will be on recognition of life threatening injuries while learning to provide intervention until medical aid arrives. Students will demonstrate artificial respiration, how to help a choking victim and how to deal with shock and unconsciousness. They will also learn how to deal with severe bleeding, fractures of upper and lower limbs, and proper procedures for first aid for head and spinal injuries. CPR for adult casualties will be covered thoroughly.

Objectives will be tested by both practical demonstration and written competency exam. Certification valid for 3 years will be issued on completion of objectives.

## **H<sub>2</sub>S AND OTHER TOXIC ATMOSPHERES**

This 1 ½ hour module takes into account that the OEL's for H<sub>2</sub>S were covered in the WHMIS course. The physical properties, toxicity levels, initial response scales and (actual incident) case studies are covered with each team analyzing their own case. The emphasis is on pro-activeness (i.e., "Tell us what went wrong and how you would stop this from happening again"). The students will develop an awareness of how to identify a potentially toxic atmosphere and how to eliminate it or work around it. Students will also learn about possible locations common for toxic atmospheres and emergency response strategies.

## **H<sub>2</sub>S ALIVE**

This course teaches individuals to protect themselves in places where hydrogen sulphide may be present. Participants must satisfactorily complete a written examination and demonstrate the skills taught, including operation and reading of detector tube devices, operation of self-contained breathing apparatus, rescue

techniques and rescue breathing. Hydrogen sulphide case studies are analyzed noting toxic effects and common locations of H<sub>2</sub>S.

Objectives are tested by both practical demonstration and written competency exam. Certification, valid for three years, is issued upon completion of objectives

## **TRANSPORTATION OF DANGEROUS GOODS**

This program is intended for individuals who are involved in the transportation and handling of dangerous goods. Topics include TDG legislation, classification, safety marks, documentation, safe handling, incident reporting and emergency response. Emphasis is placed on proper safety marks for the items the students normally carry. Proper labeling and classification is covered in detail as well as a vehicle inspection for T.D.G. compliance.

Objectives will be tested by written competency exam. Certification valid for 3 years will be issued on completion of objectives.

## **BASIC CONFINED SPACE PRE-ENTRY**

This course allows the participants to receive advanced means and knowledge to correctly identify a confined space and the hazards, equipment, and preparation required to meet the legislation. The focus is aimed at training rescue teams or personnel working in confined spaces. Participants will learn their responsibilities in a confined space situation beginning with knowledge of Confined Space Legislation. From there, students will be taught how to identify a confined space and how to prepare for entry. They will learn to test and measure the atmosphere, identify the physical hazards and what protective equipment to wear. Qualifications and responsibilities of workers prior to entry will be spelled out and the necessary permits will be reviewed. Students will complete a practical exercise on vessel isolation and lockout procedures on a typical vessel.

The objectives to this course are obtained through 100% participation and a written competency exam. Certification valid for 3 years will be issued on completion of objectives.

## **BASIC CONFINED SPACE ENTRY**

This course allows the participants to receive advanced means and knowledge to safely retrieve fallen workers and is aimed at training rescue teams or personnel working in confined spaces. The emphasis is placed on equipment and techniques that will enable them to quickly implement an efficient rescue in a variety of possible situations. Topics covered and practiced will be rescue procedures and planning as well as the sequence of events and rescue equipment needed of both the rescuer and the casualties.

The objectives to this course are obtained through 100% participation so the candidate must be physically and mentally able to perform the tasks in a darkened confined space. Certification valid for 3 years will be issued on completion of objectives.

## **INDUSTRIAL FIRE FIGHTER II**

This course provides the candidate with the necessary knowledge in the use, care and the maintenance of a 30lb. to 350lb. fire extinguisher. The 2 hour classroom theory will cover aspects of the fire triangle, the chemical chain reaction, and the classification and ratings of a fire extinguisher. The instructor will cover in detail, dry chemical agents and additional extinguishing agents. Other topics covered in detail are fire extinguishers (stored or cartridge operated, 20lb. to 350 lb.), fire safety at home, and the knowledge that fires will happen. Each participant will go through practical fire field evolutions and successfully extinguish up to 8 fires individually with a 30lb. dry chemical extinguisher and as a team, successfully extinguish up to 3 fires using a 30 lb. extinguisher. They will also successfully extinguish a min. 225 sq. ft. flammable liquid in depth, or equivalent pressurized gas, fire with a 350lb., 150lb., or 160lb sodium wheeled unit.

Objectives will be tested by both practical demonstration and a written competency exam. Certification valid for 3 years will be issued on completion of objectives.

## **MENTALLY ACTIVE DRIVER PROGRAM**

This course provides students with the most up to date information available on automotive safety. Each participant receives 2 hours of in-vehicle training which includes an evaluation to pin point weak areas of the driver and coaching for improvement. Hands-on training in skid control using a specially designed and engineered skid car is provided for each student. This car is an excellent tool for teaching people how to deal with over-steering situations where the back end is catching up to the front end. Training is provided in control braking techniques at 60 km to 100 km, simply, the fastest safest way to stop a vehicle. Training is on pavement and gravel. This training technique is also the highest recommended method in dealing with under-steer situations where the car is plowing forward. Each student will be given an eye test (for visual acuity, color blindness, and depth perception) and a reaction time test (a test to record the time it will take for a person to react from the gas pedal to the brake pedal). An introduction to collision avoidance techniques is designed to help students avoid obstacles on the road. A complicated backing course teaches the student to properly use only the mirrors when backing. The Instructor commentary during driving teaches the student to keep their mind on the driving task.

Each student will receive a certificate of completion and a detailed written evaluation of the training along with a grade and recommendation for further training if required.