

Forklift

NQF Level: 3
Credits: 7

Course outline

- ❖ Lift truck and attachment identification.
- ❖ Parts and function of a lift truck
- ❖ Principles of forklift operation
- ❖ Lift truck safely
- ❖ Daily checks
- ❖ Refueling/changing batteries
- ❖ Load recognition
- ❖ Practice forklift operation

Dangerous Goods

NQF Level 3
Credits: 4

Course outline

- ❖ Operator/driver responsibilities.
- ❖ Parts of a dangerous goods placard.
- ❖ Compatibility and exempt quantities.
- ❖ Documentation.
- ❖ Loading, conveyance and offloading dangerous goods.
- ❖ Reaction to Incidents

HIV AIDS Training

NQF Level 3
Credits: 4

Course outline

- ❖ Sexuality
- ❖ Sexually transmitted infections
- ❖ How to cope with STDs
- ❖ Human rights

Working at Heights / Fall Arrest

NQF Level: 1 & 2
Credits: 5

Course outline

- ❖ Explaining the use of a range of fall arrest equipment
- ❖ Explaining and using basic rope knots.
- ❖ Inspecting and Installing and using fall arrest systems
- ❖ Selecting suitable anchor points.
- ❖ Interpreting and implementing a fall protection plan.

Scaffold Erection

NQF Level: 3
Credits: 5

Course Outline

- ❖ Interpreting basic drawings and instructions for the erection of access scaffolding.
- ❖ Erecting and using access scaffolding.
- ❖ Dismantling access scaffolding

Scaffolding Inspection

NQF Level: 4
Credits: 6

Course outline:

- ❖ Understanding different types of access scaffolding
- ❖ Explaining the roles and responsibilities of the inspector.
- ❖ Interpreting drawings, client requirements and other specifications.



**IS YOUR BUSINESS HEALTH AND
SAFETY COMPLIANT**

CALL US TODAY

TEL: 033 345 55 44 / 0800 212 566

FAX: 033 345 55 04

EMAIL: admin@nohss.co.za

WEBSITE: www.nohss.co.za

BRANCHES INCLUDE A NETWORK OF
NATIONAL OFFICES



At NOHSS we are passionate about workplace safety.

ABOUT US

NOHSS forms part of the NOFESA GROUP of companies. A leader in occupational health and safety, we offer professional products and services in key areas of health and safety. Our products and services will ensure your organisation remains compliant and up-to-date with changing legislation.

The nature of our market include:

- ❖ Construction
- ❖ Manufacturing
- ❖ Offices and Warehousing
- ❖ Hospitality industry
- ❖ Agriculture

PRODUCTS AND SERVICES

OHS Audits, Inspections and Compliance

Our services include health and safety site inspections comprising of the following:

- ❖ Physical on site inspection as per compliance standards
- ❖ Risk Assessments
- ❖ Health and Safety Plans
- ❖ Site audit reports
- ❖ Compilations of Health and Safety Files

Risk Assessments

NOHSS auditing products and services have been pivotal in improving the risk management performance of our valued clients and can assist your business today.

OHS ACCREDITED SKILLS TRAINING

Fire Fighting

NQF Level 1 - 3
Credits: 3

NOHSS offers expert fire fighting training. Learn how to apply fire fighting techniques and tactics.

Course outline

- ❖ Identify different types of fires.
- ❖ Explain and practice fire prevention.
- ❖ Operate basic fire fighting equipment.
- ❖ Evacuation procedures

First Aid

NQF Level 1
Credits: 5

NQF Level 2
Credits: 4

NQF Level 3
Credits: 8

Course outline

- ❖ Demonstrate an understanding of emergency scene management.
- ❖ Demonstrate an understanding of anatomy and physiology.
- ❖ Apply first-aid procedures to a life threatening situation.
- ❖ Assess an emergency situation.
- ❖ Treat common injuries.
- ❖ Conduct CPR

Health and Safety Representative Training

NQF Level 2
Credits: 3

Learn the functions of a workplace and safety representative.

Course outline

- ❖ Introduction to safety in the workplace.
- ❖ Identify potential hazards.
- ❖ Limit damage to persons or property
- ❖ Safety procedures
- ❖ Risk assessments
- ❖ Legal Compliance

Health and Safety Induction Training

NQF Level 2
Credits: 4

Explain basic health and safety principles in an around the workplace.

Course outline

- ❖ Explain employer and employee duties surrounding OHS in the workplace.
- ❖ Explain the general safety rules in the workplace.
- ❖ Explain the use and application of personal protective equipment.
- ❖ Explain good housekeeping in the workplace.
- ❖ Explain and apply emergency procedures in the workplace.
- ❖ Completion of all Injury on Duty / Workman's Compensation documentation