

### EHS 培训课程

序号	课程名称	课程目标	课程大纲	课时	估价
1	安全检查	能有计划的开展安全检查	<ol style="list-style-type: none"> <li>1. 关键部分检查;</li> <li>2. 使用前检查;</li> <li>3. 预防性维护检查;</li> <li>4. 现场检查;</li> <li>5. 一般健康安全检查</li> </ol>	3	5000元/20人
2	仓库安全	知道仓库安全生产包含的内容; 掌握如何做好仓库安全生产工作	<ol style="list-style-type: none"> <li>1. 仓库安全简介;</li> <li>2. 一般要求;</li> <li>3. 货架安全;</li> <li>4. 物料搬运, 存储, 使用和报废处理</li> </ol>	3	5000元/20人
3	工业卫生	熟悉工作场所健康危害的基本概念, 危害评估和控制的方法, 保护员工免受化学因素、物理因素、生物因素的伤害	<ol style="list-style-type: none"> <li>1. 概述;</li> <li>2. 相关法律法规要求;</li> <li>3. 工业卫生;</li> <li>4. 毒性;</li> <li>5. 暴露监测</li> </ol>	3	5000元/20人
4	动火作业	能意识到哪些工作需要使用到动火许可证; 知道粉尘爆炸的危险性; 准确执行动火许可证内容要求	<ol style="list-style-type: none"> <li>1. 定义;</li> <li>2. 案例;</li> <li>3. 动火作业许可证;</li> <li>4. 政策;</li> <li>5. 重要细节;</li> <li>6. 其他信息</li> </ol>	3	5000元/20人
5	交通安全	提升交通安全意识;	<ol style="list-style-type: none"> <li>1. 案例;</li> <li>2. 常见的交通隐患;</li> <li>3. 常用交通方式的安全提醒;</li> <li>4. 特殊情况下的行车;</li> <li>5. 可能发生的意外及处理措施</li> </ol>	3	5000元/20人

6	防坠落程序	确保所有有高处作业活动的员工知道该程序，并能正确执行该程序，提供并使用合格的设备和方法控制安全	<ol style="list-style-type: none"> <li>1. 定义；</li> <li>2. 永久性结构的防坠落安全检查清单；</li> <li>3. 防坠落方法指引；</li> <li>4. 脚手架安全；</li> <li>5. 防坠落设备小贴士；</li> <li>6. 梯子安全</li> </ol>	3	5000元 /20人
7	承包商安全管理	建立承包商行为或招投标选择标准。特别是： -供应商选择 -管理和劳动关系细节 -工作计划、管理和监控	<ol style="list-style-type: none"> <li>1. 承包商选择；</li> <li>2. 安全协议；</li> <li>3. 承包商安全培训；</li> <li>4. 工作许可证制度和高风险操作安全注意事项；</li> <li>5. 承包商安全奖励以及安全违章处罚；</li> <li>6. 工作表现及绩效评估</li> </ol>	3	5000元 /20人
8	5S	能使用5S系统来提供一个安全的现场环境	<ol style="list-style-type: none"> <li>1.5S概述；</li> <li>2. 推行要领；</li> <li>3. 活动工作程序；</li> <li>4. 评价考核与改善</li> </ol>	3	5000元 /20人
9	防火安全	掌握防火理论和技术；掌握灭火知识	<ol style="list-style-type: none"> <li>1. 火灾的特性；</li> <li>2. 防火与灭火；</li> <li>3. 火灾的隐患；</li> <li>4. 火场的自救与逃生</li> </ol>	3	5000元 /20人
10	角磨机安全	为专业或非专业操作人员提供角磨机安全操作指引	<ol style="list-style-type: none"> <li>1. 角磨机类型</li> <li>2. 使用前检查</li> <li>3. 安全操作</li> <li>4. 风险</li> <li>5. 控制措施</li> </ol>	3	5000元 /20人
11	电弧气刨和切割	强调电弧气刨和切割安全操作的重要性，演示正确、安全的完成常见切割的方法	<ol style="list-style-type: none"> <li>1. 车间和个人安全</li> <li>2. 设备安全</li> <li>3. 金属弧切割</li> <li>4. 气碳-电弧气刨和切割</li> <li>5. 等离子电弧切割</li> </ol>	3	5000元 /20人

12	电弧焊安全技术	强调电弧焊安全操作的重要性，演示正确、安全的完成常见焊接的方法	<ol style="list-style-type: none"> <li>1. 设备</li> <li>2. 车间和设备安全</li> <li>3. 个人安全和“弧光”</li> <li>4. 电弧焊</li> <li>5. 引弧</li> <li>6. 焊接缺陷</li> <li>7. 各种焊接的正确程序</li> </ol>	3	5000元/20人
13	石棉认知	向现场所有可能接触石棉的人员介绍	<ol style="list-style-type: none"> <li>1. 石棉介绍</li> <li>2. 健康影响</li> <li>3. 石棉存在于哪里</li> <li>4. 石棉的危害</li> <li>5. 控制措施</li> </ol>	3	5000元/20人
14	行为安全	适用于正在使用或将要使用行为安全计划的任何工作现场。 减少不安全行为将会减少工作场所事故和工伤的发生。	<ol style="list-style-type: none"> <li>1. 不安全行为和不安全状况</li> <li>2. 安全行为和态度</li> <li>3. 行为矫正理论</li> <li>4. ABC模型</li> <li>5. 正向强化</li> <li>6. 安全行为计划的三个组成</li> <li>7. 行为安全观察程序</li> </ol>	3	5000元/20人
15	血源性病原体- 风险管理	增加对血源性病原体的认识，提高负责在日常安全程序中进行观察和执行工作的人员对标准的理解	<ol style="list-style-type: none"> <li>1. 血源性病原体的定义</li> <li>2. 丙型肝炎</li> <li>3. 乙型肝炎</li> <li>4. 艾滋病病毒/艾滋病</li> <li>5. 感染怎么发生</li> <li>6. 危害控制</li> <li>7. 清理血液和体液的泄漏</li> <li>8. 手套的使用和勤洗手</li> <li>9. 若暴露该怎么做</li> </ol>	3	5000元/20人
16	炸弹威胁	适用于所有可能被卷入炸弹威胁事件的人员	<ol style="list-style-type: none"> <li>1. 炸弹威胁的性质</li> <li>2. 炸弹威胁的定义</li> <li>3. 电话呼叫</li> <li>4. 炸弹威胁策略</li> <li>5. 炸弹威胁清单</li> <li>6. 若你收到炸弹威胁该怎么做</li> </ol>	3	5000元/20人

17	建筑和办公室疏散	确保每个建筑都有一个经测试和检验有效可行的疏散计划，每个人都熟悉它并知道自己各自的角色职责	<ol style="list-style-type: none"> <li>1. 疏散计划</li> <li>2. 疏散小组</li> <li>3. 主要督导员</li> <li>4. 你的职责</li> <li>5. 培训和实践</li> </ol>	3	5000元 /20人
18	烧伤	在工作现场很多烧伤导致下述违反安全工作规范的行为。本课程生动的向全体员工阐明可能导致烧伤风险的识别、评估和控制的必要性。本课程也告知学员面临火灾紧急情况时该做什么。	<ol style="list-style-type: none"> <li>1. 烧伤的原因</li> <li>2. 烧伤的分类</li> <li>3. 烧伤对生命的威胁</li> <li>-感染</li> <li>-休克</li> <li>-呼吸困难</li> <li>4. 烧伤患者的一般急救原则</li> <li>5. 寻求医疗援助指南</li> </ol>	3	5000元 /20人
19	电锯维护和安全	确保每个电锯使用者都了解电锯操作的危害。由正确的人定期维护电锯，确保无故障和成功的操作电锯的安全操作程序。	<ol style="list-style-type: none"> <li>1. 电锯的组成</li> <li>2. 链的类型和选型</li> <li>3. 链的组成</li> <li>4. 磨链和设置深度计</li> <li>5. 导杆维护和链装配</li> <li>6. 链条张力</li> <li>7. 个人安全</li> <li>8. 操作安全</li> </ol>	3	5000元 /20人
20	化学品安全	为确保能安全处置和贮存无论在哪里使用的化学品，需要每个人承诺去遵守安全工作程序。通过对风险的认知和一个持续的项目来减小风险，会减少事故发生，使你的工作场所更安全。	<ol style="list-style-type: none"> <li>1. 化学品进入身体的细节</li> <li>2. 剂量和危害</li> <li>3. 火灾和爆炸</li> <li>4. 环境污染</li> <li>5. 控制措施</li> <li>6. 存储</li> <li>7. 处置和贮存方法评价</li> </ol>	3	5000元 /20人
21	办公室中的儿童游戏-人工搬运	本课程着眼于在大多数办公环境发生的日复一日的抬举和搬运作业，使用小孩来演示怎么最好的避免伤害。	<ol style="list-style-type: none"> <li>1. 什么是人工搬运</li> <li>2. 有什么问题和伤害怎么发生</li> <li>3. 我们如何处理人工搬运</li> </ol>	3	5000元 /20人

22	受限空间	为了能减少受限空间事故发生，我们需要对受限空间相关的危害和风险有一个基本的了解。	<ul style="list-style-type: none"> <li>1 - 受限空间定义</li> <li>2 - 受限空间进入许可证</li> <li>3 - 为什么会发生事件?</li> <li>4 - 危险的环境</li> <li>5 - 能量源</li> </ul>	3	5000元 /20人
23	心肺复苏术	本课程着眼于按照当前的复苏指南给成年人进行心肺复苏。本课程适用于在任何工作场所使用，或做为已经取得或将要进行心肺复苏术培训特别设计的进修课程和培训教材。	<ul style="list-style-type: none"> <li>1. 基础生命支持程序</li> <li>2. 怎么去对成年伤患进行心肺复苏</li> <li>3. 怎么人工呼吸</li> <li>4. 怎么胸外按压</li> <li>5. 怎么使用自动体外心脏去颤器</li> <li>6. 心肺复苏</li> <li>7. 救援人员的健康和卫生</li> </ul>	3	5000元 /20人
24	伤口和出血	强调伤口和出血的主要危险区域，并增加工人积极遵守日常安全规程的意识。	<ul style="list-style-type: none"> <li>• 血的组成</li> <li>• 血管定义</li> <li>• 流血对身体的影响</li> <li>• 外出血</li> <li>• 轻伤的治疗</li> <li>• 重伤的治疗</li> <li>• 内出血</li> </ul>	3	5000元 /20人

25	驾驶知识	使我们多了解我们驾驶的车辆，并且使我们更多的意识到我们驾驶时正在做什么。	<ol style="list-style-type: none"> <li>1. 正确的坐车: <ul style="list-style-type: none"> <li>- 腿的正确姿势</li> <li>- 镜子设置</li> </ul> </li> <li>2. 驾驶: <ul style="list-style-type: none"> <li>- 手的正确姿势</li> <li>- 驾驶方法</li> </ul> </li> <li>3. 安全气囊 <ul style="list-style-type: none"> <li>- 事故中他们如何工作</li> <li>- 避免安全气囊损伤有关的预防措施</li> </ul> </li> <li>4. 防抱死制动系统 <ul style="list-style-type: none"> <li>- 什么是防抱死制动系统?</li> <li>- 怎么工作?</li> <li>- 他的优点?</li> </ul> </li> <li>5. 刹车距离 <ul style="list-style-type: none"> <li>- 安全距离</li> <li>- 2秒距离</li> </ul> </li> </ol>	3	5000元 /20人
26	驾驶的风险和责任	使我们更多的意识到驾驶的风险和责任	<ol style="list-style-type: none"> <li>1: 安全驾驶项目</li> <li>2: 交通事故的原因</li> <li>3: 防盗</li> <li>4: 路况</li> <li>5: 如何减少燃料消耗</li> <li>6: 夜驾</li> <li>7: 公车和私车的区别</li> </ol>	3	5000元 /20人
27	工作期间的药物和酒精	本课程的目标是辨别问题和考虑处理这些问题的种种可能措施	<ol style="list-style-type: none"> <li>1. 工作场所酗酒和吸毒问题的定义</li> <li>2. 关于药物和酒精的安全和生产问题</li> <li>3. 识别问题</li> <li>4. 保密问题</li> <li>5. 药物和酒精测试</li> <li>6. 自制</li> </ol>	3	5000元 /20人
28	电动工具	告诉操作者怎么挑出最合适的电动工具，并且有效安全的使用它们	<ol style="list-style-type: none"> <li>1. 使用电器设备时的具体安全程序</li> <li>2. 个人安全, 包括衣服和空气呼吸器</li> <li>3. 怎么辨识无效和过负荷设备</li> <li>4. 理解钻头、锯条等类型和用途</li> <li>5. 熟练使用各种电动工具的操作说明</li> </ol>	3	5000元 /20人

29	电气安全	理解我们作为个人能做或应该做什么，来减少电气风险	<ol style="list-style-type: none"> <li>1 - 基本事实</li> <li>2 - 基本原则</li> <li>3 - 电流对人体的影响</li> <li>4 - 常见危险</li> <li>5 - 危险控制</li> </ol>	3	5000元/20人
30	升降工作平台	本课程强调了安全操作升降工作平台的重要性，提高负责在日常安全程序中进行观察和执行工作的人员对标准的理解	<ol style="list-style-type: none"> <li>1 - 升降工作平台类型</li> <li>2 - 使用前检查</li> <li>3 - 一般准则</li> <li>4 - 升降工作平台的倾卸台</li> <li>5 - 其他升降工作平台风险</li> </ol>	3	5000元/20人
31	人机工程学	本课程适用于给所有人介绍人机工程学，加强解决人机工程学问题时必须应用的原则	<ul style="list-style-type: none"> <li>• 为什么用和怎么用人机工程学</li> <li>• 当解决人机工程学危害时适用的一般方法</li> <li>• 人机工程学因素</li> <li>• 识别人机工程学问题</li> <li>• 符合人体工程学的解决方案</li> <li>• 评估人机工程学的解决方案</li> </ul>	3	5000元/20人
32	工作场所的坠落	提高参与者工作场所坠落的理解，制定控制措施去预防坠落事故	<ol style="list-style-type: none"> <li>1 坠落的概念</li> <li>2 为什么工作场所会发生坠落</li> <li>3 怎么预防从高处坠落</li> <li>4 控制措施</li> </ol>	3	5000元/20人
33	作业疲劳	本课程强调疲劳的主要危险，提高负责在日常安全程序中进行观察和执行工作的人员对标准的理解	<ol style="list-style-type: none"> <li>1. 作业疲劳的定义</li> <li>2. 作业疲劳的起因</li> <li>3. 与工作有关和无关的疲劳因素</li> <li>4. 疲劳的影响</li> <li>5. 危害和后果</li> <li>6. 控制疲劳危害</li> <li>7. 个人的角色</li> </ol>	3	5000元/20人
34	灭火器	本课程告知人们在工作场所怎么选择和安全的使用手提式灭火器	<ol style="list-style-type: none"> <li>1. 火的组成</li> <li>2. 消防技术</li> <li>3. 灭火剂</li> <li>4. 灭火器和火灾分类</li> <li>5. 灭火器操作</li> <li>6. 当灭火时应遵守的一般方针</li> </ol>	3	5000元/20人

35	消防安全意识	提高所有人员的消防安全意识	<ol style="list-style-type: none"> <li>1. 火的性质</li> <li>2. 火的起因</li> <li>3. 火的行为</li> <li>4. 消防安全管理</li> </ol>	3	5000元 /20人
36	足部安全	大量的脚受伤由工作场所高空坠物造成。然而还有很多其他潜在的伤害能导致脚受伤。 本课程针对于所有可能接触到这些危害的所有人。	<ul style="list-style-type: none"> <li>• 为什么人们损伤他们的脚</li> <li>• 常见的脚受伤</li> <li>• 防止脚受伤</li> <li>• 脚损伤危害的评估</li> <li>• 现有风险的控制措施</li> <li>• 安全鞋</li> </ul>	3	5000元 /20人
37	叉车安全	强调安全操作叉车的重要性，提高负责在日常安全程序中进行观察和执行工作的人员对标准的理解	<ol style="list-style-type: none"> <li>1. 叉车事故的主要原因</li> <li>2. 使用前检查</li> <li>3. 操作检查</li> <li>4. 上下车</li> <li>5. 装载处理</li> <li>6. 拿起一个负荷</li> <li>7. 放下一个负荷</li> <li>8. 故障的发现</li> <li>9. 速度和制动距离</li> <li>10. 交通管理和行人交通</li> </ol>	3	5000元 /20人
38	气瓶安全	确保压缩气瓶的安全	<ul style="list-style-type: none"> <li>• 气体的类型</li> <li>• 气体相关的风险</li> <li>• 使用气瓶之前该做的事情</li> <li>• 通用守则</li> <li>• 安全存储</li> <li>• 安全处理</li> <li>• 泄漏测试</li> <li>• 应急程序</li> </ul>	3	5000元 /20人



39	全球化学品统一分类和标签制度	联合国出版的全球化学品统一分类和标签制度 (或简称 GHS) 旨在通过标签和安全数据表来开发一个单一的全球协调系统来处理化学品分类和危害告知	<ul style="list-style-type: none"> <li>1 - 什么是全球化学品统一分类和标签制度</li> <li>2 - 分类</li> <li>3 - 标签</li> <li>4 - 安全数据表</li> <li>5 - 总结</li> </ul>	3	5000元/20人
40	手动工具的安全和技术	本课程适用于所有需要复习怎么去正确安全的使用基本手动工具的操作者，无论他们是学生或经验丰富的商人	<ul style="list-style-type: none"> <li>1. 扳手的类型和正确应用</li> <li>2. 适当安全的使用管钳</li> <li>3. 广泛的多种多样的螺丝刀概览，和正确安全的使用方法</li> <li>4. 特定任务使用的老虎钳</li> <li>5. 锤子的类型，和怎么正确安全的使用他们</li> <li>6. 正确使用钢锯和刀片类型</li> </ul>	3	5000元/20人
41	危险环境和呼吸器	确保可能暴露在危险环境中的所有人都接受关于他们可能遇到的危害及他们需要采取何种预防措施的培训	<ul style="list-style-type: none"> <li>1. 什么构成危险环境?</li> <li>2. 过滤式空气呼吸器的一般信息</li> <li>3. 不同类型过滤式呼吸器的详细信息</li> <li>4. 过滤器</li> <li>5. 过滤式呼吸器的选择和气密性检查</li> <li>6. 两种测试的细节 - 正压气密性检查和负压气密性检查</li> <li>7. 维保、储存、检查和危险标志的一般准则</li> </ul>	3	5000元/20人
42	有害物质 - 基本原理	本课程强调使用有害物质的主要危险，提高负责在日常安全程序中进行观察和执行工作的人员的标准意识	<ul style="list-style-type: none"> <li>1. 有害物质介绍</li> <li>2. 有害物质怎么伤害我们</li> <li>3. 常见问题</li> <li>4. 减少潜在暴露</li> <li>5. 组织的角色</li> <li>6. 个人的角色</li> </ul>	3	5000元/20人
43	工作场所的头部保护	强调避免头部伤害的危害和预防措施	<ul style="list-style-type: none"> <li>1 - 头的危险</li> <li>2 - 预防</li> <li>3 - 个人防护</li> </ul>	3	5000元/20人

44	高温危害	本课程目标是通过识别与高温相关的疾病和检查一系列工程和行政控制措施，以及减少热量相关的伤害和疾病风险的个人行为来增加高温危害的意识	<ol style="list-style-type: none"> <li>1. 身体如何摆脱高温</li> <li>2. 能导致疾病和伤病的高温的原因</li> <li>3. 与高温相关的疾病: <ul style="list-style-type: none"> <li>- 痲子</li> <li>- 热痉挛</li> <li>- 热晕厥</li> <li>- 热衰竭</li> <li>- 中暑</li> </ul> </li> <li>4. 与高温相关疾病的症状</li> <li>5. 与高温相关疾病的急救处理</li> <li>6. 预防与高温相关疾病和伤病的方法</li> </ol>	3	5000元 /20人
45	吊索的检查、保养和存储	在你的工作区域无论吊索定期或不定期使用，本课程中的基本安全原则都需不断地执行，以保证设备操作人员及周边作业人员的安全	<ol style="list-style-type: none"> <li>1. 链条、微波激光器链接联轴器连接&amp;附件、钢丝绳吊索和纤维吊索的使用前检查</li> <li>2. 设施保养</li> <li>3. 定期检查</li> <li>4. 正确保存起重设备</li> </ol>	3	5000元 /20人
46	工作安全分析	本课程的目标是记录特定的工作如何被安全的完成。	<ol style="list-style-type: none"> <li>1. JSA是如何执行的</li> <li>2. 怎么把一份工作分解成基本步骤</li> <li>3. 危害辨识</li> <li>4. 危害评估</li> <li>5. 危害控制</li> </ol>	3	5000元 /20人
47	上锁	本课程强调上锁程序的重要性，提高负责在日常安全程序中进行观察和执行工作的人员对标准的理解	<ul style="list-style-type: none"> <li>• 上锁概述</li> <li>• 上锁程序</li> <li>• 电气锁定的危险</li> <li>• 液压锁定的危险</li> <li>• 气动锁定的危险</li> <li>• 热能的危险</li> <li>• 潜在的或储存的能量</li> <li>• 处理锁定风险的控制措施</li> </ul>	3	5000元 /20人

48	机械防护	本课程帮助所有现场作业人员规避与设备和机械工作时造成的事故和伤害。	<ol style="list-style-type: none"> <li>1. 为什么使用防护</li> <li>2. 与机械相关的风险隐患</li> <li>3. 有效机械防护的要求</li> <li>4. 不同类型的防护和他们的功能</li> <li>5. 安全工作实践</li> </ol>	3	5000元 /20人
49	金属加工工具	本课程适用于所有需要复习怎么去正确安全的使用基本金属加工工具的操作者，无论他们是学生或经验丰富的商人	<ol style="list-style-type: none"> <li>1 - 个人和车间安全</li> <li>2 - 划线器</li> <li>3 - 分隔器</li> <li>4 - 文件和档案</li> <li>5 - 钢锯</li> <li>6 - 钻床</li> </ol>	3	5000元 /20人
50	气保焊安全和技术	强调气保焊安全操作的重要性，演示正确、安全的完成常见焊接的方法	<ol style="list-style-type: none"> <li>1. 气保焊焊接方法和工作原理</li> <li>2. 焊机设备</li> <li>3. 车间、个人和设备安全</li> <li>4. 气保焊术语和方法</li> <li>5. 传输方式 - 他们怎么不同和何时使用</li> <li>6. 设置焊接</li> <li>7. 进行焊接</li> <li>8. 焊接问题和故障以及如何克服他们</li> <li>9. 各种焊接的正确程序，包括： <ul style="list-style-type: none"> <li>- 点焊</li> <li>- 角焊</li> <li>- 单V型对接</li> <li>- 在水平面位置单V型对接</li> <li>- 角焊</li> <li>- 立焊</li> <li>- 方形边对接3mm的金属板</li> </ul> </li> <li>10. 正确安全关闭设备的程序</li> </ol>	3	5000元 /20人

51	噪声性耳聋	本课程阐明噪声相关的重大危险区域，增加对工作场所噪声问题的认识	<ol style="list-style-type: none"> <li>1. 听力损失的原因</li> <li>2. 噪声性耳聋 – 基本事实</li> <li>3. 噪声性耳聋 – 对耳朵的损害是什么</li> <li>4. 声音和噪声的基本事实</li> <li>5. 听力测试 &amp; 听力敏感度图</li> <li>6. 噪声控制措施</li> <li>7. 听力防护</li> </ol>	3	5000元 /20人
52	机动磨削和安全	本课程为专业或非专业机动磨削操作人员提供安全操作指引	<ol style="list-style-type: none"> <li>1. 磨床的类型</li> <li>2. 磨床的组成成分</li> <li>3. 砂轮的类型</li> <li>4. 砂轮识别</li> <li>5. 砂轮检查</li> <li>6. 装配新轮</li> <li>7. 个人安全</li> <li>8. 加工修整砂轮</li> <li>9. 怎么使用机动磨削机器</li> <li>10.螺旋钻</li> </ol>	3	5000元 /20人
53	办公室消防管理	强调办公室火灾和火灾发生时应做什么来防止损害和救人	<ol style="list-style-type: none"> <li>1. 消防基本原理 <ul style="list-style-type: none"> <li>- 优先个人安全</li> <li>- 打电话给消防队</li> <li>- 如果条件允许的话进行灭火</li> <li>- 如果必要的话进行撤离</li> </ul> </li> <li>2. 最可能发生的办公室火灾类型</li> <li>3. 办公室消防设备</li> <li>4. 不同消防设备的操作细节</li> <li>5. 手提式灭火器的细节</li> <li>6. 个人安全</li> <li>7. 评估最可能的危害</li> </ol>	3	5000元 /20人

54	办公室安全	本课程告知和培训办公室环境中存在的安全问题。着眼于一般或经常被忽视的办公室风险，怎么辨识和控制这些风险	<ol style="list-style-type: none"> <li>1. 虽然典型的办公室没有明显威胁生命的危险，但是这些存在的风险却能引起确实的伤害。</li> <li>2. 意识到办公室中存在的不同风险，比如滑倒、绊倒和跌倒，人工搬运风险，火灾危险和电气危害。</li> <li>3. 理解使用工作台的人机工程学原则，以及怎么用这些原则避免伤害和保护健康。</li> <li>4. 采取正确步骤避免办公室事故和受伤的知识，正确抬举和搬运，安全用电，防火和灭火措施。</li> <li>5. 提高工作场所安全问题意识</li> </ol>	3	5000元 /20人
55	氧-乙炔切割和安全	强调氧-乙炔切割安全操作的重要性，演示正确、安全的完成常见切割的方法	<ol style="list-style-type: none"> <li>1. 设备和工作场所安全</li> <li>2. 气体和气瓶，类型和流速</li> <li>3. 割炬和其类型和应用技巧</li> <li>4. 设备知识和维护</li> <li>5. 设置和切割金属的技术</li> <li>6. 正确安全的关闭</li> </ol>	3	5000元 /20人
56	氧-乙炔焊和安全	强调氧-乙炔焊接设备安全操作的重要性，演示正确、安全的完成常见焊接的方法	<ol style="list-style-type: none"> <li>1. 解释氧-乙炔过程是如何工作的</li> <li>2. 工作场所和设备安全</li> <li>3. 说明焊机的组成</li> <li>4. 火焰类型和他们的切屑</li> <li>5. 逆火和回火</li> <li>6. 运行一个有杆或无杆焊珠</li> <li>7. 各种焊接的正确程序包含： <ul style="list-style-type: none"> <li>- 边缘焊</li> <li>- 角焊</li> <li>- 对接焊</li> <li>- 圆角焊</li> </ul> </li> <li>8. 关闭焊接设备的安全步骤</li> </ol>	3	5000元 /20人

57	个人防护用品	适用于通用介绍或加深个人防护用品使用需求	<ol style="list-style-type: none"> <li>1. 眼睛和面部防护</li> <li>2. 头部防护</li> <li>3. 呼吸防护</li> <li>4. 听力防护</li> <li>5. 防护服</li> </ol>	3	5000元 /20人
58	预防滑倒、绊倒、跌倒	本课程强调滑倒、绊倒、跌倒事件的主要危险，提高负责在日常安全程序中进行观察和执行工作的人员的标准意识	<ol style="list-style-type: none"> <li>1 - 现场整齐整洁</li> <li>2 - 地板和人行道</li> <li>3 - 凳子、折叠楼梯&amp;梯子</li> <li>4 - 鞋类</li> <li>5 - 不恰当的行为</li> </ol>	3	5000元 /20人
59	辨识、评估和控制危险	本课程强调怎么辨识、评估和控制危险	<ol style="list-style-type: none"> <li>1. 更深入的认识辨识工作场所危险的需求</li> <li>2. 提高辨识工作场所现有危险的能力</li> <li>3. 更清楚的认识正确评估现有危险的方法</li> <li>4. 了解能实施的不同危险控制方法，包括消除、代替、行政管理和工程控制</li> <li>5. 了解个人防护用品的角色</li> <li>6. 了解识别、评估和控制危险的程序，及他的要求和优点</li> </ol>	3	5000元 /20人
60	风险评估基本原理	所有工作场所风险评估的目的是确认作业活动引起的风险等级是否是可接受的，或是否需要采取额外的控制措施来进一步减少或消除不能接受的风险。	<ol style="list-style-type: none"> <li>1. 辨识现有的所有风险</li> <li>2. 判定这些风险可能的后果和受伤人员</li> <li>3. 评估风险和判定现有控制措施是否有效，是否需要更多措施</li> <li>4. 对发现问题做记录</li> <li>5. 回顾，若必要的话定期对评估进行修订</li> </ol>	3	5000元 /20人
61	安全的人工操作	由人工操作导致的工作相关的事故和工伤占很大一部分比例。本课程的目标是强调安全的人工操作。	<ol style="list-style-type: none"> <li>1. 人工操作的详细说明</li> <li>2. 存在的问题及伤害怎么发生</li> <li>3. 伤害的种类</li> <li>4. 处理人工操作的步骤</li> </ol>	3	5000元 /20人

62	电锯的安全使用	本课程着眼于一系列安全成功的在各种状况使用电锯的操作和切割程序	<ol style="list-style-type: none"> <li>1. 准备电锯</li> <li>2. 启动电锯</li> <li>3. 持有并操作电锯</li> <li>4. 一般伐木业</li> <li>5. 伐木</li> </ol>	3	5000元 /20人
63	人为因素	本课程目的不在于归咎事故于个人，而是加深对为什么事故会发生的理解并提高所有工作场所安全意识等级	<ol style="list-style-type: none"> <li>1: 事故成本</li> <li>2: 人为因素 - 直接行为</li> <li>3: 人为因素 - 间接行为</li> </ol>	3	5000元 /20人
64	安全委员会	强调安委会的重要性，提高负责在日常安全程序中进行观察和执行工作的人员的标准意识	<ol style="list-style-type: none"> <li>1 - 简介</li> <li>2 - 什么是安委会</li> <li>3 - 安委会角色</li> </ol>	3	5000元 /20人
65	安全数据表 - 介绍	提供包含怎么安全、无人员伤害或环境破坏的使用化学品的基本信息	<ol style="list-style-type: none"> <li>1. 安全数据表基础样式</li> <li>2. 为什么安全数据表会被通用</li> <li>3. 安全数据表中安全最重要部门节选，包括: <ul style="list-style-type: none"> <li>- 危险标志</li> <li>- 暴露控制和个人防护</li> <li>- 理化性质</li> <li>- 稳定性和反应性</li> <li>- 毒理学资料</li> </ul> </li> </ol>	3	5000元 /20人
66	安全数据表 - 重要术语	对安全数据表中可能碰到的专业术语提供深入解释	<ol style="list-style-type: none"> <li>1 - 致死量、半数致死量、致死浓度、半数致死浓度</li> <li>2 - 职业接触限值</li> <li>3 - 蒸汽压力和蒸汽密度</li> <li>4 - 可燃极限</li> <li>5 - 闪点和燃点</li> </ol>	3	5000元 /20人

67	安全要点	<p>本课程目标:</p> <ol style="list-style-type: none"> <li>1. 加强工作场所安全重要性的认识</li> <li>2. 加强对支持工作场所安全的安全要素的认识</li> <li>3. 意识到工作场所安全状况比较差的潜在后果</li> <li>4. 知道工作场所的危险怎么伤害个人</li> <li>5. 理解组织对个人关于工作场所安全的期望</li> <li>6. 理解合适的人工操作技术</li> <li>7. 理解紧急情况该做什么</li> </ol>	<ol style="list-style-type: none"> <li>1. 理解车间活动怎么导致你受伤或生病</li> <li>2. 理解组织对你的期望</li> <li>3. 正确的人工操作技术</li> <li>4. 知道紧急情况下该做什么</li> </ol>	3	5000元 /20人
68	溶剂	<p>本课程强调使用溶剂的主要危险，提高负责在日常安全程序中进行观察和执行工作的人员对标准的理解</p>	<ol style="list-style-type: none"> <li>1. 溶剂简介</li> <li>2. 有机溶剂的物理特性</li> <li>3. 使用溶剂的潜在健康问题</li> <li>4. 工作场所对溶剂的管理</li> <li>5. 个人防护用品</li> </ol>	3	5000元 /20人
69	静电	<p>对静电的实践认知，怎么控制静电，适用于任何能对安全构成威胁的静电工作环境</p>	<ol style="list-style-type: none"> <li>1 什么是静电?</li> <li>2 工作场所中静电的来源</li> <li>3 潜在危险</li> <li>4 控制静电</li> <li>5 一般准则</li> </ol>	3	5000元 /20人
70	压缩空气的危险	<p>增加人们对压缩空气危险的认知，增加对正确使用压缩空气工具和设备避免伤害的重要性的认知</p>	<ul style="list-style-type: none"> <li>•什么是压缩空气?</li> <li>•为什么压缩空气危险?</li> <li>•压缩空气相关的潜在危害和伤害</li> <li>•怎么控制?</li> <li>•使用压缩空气时该做什么和不该做什么</li> </ul>	3	5000元 /20人
71	手部安全的基本要求	<p>强调主要的危险和事故预防措施</p>	<ol style="list-style-type: none"> <li>1 - 手</li> <li>2 - 手安全的意识</li> <li>3 - 手的危险</li> <li>4 - 事故预防措施</li> <li>5 - 个人防护用品</li> </ol>	3	5000元 /20人



72	危险化学品标识代码	<p>本课程目标:</p> <ol style="list-style-type: none"> <li>1. 提高对危险化学品应急的反应能力</li> <li>2. 对使用有害物质的要求有更清晰的认识</li> <li>3. 对现场储存使用的化学品性能和危险有更深入的认识</li> <li>4. 理解危险化学品代码在工作场所安全的重要性</li> <li>5. 提高对与危险化学品相关的安全原则的认识</li> </ol>	<ol style="list-style-type: none"> <li>1: 危险化学品代码的作用</li> <li>2: 解释代码</li> <li>(a) 危险化学品数字</li> <li>(b) 第一个字母</li> <li>(c) 第二个字母</li> <li>3: 复合码</li> <li>4: 使用危险化学品代码</li> </ol>	3	5000元 /20人
73	防止眼睛受伤	<p>在存有常见伤害眼睛风险的工作场所中提高对眼睛安全的认识水平</p>	<ol style="list-style-type: none"> <li>1. 了解人眼的基本结构，知道眼睛很敏感、容易受伤</li> <li>2. 更深入的了解各种不同伤害眼睛的风险，比如物理打击、异物、危险物质和有害的辐射</li> <li>3. 更深入的了解减少可能造成严重眼睛伤害发生的种种控制措施，包含消除、代替、工程措施和行政措施</li> <li>4. 了解个人防护用品的两种作用，作为一种控制措施和作为最后一道防线</li> <li>5. 认识适用于眼睛保护的各种个人防护用品，及什么时候使用他们</li> <li>6. 眼睛受伤时该采取的防护措施知识有更深入了解</li> <li>7. 加强一般情况下眼睛受伤事故和安全问题的意识</li> </ol>	3	5000元 /20人
74	事故调查原则	<p>防止同样或相似事故发生</p>	<ol style="list-style-type: none"> <li>1. 事故定义</li> <li>2. 导致事故发生的成因</li> <li>3. 该由谁参与调查</li> <li>4. 调查的策略</li> <li>5. 收集事实</li> <li>6. 面谈</li> <li>7. 隔离重要事故成因</li> <li>8. 确定纠正措施</li> </ol>	3	5000元 /20人
75	桥式起重机的安全操作	<p>明确所有必须的步骤来有效安全的操作桥式起重机</p>	<ol style="list-style-type: none"> <li>1 - 使用前检查</li> <li>2 - 操作检查</li> <li>3 - 吊装计划</li> <li>4 - 操作规程</li> <li>5 - 关闭程序</li> </ol>	3	5000元 /20人

76	安全使用梯子	本课程着眼于如何选择和正确使用梯子	<ul style="list-style-type: none"> <li>• 阶梯梯、直梯和伸缩梯</li> <li>• 一般维护</li> <li>• 选择正确的梯子</li> <li>• 安全的角度</li> <li>• 搬运梯子</li> <li>• 安装梯子</li> <li>• 固定梯子</li> <li>• 梯子的安全姿势</li> <li>• 在梯子上作业</li> </ul>	3	5000元 /20人
77	世界最古老的安全法律	本课程可以作为说明一个新政策或程序时的典范使用， 或作为安全会议的“破冰”	回顾世界最古老的安全法律-汉谟拉比法典。 它认为安全工作实践和流程已经使用上千年来预防工作场所事故和伤害。	2	4000元 /20人
78	氩弧焊 – 安全和技术	本课程的目标是强调氩弧焊设备安全操作的重要性。演示正确、安全的完成常见焊接的方法	<ol style="list-style-type: none"> <li>1 - 氩弧焊设备</li> <li>2 - 焊接电流</li> <li>3 - 工作场所和个人安全</li> <li>4 - 手电筒和电极</li> <li>5 - 污染</li> <li>6 - 焊接</li> <li>7 - 氩弧焊例子</li> </ol>	3	5000元 /20人
79	危害&危险认知	强调理解危害&危险	<ol style="list-style-type: none"> <li>1. 什么是危害?什么是危险?</li> <li>2. 工作场所危害和危险</li> <li>3. 分类</li> <li>4. 事故预防</li> </ol>	3	5000元 /20人

80	安全意识认知	本课程能作为一般安全培训项目，也可以作为新员工介绍安全概念的入职培训课程	<ul style="list-style-type: none"> <li>• 什么是事故</li> <li>• 为什么事故会发生</li> <li>• 谁对安全负责</li> <li>• 安全政策</li> <li>• 辨识、评估和控制危害</li> <li>• 安全工作程序</li> <li>• 手工操作</li> <li>• 文明施工</li> <li>• 工具和设备的使用</li> <li>• 一般安全要求</li> </ul>	3	5000元 /20人
81	焊接危险认知	本课程强调安全操作焊接设备的重要性，提高负责在日常安全程序中进行观察和执行工作的人员的标准意识	<ol style="list-style-type: none"> <li>1 - 焊接危险</li> <li>2 - 评估工作现场危险</li> <li>3 - 工作现场控制措施</li> <li>4 - 工作实践控制</li> <li>5 - 个人防护用品</li> </ol>	3	5000元 /20人
82	不安全行为	本课程检查与工作场所不安全行为相关的所有关键问题	<ol style="list-style-type: none"> <li>1 - 不安全行为定义</li> <li>2 - 不安全行为的起因</li> <li>3 - 不安全行为的后果</li> <li>4 - 减少不安全行为</li> </ol>	3	5000元 /20人
83	使用车床	作为安全正确使用设备的补习课程给所有机床操作人员，无论是学生还是经验丰富的操作者	<ol style="list-style-type: none"> <li>1. 工作场所和操作者安全</li> <li>2. 识别、正确使用和维护车床的部件，包括机床、主轴、尾座、横向拖板、上滑板和复合刀具台</li> <li>3. 改变主轴转速的正确程序</li> <li>4. 一步步介绍正确确定中心和装配工件</li> <li>5. 设置切削刀具和调整切削速度和工件</li> <li>6. 怎么完成粗加工和精加工</li> </ol>	3	5000元 /20人

84	工作场所清洁	本课程列明一系列问题点并试图说出或阐明我们在安全干净和安定的环境中工作的好处	<ul style="list-style-type: none"> <li>1 良好的工作场所的好处</li> <li>2 减少事故和受伤 <ul style="list-style-type: none"> <li>(a) 障碍物</li> <li>(b) 遗撒或泄露</li> <li>(c) 表面行走</li> </ul> </li> <li>3 消防 <ul style="list-style-type: none"> <li>(a) 储存</li> <li>(b) 废弃物控制</li> </ul> </li> <li>4 一般准则 <ul style="list-style-type: none"> <li>(a) 楼梯、出口、门廊、平台</li> <li>(b) 工作区&amp;设备维护</li> <li>(c) 卫生</li> <li>(d) 通道/走道</li> </ul> </li> </ul>	3	5000元 /20人
85	工作场所安全与暴力认知	本课程解释了什么是工作场所暴力，谁可能是潜在的暴力人员，哪里会发生暴力，以及一系列控制暴力的方法和途径	<ul style="list-style-type: none"> <li>1 - 什么是工作场所暴力?</li> <li>2 - 控制工作场所暴力</li> <li>3 - 政策发展</li> <li>4 - 你能做什么?</li> </ul>	3	5000元 /20人

### EHS Training Course

No	Training courses	Course Objective	Outline	Training hours	Rate
1	Safety Check	Can implement safety check planned.	1.Critical parts inspections; 2.Pre-use inspections; 3.Preventive maintenance inspections; 4.Housekeeping inspections; 5.General safety & health inspections	3	5000rmb/ 20person
2	Warehouse safety	Know the risk and content of the warehouse safety, know how to keep the warehouse safety	1.Work safety awareness campaign for warehouses; 2.Warehouse general safety requirement; 3.Storage rack safety; 4.Materials Handling, Storage, Use, and Disposal in warehouse	3	5000rmb/ 20person
3	Industry hygiene	Familiar with the basic concept and hazard control measures. Protect employees from harmful exposure to chemical, physical and biological agents.	1.Key Requirements; 2.Responsibilities; 3.Definitions; 4.Associated Policies; 5.toxic properties ; 6.exposure monitoring	3	5000rmb/ 20person
4	Hot work	To recognize work that requires use of Hot Work Permits. Explosive dust awareness. Well understand exactly a Hot Work Permit	1.Hot Work Defined; 2.Examples; 3.Hot Work Permit; 4.Policies; 5.Key Components; 6.Additional Information; 7.References	3	5000rmb/ 20person

5	Traffic Safety	Improve traffic safety awareness	<ol style="list-style-type: none"> <li>1.Cases;</li> <li>2.Common hidden trouble in traffic safety;</li> <li>3.Safety tips for popular means of transportation;</li> <li>4.Drive in bad weather condition;</li> <li>5.The possible accident and treatment measures</li> </ol>	3	5000rmb/ 20person
6	Fall Protection Program	Ensure all employees whose duties require them to work at heights instructed on the details of implementation;provided with qualified equipments and used them in a safe way.	<ol style="list-style-type: none"> <li>1.Definitions;</li> <li>2.Fall Protection Safety Checklist for Permanent Structures;</li> <li>3.Quick Guide to Fall Protection Methods;</li> <li>4.Scaffold Safety;</li> <li>5.Fall Protection Equipment Quick Tips;</li> <li>6.Ladder Safety</li> </ol>	3	5000rmb/ 20person
7	Contractor Safety Guidelines	Establishes wide criteria for Contractors performing or bidding on work at company. Specifically, the policy addresses: <ul style="list-style-type: none"> <li>– proper vendor selection</li> <li>– details of Management/Labor relationship</li> <li>– job planning, management, and monitoring</li> </ul>	<ol style="list-style-type: none"> <li>1.Contractor Selection;</li> <li>2.Contract Signing;</li> <li>3.Contractor Safety Training;</li> <li>4.Contractor Entry Preparation;</li> <li>5.Contractor Work Safety Management;</li> <li>6.Contractor Health and Safety Performance Evaluation</li> </ol>	3	5000rmb/ 20person
8	5S system	Well Know 5S system to improve working safety environment	<ol style="list-style-type: none"> <li>1.5S basic instruction;</li> <li>2.5S implementation essentials;</li> <li>3.5S working procedure;</li> <li>4.assessment and improvement of 5S</li> </ol>	3	5000rmb/ 20person
9	Fire protection	<ol style="list-style-type: none"> <li>1.know the theory and the skills of fire protection</li> <li>2.Master the knowledge of extinguishment</li> </ol>	<ol style="list-style-type: none"> <li>1.The character of fire;</li> <li>2.fire prevention and extinguishment;</li> <li>3.hazard of fire;</li> <li>4.save oneself and escape from fire</li> </ol>	3	5000rmb/ 20person

10	Angle Grinder Safety	To provide professional and non-professional operators of angle grinder with safety and operational guide.	<ol style="list-style-type: none"> <li>1. Types of angle grinders.</li> <li>2. Pre-use checks.</li> <li>3. Safe Operation.</li> <li>4. Hazards.</li> <li>5. Control measures</li> </ol>	3	5000rmb/ 20person
11	Arc Gouging and Cutting	To highlight the importance of operating Arc Gouging and Cutting equipment safely as well as to demonstrate the correct and safe way to perform some of the most common cuts.	<ol style="list-style-type: none"> <li>1. Workshop and personal safety.</li> <li>2. Equipment safety.</li> <li>3. Shielded metal-Arc cutting.</li> <li>4. Air carbon- Arc Gouging and cutting.</li> <li>5. Plasma-Arc cutting</li> </ol>	3	5000rmb/ 20person
12	Arc Welding Safety and Technique	To highlight the importance of operating Arc Welding equipment safely as well as to demonstrate the correct and safe way to perform some of the most common welds.	<ol style="list-style-type: none"> <li>1. The equipment.</li> <li>2. Workshop and equipment safety.</li> <li>3. Personal safety and "Arc Flash"</li> <li>4. Welding with the arc.</li> <li>5. Striking the arc</li> <li>6. Welding faults</li> <li>7. Correct procedures for a variety of welds</li> </ol>	3	5000rmb/ 20person
13	Asbestos Awareness	To be shown to all personnel who may potentially come across asbestos in the workplace.	<ol style="list-style-type: none"> <li>1. Asbestos introduction.</li> <li>2. Health effects.</li> <li>3. Where asbestos can be found.</li> <li>4. Hazards of asbestos.</li> <li>5. Control measures.</li> </ol>	3	5000rmb/ 20person
14	Behavioural Safety	To suit any work environment where a Behavioural Safety program is currently being used or where it is being considered. Reducing the occurrence of unsafe acts will reduce number of accidents and injuries that occur in the workplace.	<ol style="list-style-type: none"> <li>1. Unsafe acts and unsafe conditions</li> <li>2. Behaviours and attitudes towards safety</li> <li>3. The theory of Behaviour Modification</li> <li>4. The ABC model</li> <li>5. Positive reinforcement</li> <li>6. The three components of a Behavioural Safety Program</li> <li>7. The Behavioural Safety Observation Process</li> </ol>	3	5000rmb/ 20person

15	Bloodborne Pathogens- Managing the Risk	To increase awareness of Bloodborne Pathogens and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	<ol style="list-style-type: none"> <li>1. A definition of Bloodborne Pathogens</li> <li>2. Hepatitis C</li> <li>3. Hepatitis B</li> <li>4. HIV/AIDS</li> <li>5. How infection occurs</li> <li>6. Control of hazards</li> <li>7. Clean up of blood and body fluid spills</li> <li>8. Use of gloves and hand washing</li> <li>9. What to do if you have been exposed</li> </ol>	3	5000rmb/ 20person
16	Bomb Threats	To be shown to all personnel who may become involved in a bomb threat incident.	<ol style="list-style-type: none"> <li>1. The nature of bomb threats</li> <li>2. The definition of a bomb threat</li> <li>3. The telephone call</li> <li>4. Bomb threat strategy</li> <li>5. The Bomb Threat Checklist</li> <li>6. What to do if you receive a bomb threat</li> </ol>	3	5000rmb/ 20person
17	Building and Office Evacuation	Make sure that every building must have a tried and tested evacuation plan, and everyone must be familiar with it, and know their role.	<ol style="list-style-type: none"> <li>1. The Evacuation Plan</li> <li>2. The Evacuation Team</li> <li>3. The Chief Warden</li> <li>4. Your Responsibility</li> <li>5. Training and Practice</li> </ol>	3	5000rmb/ 20person
18	Burns	In the workplace many burns result following violations of safe work practices. This course graphically illustrates to the entire workforce the need for recognition, evaluation and control of hazards that may lead to burns injuries. The course also informs the audience what to do should they be personally involved in a burn emergency.	<p>Areas covered in this course include:</p> <ol style="list-style-type: none"> <li>1. Causes of burns.</li> <li>2. classification of burns.</li> <li>3. Life threatening outcomes from burns.</li> </ol> <ul style="list-style-type: none"> <li>-Infection</li> <li>-Shock</li> <li>-Breathing difficulties</li> </ul> <ol style="list-style-type: none"> <li>4. General first aid principles of management for burns victims</li> <li>5. Guidelines for seeking medical assistance</li> </ol>	3	5000rmb/ 20person



19	Chainsaw Maintenance and Safety	Make sure that Every chainsaw operator should always be aware of the dangers which relate to the operation of a chainsaw. The combination of a regularly maintained chainsaw with the correct personal and operational safety procedures should ensure trouble free and successful operation of the saw.	<ol style="list-style-type: none"> <li>1. The components of the chainsaw</li> <li>2. Chain types and selection</li> <li>3. Chain components</li> <li>4. Sharpening the chain and setting the depth gauge</li> <li>5. Guide bar maintenance and chain assembly</li> <li>6. Chain Tension</li> <li>7. Personal Safety</li> <li>8. Operational Safety</li> </ol>	3	5000rmb/ 20person
20	Chemical Safety	Make sure that The safe handling and storage of all chemicals regardless of where they are used requires a commitment by everyone to follow safe work procedures. The realisation of the risks and an ongoing program to minimise the hazards will reduce accidents and make your workplace a safer workplace.	<p>This course includes:</p> <ol style="list-style-type: none"> <li>1. Details on chemical entry into the body</li> <li>2. The dose and hazards</li> <li>3. Fire and explosion</li> <li>4. Environmental pollution</li> <li>5. Control measures</li> <li>6. Storage</li> <li>7. Evaluation of handling and storage methods</li> </ol>	3	5000rmb/ 20person
21	Child's Play in the Office-A Manual Handling Program	This course looks at the day to day lifting and carrying tasks that occur in most office environments, and uses children to demonstrate how best to avoid injuries.	<ol style="list-style-type: none"> <li>1. What is Manual Handling?</li> <li>2. What are the problems and how are injures caused?</li> <li>3. How do we deal with Manual Handling?</li> </ol>	3	5000rmb/ 20person
22	Confined Spaces	In order to reduce the number of confined space accidents we need to have a fundamental understanding of the hazards and risks that are associated with confined spaces.	<ol style="list-style-type: none"> <li>1 - Definition of a Confined Space</li> <li>2 - Confined Space Entry Permits</li> <li>3 - Why Do Incidents Occur?</li> <li>4 - Hazardous Atmospheres</li> <li>5 - Energy Sources</li> </ol>	3	5000rmb/ 20person

23	Cardiopulmonary Resuscitation (CPR)	This course looks at the technique for performing cardiopulmonary resuscitation on adults, in accordance with the current resuscitation guidelines. The course is suitable for use in any workplace and has been designed specifically as a refresher course and training aid for people who have already been or are being trained in CPR.	<ol style="list-style-type: none"> <li>1. Basic Life Support (BLS) procedure</li> <li>2. How to conduct CPR on an adult casualty</li> <li>3. How to deliver Rescue Breaths</li> <li>4. How to deliver chest compressions</li> <li>5. How to use an Automated External Defibrillator (AED)</li> <li>6. CPR with two rescuers</li> <li>7. Rescuer health and hygiene</li> </ol>	3	5000rmb/ 20person
24	Cuts and Bleeding	To highlight the major hazard areas associated with Cuts and Bleeding and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	<ul style="list-style-type: none"> <li>• The Composition of Blood</li> <li>• A Definition of Blood Vessels</li> <li>• The Effects of Bleeding on the Body</li> <li>• External Bleeding</li> <li>• The Treatment of Minor Wounds</li> <li>• The Treatment of Major Wounds</li> <li>• Internal Bleeding</li> </ul>	3	5000rmb/ 20person
25	Drive Aware	To make us more aware of the cars we drive, and in so doing, make us more conscious of what we're doing when we're behind the wheel.	<p>This course looks at:</p> <ol style="list-style-type: none"> <li>1. Sitting in the car correctly: <ul style="list-style-type: none"> <li>- Correct positioning of legs</li> <li>- Mirror settings</li> </ul> </li> <li>2. Steering: <ul style="list-style-type: none"> <li>- Correct hand position</li> <li>- Steering method</li> </ul> </li> <li>3. Airbags <ul style="list-style-type: none"> <li>- How they work in an accident</li> <li>- Precautions to avoid airbag associated injuries</li> </ul> </li> <li>4. ABS <ul style="list-style-type: none"> <li>- What it is?</li> <li>- How does it work?</li> <li>- What are its advantages?</li> </ul> </li> <li>5. Stopping Distances <ul style="list-style-type: none"> <li>- Safe travelling distance</li> <li>- 2 second gap</li> </ul> </li> </ol>	3	5000rmb/ 20person

26	Driving Risks and Responsibilities	To make us more aware of driving risks and responsibilities	<ul style="list-style-type: none"> <li>1: Why a Safe Driving Program?</li> <li>2: Causes of Road Accidents</li> <li>3: Preventing Theft</li> <li>4: Road Conditions</li> <li>5: How to Reduce Your Fuel Consumption</li> <li>6: Night Driving</li> <li>7: The Difference Between Company Cars and Private Cars</li> </ul>	3	5000rmb/ 20person
27	Drugs and Alcohol at Work	The object of this course is to identify some of the problems and to look at a variety of options available to handle this issue.	<ul style="list-style-type: none"> <li>1. Definition of what is a workplace alcohol and drug problem</li> <li>2. Safety and productivity issues associated with alcohol and drug problems</li> <li>3. Identification of problems</li> <li>4. Issues of confidentiality</li> <li>5. Drug and Alcohol Testing</li> <li>6. Self-denial</li> </ul>	3	5000rmb/ 20person
28	Electrical Power Tools	This program shows operators how to get the best out of their Power Tools and how to use them effectively and safely.	<p>Topics discussed in this program include:</p> <ul style="list-style-type: none"> <li>1. Specific safety procedures when using electrical equipment</li> <li>2. Personal safety, including clothing and breathing apparatus</li> <li>3. How to identify inefficiencies and overloading of equipment</li> <li>4. Understanding the types and applicable uses for drill bits, saw blades, etc</li> <li>5. Step by step instruction in skilled use of all Power Tools in the program</li> </ul>	3	5000rmb/ 20person
29	Electrical Safety	To understand what we as individuals can or should do, to reduce the risks associated with specific electrical hazards.	<ul style="list-style-type: none"> <li>1 - Basic Facts</li> <li>2 - Basic Rules</li> <li>3 - Effects of Current on the Human Body</li> <li>4 - Common Hazards</li> <li>5 - Hazard Control</li> </ul>	3	5000rmb/ 20person

30	Elevating Work Platforms	The objective of this program is to highlight the importance of operating EWP's safely and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	<ol style="list-style-type: none"> <li>1 - Types of EWP's</li> <li>2 - Pre-Operational Checks</li> <li>3 - General Guidelines</li> <li>4 - The Tipping of an EWP</li> <li>5 - Other EWP Hazards</li> </ol>	3	5000rmb/ 20person
31	Ergonomics	This program is suitable for all in the workforce for an introduction to ergonomics and to reinforce the principles that must be employed when addressing ergonomic problems.	<ul style="list-style-type: none"> <li>• Why and how ergonomics is applied</li> <li>• The general approach individuals should apply when addressing ergonomic hazards</li> <li>• Ergonomic Factors</li> <li>• Identifying Ergonomic Problems</li> <li>• Making Ergonomic Solutions</li> <li>• Evaluating Ergonomic Solutions</li> </ul>	3	5000rmb/ 20person
32	Falls in the workplace	The aim of this course is to improve the participants understanding about the subject of falls in the workplace and to specifically identify control measures that will prevent fall type accidents.	<ol style="list-style-type: none"> <li>1 The Concept of Falls</li> <li>2 Why Falls Occur in the Workplace</li> <li>3 How to Prevent Falls from Heights</li> <li>4 Control Measures</li> </ol>	3	5000rmb/ 20person
33	Fatigue at Work	The objective of this program is to highlight the major hazard areas associated with Fatigue and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	<p>This program covers:</p> <ol style="list-style-type: none"> <li>1. A definition of Fatigue</li> <li>2. The causes of Fatigue</li> <li>3. Work-related and non work-related factors contributing to Fatigue</li> <li>4. The effects of Fatigue</li> <li>5. Hazards and Consequences</li> <li>6. Control of Fatigue hazards</li> <li>7. The role of the individual</li> </ol>	3	5000rmb/ 20person

34	Fire Extinguishers	This program addresses the information a person needs to know in order to select and safely use a portable fire extinguisher in the workplace.	This program content looks at: 1. Components of fire 2. Fire Fighting Techniques 3. Extinguishing Agents 4. Fire Extinguishers and the Classes of Fires 5. Fire Extinguisher Operation, and 6. General Guidelines to adhere to when fighting fires.	3	5000rmb/ 20person
35	Fire Safety Awareness	This program is aimed at all personnel to increase the general level of fire awareness.	1. The Nature of Fire 2. The Causes of Fire 3. The Behaviour of Fire 4. Fire Safety Managemen	3	5000rmb/ 20person
36	Foot Safety in the Workplace	Falling objects cause the largest number of foot injuries in the workplace. There are however numerous other potential hazards that can lead to injuries. This program is aimed at all personnel who may come into contact with any of these hazards.	This program addresses: • Why people injure their feet • Common types of foot injuries • Steps to prevent foot injuries • Evaluation of foot injury hazards • Control measures for existing hazards • Safety footwear	3	5000rmb/ 20person
37	Forklift Safety	The objective of this program is to highlight the importance of operating Forklifts safely and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	1. The main causes of Forklift Accidents 2. Pre-Operational Checks 3. Operational Checks 4. Getting on and off 5. Load Handling 6. Picking up a load 7. Setting down a load 8. Fault discovery 9. Speed and Stopping Distances 10. Traffic Management and Pedestrian Traffic	3	5000rmb/ 20person

38	Gas and Cylinder Safety	Ensure the safety of all concerned with compressed gas cylinders.	<p>Included in this program:</p> <ul style="list-style-type: none"> <li>• Types of gases</li> <li>• The hazards associated with gases</li> <li>• Things to do before using a gas cylinder</li> <li>• General do's and don'ts</li> <li>• Safe storage</li> <li>• Safe handling</li> <li>• Leak testing</li> <li>• Emergency procedures</li> </ul>	3	5000rmb/ 20person
39	GHS	Developed at the UN level, the Globally Harmonised System of Classification and Labelling of Chemicals (or GHS for short) aims to develop a single, globally harmonised system to address classification of chemicals and hazard communication through labels and SDS.	<p>1 - What is the GHS?  2 - Classification  3 - Labelling  4 - Safety Data Sheets  5 - Conclusion</p>	3	5000rmb/ 20person
40	Hand Tools – Safety and Technique	This program is aimed at all users of basic Hand Tools, whether they are students or experienced trades people who may require a refresher on safe and correct usage.	<p>This program shows techniques and safe work practices relating to a wide range of basic Hand Tools including:</p> <ol style="list-style-type: none"> <li>1. Types and correct applications for Spanners</li> <li>2. Proper and safe use of pipe Wrenches</li> <li>3. A look at the wide range and types of Screwdrivers and their safe and correct usage</li> <li>4. The correct pair of Pliers for a particular task</li> <li>5. Hammers, their types and how to use them safely and correctly</li> <li>6. The correct use of Hacksaws and Blade types</li> </ol>	3	5000rmb/ 20person

41	Hazardous Atmospheres And Respirators	Ensure that everyone who is potentially exposed to hazardous atmospheric conditions is fully trained about the dangers they may face and what precautions they need to take.	<ol style="list-style-type: none"> <li>1. What constitutes a hazardous atmosphere?</li> <li>2. General information about air-purifying and supplied air respirators</li> <li>3. Details of the different types of air-purifying respirators</li> <li>4. A detailed look at filters</li> <li>5. Appropriate selection and fit testing of air-purifying respirators</li> <li>6. Details of the two common user fit checks – the positive pressure fit check and the negative pressure fit check</li> <li>7. General guidelines that include information on maintenance, storage, inspection and danger signals.</li> </ol>	3	5000rmb/ 20person
42	Hazardous Substances – The Fundamentals	The objective of this program is to highlight the major hazard areas associated with the use of hazardous substances and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	<ol style="list-style-type: none"> <li>1. An Introduction to Hazardous Substances</li> <li>2. How we can be harmed by Hazardous Substances</li> <li>3. The common problems</li> <li>4. Minimising potential exposures</li> <li>5. The role of the organisation</li> <li>6. The role of the individual</li> </ol>	3	5000rmb/ 20person
43	Head Protection in the Workplace	To highlight the hazards and the preventative measures that need to be addressed to avoid the head injury.	<ol style="list-style-type: none"> <li>1 - Head Hazards</li> <li>2 - Prevention</li> <li>3 - Personal Protection</li> </ol>	3	5000rmb/ 20person
44	Heat Hazards	This course aims to increase people's awareness of HEAT HAZARDS by identifying specific heat related hazards and examining a range of engineering and administrative controls, as well as individual behaviours, that can reduce the risk of heat related injuries and illnesses.	<p>The program looks at:</p> <ol style="list-style-type: none"> <li>1. How the body gets rid of heat</li> <li>2. Causes of heat related illnesses and injuries</li> <li>3. Specific heat related illnesses, such as: <ul style="list-style-type: none"> <li>- Heat rash</li> <li>- Heat cramps</li> <li>- Heat collapse</li> <li>- Heat exhaustion</li> <li>- Heat stroke</li> </ul> </li> <li>4. The signs and symptoms of heat related illnesses</li> <li>5. First aid for heat related illnesses</li> <li>6. Ways of preventing heat related illnesses and injuries</li> </ol>	3	5000rmb/ 20person

45	Inspection, Care and Storage of Slings	Whether slings are used on a regular or irregular basis in your work area, the basic safety principles outlined in this course should be followed constantly to ensure the safety of the persons working with the equipment and those others who may be within the area.	<ol style="list-style-type: none"> <li>1. Pre-use checks for chains, maser links coupling links &amp; attachments, wire rope slings and fibre slings.</li> <li>2. Care of equipment.</li> <li>3. Planned periodic inspections.</li> <li>4. Correct storage of lifting equipment</li> </ol>	3	5000rmb/ 20person
46	Job Safety Analysis	The aim of a Job Safety Analysis (JSA) is to document how a particular job should be done safely.	<p>Subjects covered in the program include:</p> <ol style="list-style-type: none"> <li>1. How a JSA is performed</li> <li>2. How to break down a job into basic steps</li> <li>3. Hazard Identification</li> <li>4. Hazard Assessment</li> <li>5. Hazard Control</li> </ol>	3	5000rmb/ 20person
47	Lockout	The objective of this program is to highlight the importance of Lockout Procedures and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	<p>This program covers:</p> <ul style="list-style-type: none"> <li>• An overview of lockouts</li> <li>• The lockout procedure</li> <li>• Electrical lockout hazards</li> <li>• Hydraulic lockout hazards</li> <li>• Pneumatic lockout hazards</li> <li>• Thermal energy hazards</li> <li>• Potential or stored energy sources</li> <li>• Control measures for dealing with lockout hazards</li> </ul>	3	5000rmb/ 20person
48	Machine Guards	This course will help all workplace personnel to avoid accidents and injuries when working with equipment and machinery.	<p>This program covers the following:</p> <ol style="list-style-type: none"> <li>1. Why guards are used</li> <li>2. The risks associated with mechanical hazards</li> <li>3. The requirements for effective machine guarding</li> <li>4. The different types of guards and their functions</li> <li>5. Safe work practices when working with equipment and machinery</li> </ol>	3	5000rmb/ 20person
49	Metalwork Tools	This program is aimed at all users of basic Metalwork Tools, whether they be students or experienced trades people who may require a refresher on safe and correct usage.	<ol style="list-style-type: none"> <li>1 - Personal and Workshop Safety</li> <li>2 - The Scriber</li> <li>3 - Dividers</li> <li>4 - Files and Filing</li> <li>5 - The Hacksaw</li> <li>6 - The Drill Press</li> </ol>	3	5000rmb/ 20person



50	MIG Welding Safety and Technique	The objective of this program is to highlight the importance of operating MIG Welding equipment safely as well as to demonstrate the correct and safe way to perform some of the most common welds.	This program looks at all aspects of MIG Welding and includes: 1. The MIG Welding process and how it works 2. The Equipment which makes up the Welding Unit 3. Workshop, Personal and Equipment Safety 4. Terms and Methods relating to MIG Welding 5. Transfer types – how they differ and when to use	3	5000rmb/ 20person
51	Noise Induced Hearing Loss	The objective of this program is to explain the major hazard areas associated with noise and to increase awareness of noise issues in the workplace.	This program covers: 1. Causes of Hearing Loss 2. Noise Induced Hearing Loss – The basic facts 3. Noise Induced Hearing Loss – What damage is done to the ear 4. Basic Facts about Sound and Noise 5. The Hearing Test & Audiogram 6. Noise Control Measures 7. Hearing Protection	3	5000rmb/ 20person
52	Off-Hand Grinding and Safety	This program is aimed at professional and non-professional operators of Off-Hand Grinding machines as a safety and operational guide.	This program includes: 1. Types of grinding machines 2. Components which make up a grinding machine 3. Types of abrasive wheels 4. Abrasive wheel identification 5. Inspecting an abrasive wheel 6. Fitting a new wheel 7. Personal safety 8. Dressing and truing abrasive wheels 9. How to use an off-hand grinding machine 10. Sharpening a twist drill	3	5000rmb/ 20person

53	Office Fire Management	To highlight that Office fires do happen and knowledge of what to do should a fire occur in your work area can prevent damage and even save lives.	<p>Topics covered in this program include:</p> <ol style="list-style-type: none"> <li>1. Fundamentals of fire fighting <ul style="list-style-type: none"> <li>- Immediate safety of the individual</li> <li>- Calling the Fire Brigade</li> <li>- Attacking the fire if safe to do so</li> <li>- Evacuation if necessary</li> </ul> </li> <li>2. Types of office fires most likely to occur</li> <li>3. Firefighting equipment in the office</li> <li>4. Operational details of different pieces of firefighting equipment</li> <li>5. Details of portable fire extinguishers</li> <li>6. Personal safety</li> <li>7. Assessment of most likely hazards</li> </ol>	3	5000rmb/ 20person
54	Office Safety	This program has been produced to inform and educate on the safety issues that exist in the office environment. It looks at the common and often overlooked hazards that could exist in an average office, and how these hazards can be recognised and controlled to reduce the risks to individuals working in offices.	<p>The program provides:</p> <ol style="list-style-type: none"> <li>1. An understanding that although the typical office doesn't contain the obvious life-threatening hazards of some work environments, the hazards that do exist in the office can nonetheless cause real damage.</li> <li>2. An awareness of the different kinds of hazard that exist in the office, such as slip, trip and fall hazards, manual handling hazards, fire hazards and electrical hazards.</li> <li>3. An understanding of the principles behind workstation ergonomics, and how these principles can be used to avoid injuries and protect health.</li> <li>4. Knowledge of the correct steps to be taken to avoid accidents and injuries in the office environment, such as good housekeeping, correct lifting and carrying, safe use of electricity, and fire prevention and firefighting methods.</li> <li>5. A heightened awareness of the issue of workplace safety when applied specifically to the office situation.</li> </ol>	3	5000rmb/ 20person

55	Oxy-Acetylene Cutting and Safety	The objective of this program is to highlight the importance of operating Oxy-Acetylene equipment safely as well as to demonstrate the correct and safe way to perform some of the most common cuts.	This program shows the correct and safe use of Oxy-acetylene Cutting Equipment, and includes: 1. Equipment and Workshop Safety 2. Gas and Gas Cylinders, their types and flow rates 3. The Cutting Torch and the types and applications of the Tips 4. Equipment knowledge and maintenance 5. Techniques for setting-up and the cutting of metals 6. Closing down, safely and correctly	3	5000rmb/ 20person
56	Oxy-Acetylene Welding and Safety	The objective of this program is to highlight the importance of operating Oxy-Acetylene equipment safely as well as to demonstrate the correct and safe way to perform some of the most common welds.	This program shows operators how to use Oxy-Acetylene equipment safely and correctly. The program includes: 1. Explanation of how the Oxy-Acetylene process works 2. Workshop and Equipment Safety 3. Explanation of all the components which make up the Welding Unit	3	5000rmb/ 20person
57	PPE	It is a general program suitable for induction or to reinforce the need to wear items of personal protection.	This program examines in detail: 1. Eye and Face Protection 2. Head Protection 3. Respiratory Protection 4. Hearing Protection 5. Protective Clothing	3	5000rmb/ 20person
58	Preventing Slips, Trips and Falls	The objectives of this program are to highlight the major hazard areas associated with slips, trips and fall incidents and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	1 - Housekeeping 2 - Floors and Walkways 3 - Step Stools, Stepladders & Ladders 4 - Footwear 5 - Inappropriate human behaviour	3	5000rmb/ 20person

59	Recognition, Evaluation, and Control of Hazards	To highlight the Recognition, Evaluation and Control of Hazards.	<p>The objectives of this program are to bring about:</p> <ol style="list-style-type: none"> <li>1. Greater awareness of the need to recognise workplace hazards</li> <li>2. Improved ability to recognise the hazards that are present in the workplace</li> <li>3. Greater awareness of the ways in which hazards can be properly evaluated to decide the amount of risk present</li> <li>4. An understanding of the different methods of hazard control that can be implemented, including elimination, substitution, and administrative and engineering controls</li> <li>5. An understanding of the role of personal protective equipment</li> <li>6. A general understanding of the Recognition, Evaluation and Control of Hazards process, its requirements and benefits</li> </ol>	3	5000rmb/ 20person
60	Risk Assessment Fundamentals	The purpose of an overall workplace risk assessment is to establish whether the level of risk arising from workplace activities is acceptable, or whether additional measures need to be taken to control workplace hazards to further reduce or remove unacceptable risks.	<p>The program includes the following Elements of a Risk Assessment:</p> <ol style="list-style-type: none"> <li>1. Identify all the hazards that are present</li> <li>2. Decide what are the possible consequences related to these hazards and who may be harmed.</li> <li>3. Evaluate the risks and decide whether the existing precautions are adequate or more needs to be done.</li> <li>4. Make a record of the findings, and</li> <li>5. Review and if necessary revise the assessment from time to time.</li> </ol>	3	5000rmb/ 20person
61	Safe Manual Handling	Manual handling contributes directly to a significant percentage of work related accidents and injuries. The purpose of this course is to highlight the safe manual handling.	<p>This program covers:</p> <ol style="list-style-type: none"> <li>1. Detailed description of manual handling</li> <li>2. The problems and how injuries are caused</li> <li>3. The types of injuries</li> <li>4. Steps to deal with manual handling</li> </ol>	3	5000rmb/ 20person

62	Safe Operation of Chainsaws	This program looks at a range of operational and cutting procedures that are crucial for the safe and successful operation of the chainsaw in all situations.	Included in this program: 1. Preparing a chainsaw for use 2. Starting the chainsaw 3. Holding and operating the chainsaw 4. General lumbering 5. Felling a tree	3	5000rmb/ 20person
63	Safety and the Human Factor	It is not its purpose to assign blame for accidents to individuals, but rather to expand on the understanding of why accidents occur and to raise the level of awareness of all in the workplace.	1: The Cost of Accidents 2: Human Factors - Direct Acts 3: Human Factors - Indirect Acts	3	5000rmb/ 20person
64	Safety Committees	To highlight the importance of Workplace Safety Committees and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	1 - Introduction 2 - What is a Safety Committee? 3 - Roles of a Safety Committee	3	5000rmb/ 20person
65	Safety Data Sheets – An Introduction	Provide essential information that includes details on how to use substances safely without harmful effects to people or the environment.	This programs covers: 1. The basic layout of Safety Data Sheets 2. Why SDSs are commonly used 3. A breakdown on the most important safety related sections found in most SDSs, including: - Hazard Identification - Exposure Controls and Personal Protection	3	5000rmb/ 20person
66	Safety Data Sheets – Important Terms	Provides a more in depth explanation of some of the important terms you may come across in Safety Data Sheets.	1 - LD, LD50, LC, LC50 2 - Occupational Exposure Limits 3 - Vapour Pressure and Vapour Density 4 - Flammability Limits 5 - Flashpoint and Fire Point	3	5000rmb/ 20person

67	Safety Essentials	The objectives of this program are to bring about: 1. Increased awareness of the importance of workplace safety. 2. Increased awareness of the safety essentials that underpin workplace safety. 3. Awareness of the potential consequences of inferior workplace safety. 4. An understanding of how hazards in the workplace can harm an individual. 5. An understanding of the expectations of an	These Safety Essentials are: 1. An understanding of how you can be hurt or become ill as a result of workplace activities. 2. An understanding of what is expected of you from the organisation's perspective. 3. Correct manual handling techniques, and 4. Knowing what to do in an emergency situation.	3	5000rmb/ 20person
68	Solvents	The objective of this program is to highlight the major hazard areas associated with the use of solvents and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	This program covers: 1. An Introduction to Solvents 2. The physical characteristics of Organic Solvents 3. Potential health issues associated with the use of Solvents 4. Management of Solvents in the workplace 5. Personal Protective Equipment	3	5000rmb/ 20person
69	Static Electricity	To provide people with a practical understanding of static electricity and how it can be controlled, and is suitable for any work environment where the presence of static electricity could pose a threat safety.	1 What Is Static Electricity? 2 Sources of Static Electricity in the Workplace 3 Potential Hazards 4 Controlling Static Electricity 5 General Guidelines	3	5000rmb/ 20person
70	The dangers of compressed air	To increase people's awareness of the dangers of compressed air and of the importance of using compressed air tools and equipment correctly to avoid injury.	•What is compressed air? •Why is it dangerous? •What are the potential hazards and injuries associated with compressed air? •How can they be controlled? •What are the do's and don'ts when using compressed air?	3	5000rmb/ 20person
71	The Essential Elements of Hand Safety	To highlight the main hazard groups and accident prevention measures addressed.	1 - The Hand 2 - Hand Safety Awareness 3 - Hand Hazards 4 - Accident Prevention Measures 5 - Personal Protective Equipment	3	5000rmb/ 20person

72	The Hazchem Code	<p>The objectives of this program are to bring about:</p> <ol style="list-style-type: none"> <li>1. Improved responses to hazardous chemical emergencies</li> <li>2. Greater awareness of the requirements for working with hazardous substances</li> <li>3. Greater awareness of the properties and risks of the chemicals kept and used in the workplace</li> <li>4. An understanding of the significance of Hazchem Codes in workplace safety</li> <li>5. An improved sense of the safety principles that are associated with hazardous chemicals</li> </ol>	<ol style="list-style-type: none"> <li>1: The Role of the Hazchem Code</li> <li>2: Interpreting the Code <ol style="list-style-type: none"> <li>(a) The Hazchem Number</li> <li>(b) The First Letter</li> <li>(c) The Second Letter</li> </ol> </li> <li>3: Composite Codes</li> <li>4: Using The Hazchem Code</li> </ol>	3	5000rmb/ 20person
73	The Prevention of Eye Injuries	To raise the level of awareness about eye safety in workplaces where eye injury hazards are common.	<p>The objectives of this program are to bring about:</p> <ol style="list-style-type: none"> <li>1. An understanding of the basic structure of the human eye, and of how sensitive and vulnerable to injury it is</li> <li>2. A greater awareness of the different kinds of eye injury hazard that exist, such as physical blows, foreign bodies, hazardous substances, and hazardous radiation</li> <li>3. A greater awareness of the various control measures that can be used to reduce the likelihood of serious eye injuries occurring, including elimination, substitution, engineering measures, and administrative measures</li> <li>4. An understanding of the two roles of personal protective equipment, as a control measure and as a last line of defence</li> <li>5. An awareness of the different kinds of personal protective equipment available for eye protection, and when they are appropriate to use</li> <li>6. A greater level of knowledge of first aid measures to be taken in the event that an eye injury does occur</li> <li>7. A heightened awareness of the issue of eye injury hazards and safety in general</li> </ol>	3	5000rmb/ 20person

74	The Principles of Accident Investigation	To prevent recurrences of the same or similar accidents.	This program covers: 1. A definition of an accident 2. Contributory factors leading to accidents 3. Who should be involved in an investigation? 4. The strategy of the investigation 5. Gathering the facts 6. Interviewing 7. Isolating the key contributory factors	3	5000rmb/ 20person
75	The Safe Operation of Overhead Cranes	To clearly identify all the steps necessary to enable efficient and safe operation of any overhead crane.	1 - Pre-operational checks 2 - Operational checks 3 - Planning the lift 4 - Operational rules 5 - Shutdown procedure	3	5000rmb/ 20person
76	The Safe Use of Ladders	This program looks at the selection and safe use of ladders in the workplace.	The following areas are covered: • Step Ladders, Straight Ladders and Extension Ladders • General Maintenance • Selecting the Right Ladder • Safe Angle • Lifting and Carrying of Ladders • Erecting Ladders • Securing of Ladders • Safe Positioning of Ladders • Working on Ladders	3	5000rmb/ 20person
77	The world's oldest safety law	The program is ideal to use when introducing a new safety policy or procedure or as an 'icebreaker' for any safety meeting.	This program examines the Code of Hammurabi, the world's oldest known safety law. It identifies that safe work practices and procedures have been used for thousands of years to prevent workplace accidents and injuries.	2	4000rmb/ 20person



78	TIG Welding – Safety and Technique	The objective of this program is to highlight the importance of operating TIG Welding equipment safely as well as to demonstrate the correct and safe way to perform some of the most common welds.	<ol style="list-style-type: none"> <li>1 - TIG Welding Equipment</li> <li>2 - Welding Current</li> <li>3 - Workshop and Personal Safety</li> <li>4 - Torches and Electrodes</li> <li>5 - Contamination</li> <li>6 - Setting up to Weld</li> <li>7 - TIG Welding Examples</li> </ol>	3	5000rmb/ 20person
79	Understanding Hazards & Risks	To highlight the understanding hazards and risks.	<ol style="list-style-type: none"> <li>1. What is a Hazard? What is a Risk?</li> <li>2. Workplace Hazards and Risks.</li> <li>3. Categorizing Workplace Hazards.</li> <li>4. Accident Prevention.</li> </ol>	3	5000rmb/ 20person
80	Understanding Safety Awareness	It can be used as a general safety training program and can also be utilised as an induction program for new personnel to introduce safety concepts.	<p>Included in this program:</p> <ul style="list-style-type: none"> <li>• What is an Accident?</li> <li>• Why do accidents occur?</li> <li>• Who is responsible for safety?</li> <li>• Safety policies.</li> <li>• Recognition, evaluation and control of hazards.</li> <li>• Safe work procedures.</li> <li>• Manual handling.</li> <li>• Good Housekeeping practices.</li> <li>• Use of tools and equipment.</li> <li>• General safety requirements.</li> </ul>	3	5000rmb/ 20person
81	Understanding Welding Hazards	The objective of this program is to highlight the importance of operating welding equipment safely and by so doing, increase awareness of the standards for worker responsibility in observing and being active in daily safety procedures.	<ol style="list-style-type: none"> <li>1 - Welding Hazards</li> <li>2 - Evaluating Hazards in the Workplace</li> <li>3 - Workplace Controls</li> <li>4 - Work Practice Controls</li> <li>5 - Personal Protective Equipment</li> </ol>	3	5000rmb/ 20person
82	Unsafe Acts	This program examines all the key issues associated with unsafe acts in the workplace.	<ol style="list-style-type: none"> <li>1 - Definition of an Unsafe Act</li> <li>2 - Causes of Unsafe Acts</li> <li>3 - Outcomes from Unsafe Acts</li> <li>4 - Reducing Unsafe Acts</li> </ol>	3	5000rmb/ 20person

83	Working with Lathes	The program is aimed at all Lathe operators from students to experienced operators as a refresher on safe and correct equipment usage.	<p>This program covers the safe and correct use of the Lathe and includes:</p> <ol style="list-style-type: none"> <li>1. Workshop and operator safety</li> <li>2. Identification, correct use and maintenance of all components which make up the Lathe, including the Carriage, Headstock, Tailstock, Cross-slide, Top-slide and Compound Rest</li> <li>3. Correct procedure for changing the Spindle speed</li> <li>4. Step by step instruction on correct centering and mounting of work pieces</li> <li>5. Setting up the cutting tool and adjustment of the cutting speed and feed</li> <li>6. How to make rough and finish cuts</li> </ol>	3	5000rmb/ 20person
84	Workplace Housekeeping	This program addresses a range of problem areas and attempts to bring out and illustrate the individual benefits we enjoy in working in a safe, clean and stable environment.	<ol style="list-style-type: none"> <li>1 Benefits of Good Housekeeping</li> <li>2 Reducing Accidents and Injuries <ol style="list-style-type: none"> <li>(a) Obstructions</li> <li>(b) Spills or Leaks</li> <li>(c) Walking Surfaces</li> </ol> </li> <li>3 Fire Control <ol style="list-style-type: none"> <li>(a) Storage</li> <li>(b) Waste Control</li> </ol> </li> <li>4 General Guidelines <ol style="list-style-type: none"> <li>(a) Stairs, exits, doorways, landings</li> <li>(b) Maintenance of work areas &amp; equipment</li> <li>(c) Hygiene</li> <li>(d) Aisles/walkways</li> </ol> </li> </ol>	3	5000rmb/ 20person
85	Workplace Security and Violence Awareness	This program will explain what workplace violence is, who may be a potentially violent person, where violence can occur and a whole range of methods and approaches that can be used to control violence in the workplace.	<ol style="list-style-type: none"> <li>1 - What is workplace violence?</li> <li>2 - Controlling workplace violence</li> <li>3 - Policy development</li> <li>4 - What else you can do?</li> </ol>	3	5000rmb/ 20person