

Course outline
Day 1

Time	Subject
General Safety	
09.00- 09.45	Introduction & some definitions
09.45-10.10	Principles
10.10-10.30	Alcohol and Drug Policies
10.30-11.00	Firearms and Weapons and Other Prohibited Items Personal Conduct
11.00-11.15	General Worksite Safety Manual Hand Tool and Power Hand Tool Safety
11.15 -11.45	Housekeeping Walking/Working Surfaces
11.45-12.00	Reporting and Investigating Incidents Land Transportation (As Applicable)
12.00-13.00	Lunch Break
Personal Protective Equipment (PPE)	
13.00-13.45	PPE Overview, Determining What PPE Is Needed
13.45-14.30	Head Protection, Face and Eye Protection, Hearing Protection
14.30-15.00	Coffee Break
15.00-15.30	Foot Protection, Hand Protection, Respiratory Protection
15.30-15.45	Fall Protection, Other PPE
Hazard Communication and Materials Handling	
15.45-16.00	Types of Hazards, Transportation of Hazardous Materials
16.00-16.30	Uncontrolled/Unauthorized Release of Hazardous Materials (US equivalent = HAZWOPER)

Day 2

Time	Subject
Occupational Health	
09.00- 09.45	Overview
09.45-10.10	Employee's Roles and Responsibilities in Dealing with Industrial Hygiene Hazards.
10.10-10.30	Potential hazards at the work site
Specialized Work Procedures	
10.30-11.00	Hazardous Energy
11.00-11.15	Lockout/Tag out
11.15 -11.45	Work Permits
11.45-12.00	Confined Space
12.00-13.00	Lunch Break
13.00-13.45	Working at Heights
13.45-14.30	Hoisting and Lifting
14.30-15.00	Coffee Break
Fire Safety	
15.00-15.30	Overview of Fire Protection, Prevention and Detection
15.30-15.45	Employee Responsibilities
Materials Handling	
15.45-16.00	Mechanical Equipment
16.00-16.30	Manual Material Handling

Day 3

Time	Subject
Health and First Aid	
09.00- 09.45	General
09.45-10.10	Bloodborne Pathogens
10.10-10.30	Health and Adverse Weather (as applicable)
10.30-11.00	Health and Wildlife, Insects and Snakes
Rig/Platform Environment	
11.00-11.15	Platform or Location Arrival Procedures
11.15 -11.45	Home Away From Home
11.45-12.00	Understand the Site-specific Orientation (Ask Questions If You Do Not Understand)
12.00-13.00	Lunch Break
13.00-13.45	Simultaneous Operations
Emergency Response	
13.45-14.30	Planning for Emergencies
14.30-15.00	Coffee Break
15.00-15.30	Alarms
Well site Environmental Protection	
15.30-15.45	Overview Waste management
15.45-16.00	Leaks, spills, and releases, Employee roles and responsibilities
16.00-16.30	Overview of HAZWOPER