RelyOn Nutec Digital

COURSE PORTFOLIO

ABRASIVE WHEELS AWARENESS

Duration: 30 minutes

Questions: 10

Price Band : **A**

Course Outline:

The aim of this course is to provide you with basic information on the hazards, risks and controls for abrasive wheels. Throughout this course your understanding will be tested, and the results recorded. You need to answer 80 percent of the questions correctly to pass the course.

Learning Objectives:

LO1: Identify and describe the different types of abrasive wheels
LO2: Identify the hazards associated with abrasive wheels
LO3: Identify the controls for abrasive wheels
LO4: Explain the regulations associated with abrasive wheels

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ACCESS TO MEDICAL RECORDS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

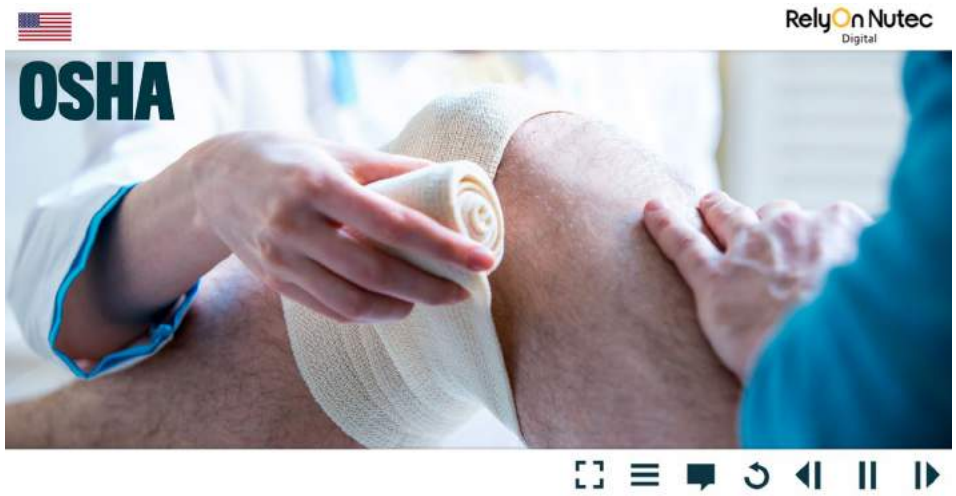
The OSH Act covers most private sector employers and their workers, in addition to some public sector employers and workers in the 50 states and certain territories and jurisdictions under federal authority. Those jurisdictions include the District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

Employees have a legal right to access medical records and information related to their employment. It is important to understand the types of records you have access to, as well as the rights and procedures involved when requesting and accessing

these records. In accordance with 29 CFR 1910.1020

Learning Objectives:

Understand Access To Medical Records



RelyOn Nutec Digital

ASBESTOS AWARENESS

Duration: 40 minutes

Questions: 20

Price Band : **A**

Course Outline:

This is an awareness course, suitable for all employees working in hazardous industries. Candidates will learn about what asbestos is and why it is dangerous, as well as where it will be found and what to do should any suspicious materials be found on site.

Learning Objectives:

LO1: Describe the nature and properties of asbestos and its effects on health
LO2: List the types of asbestos and explain where asbestos and ACMs can be typically found
LO3: Recall the existence of general legislation in relation to health and safety and asbestos
LO4: Describe how to avoid the risks from asbestos
LO5: Explain where to obtain information on asbestos prior to commencing work
LO6: Explain what to do if suspicious materials are found
LO7: Describe appropriate workplace precautions, including the risk assessment process, with regards to the risks of asbestos
LO8: Explain how to undertake work activities in a safe manner and without risk to yourselves or others
LO9: List procedures to be followed when coming into unintentional contact with ACMs and the appropriate emergency arrangements
L1O: The limitations of this training course and what further training is required before working on or with ACMs

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ASBESTOS AWARENESS (OSHA)

Duration: 35 minutes

Questions: 10

Price Band : **A**

Course Outline:

The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

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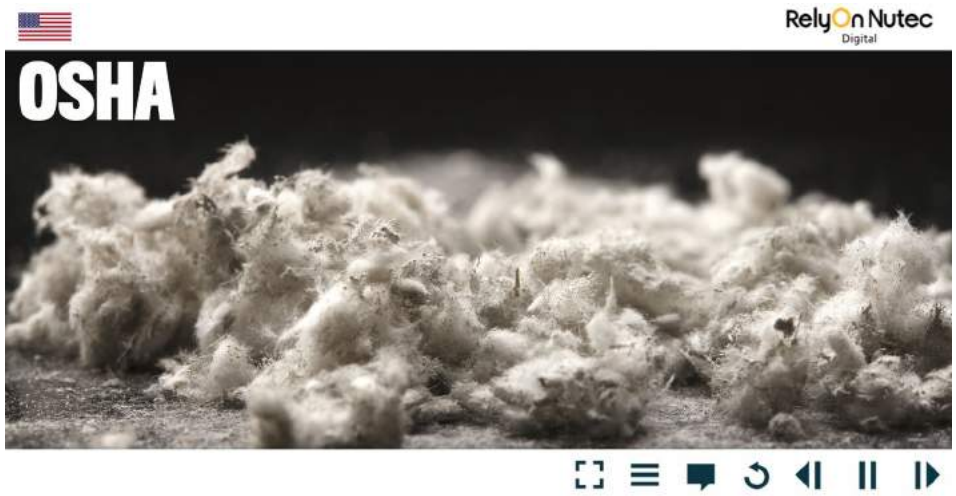
In accordance with 29 CFR 1910.1001 & CFR 1926.1101 Employees have a legal right to access medical records and information related to their employment. It is important to understand the types of records you have access to, as well as the rights and procedures involved when requesting and accessing these records. In accordance with 29 CFR 1910.1020

There are thousands of asbestos related deaths every year across the globe, so it's crucial that employers take the necessary precautions to protect their employees from the dangers of asbestos. This course is suitable for anyone who may be carrying out work that is likely to disturb asbestos.

Learning Objectives:

Understand Asbestos Awareness



RelyOn Nutec Digital

ATMOSPHERIC EMISSIONS

Duration: 30 minutes

Questions: 11

Price Band : **A**

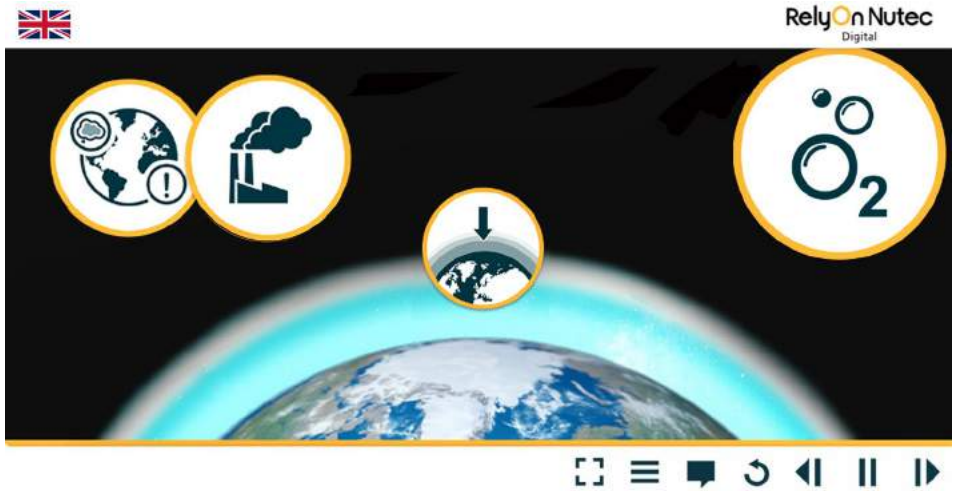
Course Outline:

This course provides an understanding of the types, composition, and sources of atmospheric emissions that can result from operational activities in the oil and gas industry.

You will learn about how emissions can impact on the environment, and how companies can manage, control and reduce emissions through compliance with industry legislation and regulation.

Learning Objectives:

LO1: Distinguish common operational activities and associated atmospheric emissions
LO2: Describe the potential impacts that emissions can have on the environment
LO3: Identify recent trends and statistics of atmospheric emissions in the UK Oil and Gas industry
LO4: Recognise relevant national, European and international legislation
LO5: Describe the permit process for controlling atmospheric emissions
LO6: Explain requirements for reporting and monitoring atmospheric emissions
LO7: Describe roles and responsibilities associated with controlling and reducing emissions



RelyOn Nutec Digital

AUTHORISED GAS TESTER

Duration: 240 minutes

Questions: 96

Price Band : **S**

Course Outline:

This course has been designed to equip delegates with the knowledge to conduct gas testing within confined spaces and awareness of associated confined hazards. The authorised gas tester role is critical in testing for and ensuring safe working atmospheres, in particular: permit-controlled confined spaces, and prior to and during hot work.

Our course has been developed in bitesize learning chunks for each topic. At the end of each module, there will be an assessment. Delegates will need to pass each module at 80 percent or above.

The aim of this course is to teach you the requirements associated with gas detection. On successful completion, you will have the basic knowledge necessary to allow you to operate as an Authorised Gas Tester. You will be given two attempts at each module, and you must score 80 percent to pass.

Learning Objectives:

LO1: Confined space criteria
LO2: The type of operations being tested for flammable and toxic gases
LO3: The potential cumulative hazards of operations within an oxygen-enriched, oxygen-deficient, toxic or flammable environment and habitats
LO4: Carrying out a suitable and sufficient risk assessment before testing activities and confined space entry
LO5: Understanding responsibilities within safe systems of work
LO6: Nominating stand by person to raise the alarm and initiate emergency response
LO7: The implications of statutory requirements with respect to gas testing
LO8: How to interpret operational requirements
LO9: How to select, use and care for PPE for different toxic and flammable gases and other contaminants through risk assessment
LO10: Consideration of appropriate levels of respiratory protective equipment
LO11: The strengths and weaknesses of the various types of atmospheric flammable and toxic gas detection equipment
LO12: Determining the extent of the test boundaries
LO13: Calibrating the instruments used in atmospheric testing
LO14: Sources of assistance in the event of damaged or defective equipment
LO15: How to access and interpret the relevant operational instructions
LO16: The operating principles of atmosphere monitoring and measuring equipment
LO17: Frequently observed failure modes
LO18: How to correctly select between aspirating and non-aspirating detectors to obtain a representative sample of the atmosphere being tested
LO19: Equipment required for testing for hydrocarbons in inert atmospheres
LO20: Gas detector pre-start checks
LO21: How to document the results and advise relevant personnel
LO22: How to interpret the results, to include both normal and abnormal
LO23: Hot work (any operation involving naked flames or producing heat and/or sparks or any operation that has spark potential)
LO24: Vapour cloud movement
LO25: The hazards and properties of flammable gases
LO26: Carrying out a suitable and sufficient risk assessment before testing activities
LO27: Understanding responsibilities within safe systems of work
LO28: Nominating fire watcher(s) to raise the alarm and initiate emergency response
LO29: The different types of detectors used for the flammable product
LO30: The range and frequency of tests
LO31: Monitoring and retesting requirements
LO32: The principles of hot work gas testing as applied to the work area
LO33: The acceptable levels of flammable gases
LO34: The correct amount of oxygen
LO35: How to set up the relevant detector for each gas testing application and confirm its correct functioning

LO36: Where to site portable or transportable equipment that will be used to continuously monitor the atmosphere
LO37: The hazards and properties of flammable and toxic gases
LO38: The behaviour of different gases
LO39: The range and frequency of tests and monitoring and retesting after the initial entry
LO40: Acceptable levels of flammable and toxic gases and the correct amount of oxygen
LO41: The implications of WEL for toxic gases
LO42: The implications of LEL for flammable gases
LO43: Performing gas tests in sequence
LO44: How to set up the relevant detector for each gas testing application, its potential failure modes and confirming its correct functioning
LO45: How to obtain a representative atmosphere sample from a range of confined spaces
LO46: Taking samples at the top, middle and bottom to locate varying concentrations of gases and vapours
LO47: Sampling confined spaces at a distance inside the opening because air intrusion near the entrance can give a false sense of adequate oxygen present
LO48: Testing flammable gases in inert atmospheres
LO49: Where to site portable or transportable equipment that will be used to continuously monitor the atmosphere
LO50: Responsibilities of the Fire Watch
LO51: Responsibilities of the Standby Person
LO52: Responsibilities of the Gas Monitor role
LO53: Impact of environmental changes on working conditions
LO54: Sources of assistance and specialist support
LO55: The importance of checking that the controls on the equipment are as specified

AUTHORISED GAS TESTER (OPITO APPROVED)

Duration: 240 minutes

Questions: 96

Price Band : **S**

Course Outline:

This course is accredited to the OPITO Authorised Gas Tester standard and has been designed to equip delegates with the knowledge to conduct gas testing within confined spaces and awareness of associated confined hazards. The authorised gas tester role is critical in testing for and ensuring safe working atmospheres, in particular: permit-controlled confined spaces, and prior to and during hot work.

Our course has been developed in bitesize learning chunks for each topic. At the end of each module, there will be an assessment. Delegates will need to pass each module at 80 percent or above. When you pass the course, you will be issued with a certificate which is valid for 3 years.

The aim of this course is to teach you the requirements associated with gas detection. On successful completion, you will have the basic knowledge necessary to allow you to operate as an Authorised Gas Tester. You will be given two attempts at each module, and you must score 80 percent to pass.

Learning Objectives:

LO1: Confined space criteria
LO2: The type of operations being tested for flammable and toxic gases
LO3: The potential cumulative hazards of operations within an oxygen-enriched, oxygen-deficient, toxic or flammable environment and habitats
LO4: Carrying out a suitable and sufficient risk assessment before testing activities and confined space entry
LO5: Understanding responsibilities within safe systems of work
LO6: Nominating stand by person to raise the alarm and initiate emergency response
LO7: The implications of statutory requirements with respect to gas testing
LO8: How to interpret operational requirements
LO9: How to select, use and care for PPE for different toxic and flammable gases and other contaminants through risk assessment
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LO11: The strengths and weaknesses of the various types of atmospheric flammable and toxic gas detection equipment
LO12: Determining the extent of the test boundaries
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LO52: Responsibilities of the Gas Monitor role
LO53: Impact of environmental changes on working conditions
LO54: Sources of assistance and specialist support
LO55: The importance of checking that the controls on the equipment are as specified

BACK SAFETY AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

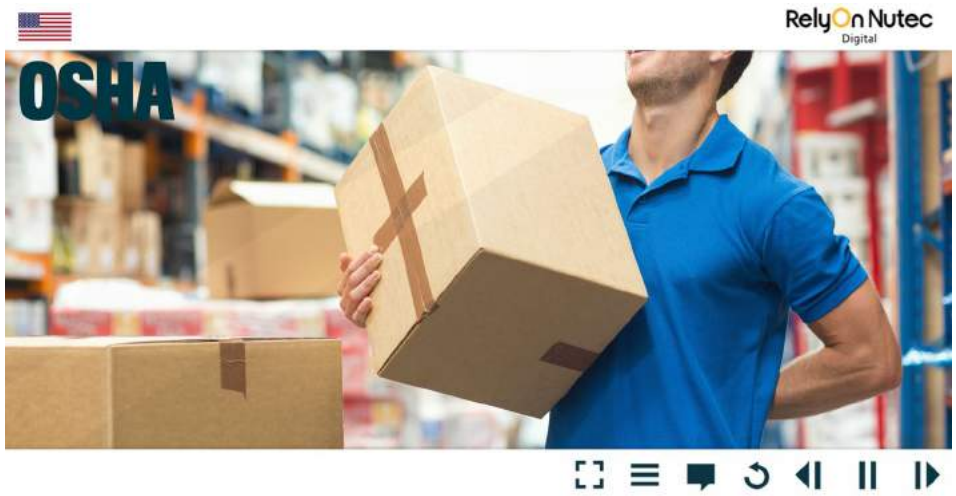
The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

The OSH Act covers most private sector employers and their workers, in addition to some public sector employers and workers in the 50 states and certain territories and jurisdictions under federal authority. Those jurisdictions include the District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

In accordance with 29 CFR 1910.1001 & CFR 1926.1101 Over 1 million workers suffer back injuries each year, accounting for 20% of all workplace injuries. Fortunately, workers can easily prevent these injuries by being proactive and practicing safe lifting techniques.

Learning Objectives:

Understand Back Safety Awareness



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BENZENE AWARENESS

Duration: 30 minutes

Questions: 6

Price Band : **A**

Course Outline:

This course also advises on what might happen if you are exposed to benzene and the precautions you and your employer can take to stay safe. Finally, this course offers guidelines on how to respond if exposure does occur. Throughout this course your understanding of the information given will be tested and the results recorded. You need to answer 80 percent of the questions correctly to pass the course.

Learning Objectives:

LO1: Identify the characteristics of benzene
LO2: Explain where benzene is found
LO3: Describe the effects of exposure to benzene
LO4: List the safety equipment that should be used to protect against the effects of benzene
LO5: Describe the precautions to be taken to avoid exposure to benzene
LO6: Outline the actions to be taken if exposed to benzene

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BENZENE AWARENESS (OSHA)

Duration: 20 minutes

Questions: 10

Price Band : **A**

Course Outline:

The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

The OSH Act covers most private sector employers and their workers, in addition to some public sector employers and workers in the 50 states and certain territories and jurisdictions under federal authority. Those jurisdictions include the District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

Highly flammable, toxic and carcinogenic: Benzene is one of the most dangerous substances in the oil and gas industry.

Learning Objectives:

Describe where Benzene can be found
Discuss exposure limits
Describe how to properly protect oneself when working in an environment that contains Benzene
List different types of respirators

RelyOn Nutec Digital

CHEMICALS MANAGEMENT

Duration: 45 minutes

Questions: 13

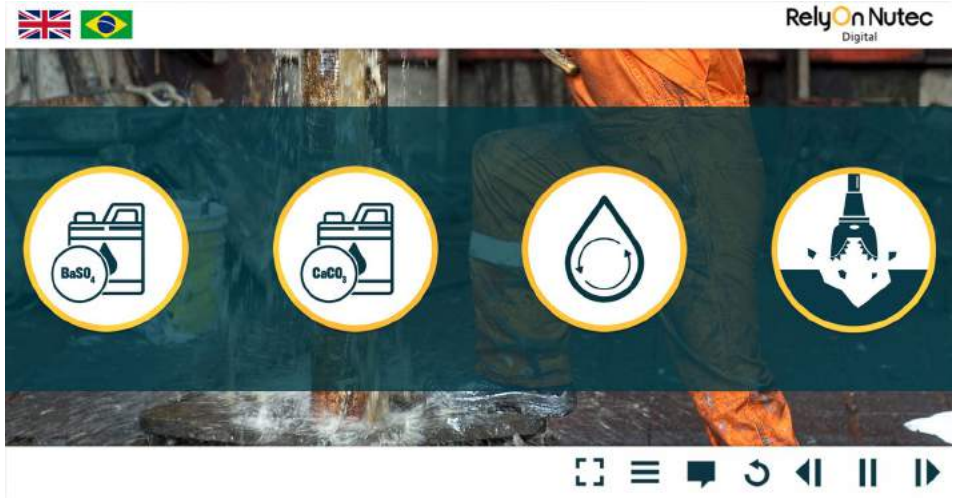
Price Band : **A**

Course Outline:

This aim of this course is to provide an awareness and understanding of the use of chemicals in the offshore oil and gas industry. You will learn about associated environmental, legislative and regulatory aspects, along with practical advice on permitting and management of chemicals.

Learning Objectives:

LO1: Identify the typical activities and operations utilising chemicals in the offshore oil and gas industry.
LO2: Give examples of the potential environmental issues associated with chemical use offshore.
LO3: Recognise the relevant legislative and regulatory bodies governing chemical use offshore. (1)
LO4: Describe the process for applying for a permit. (3)
LO5: Identify how the use of chemicals offshore are inspected, monitored and enforced.
LO6: Describe the associated roles, responsibilities and best practice for legislative compliance. (1)
LO7: Explain best practice for the storage and disposal of chemicals.
LO8 Detail the typical steps that should be taken in response to a chemical spill. (2)



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CONFINED SPACE (OSHA)

Duration: 35 minutes

Questions: 10

Price Band : **A**

Course Outline:

The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

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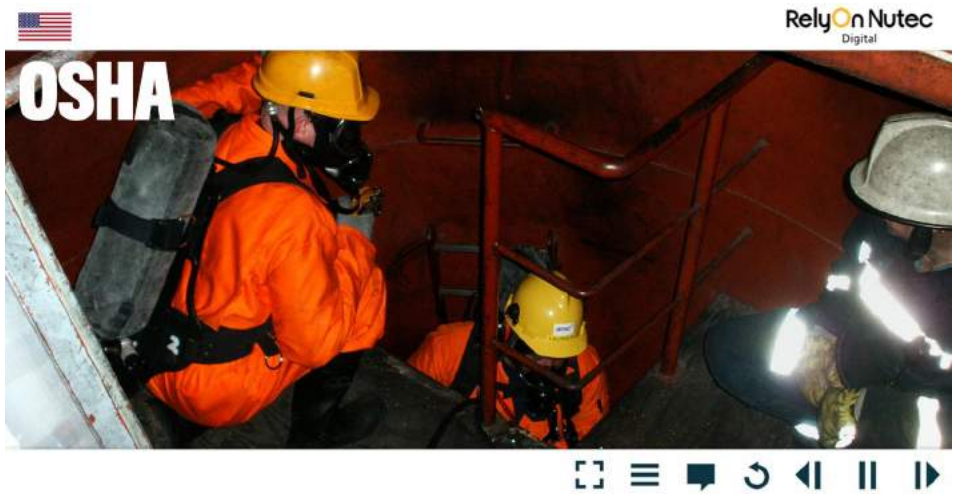
Confined spaces are some of the most hazardous areas in any workplace. Due to the additional hazards present, otherwise routine tasks may become extremely dangerous when working in confined spaces. Employees must be aware of all the hazards involved, as well as the safe work practices, procedures, and equipment required to make a safe entry.

Learning Objectives:

Understand Confined Space Entry



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CONFINED SPACE ENTRY (CSE)

Duration: 60 minutes

Questions: 20

Price Band : **A**

Course Outline:

This confined space entry course is suitable for all employees in hazardous industries required to work in confined spaces. On successful completion of this course, candidates will recognise the hazards associated with confined space entry and the precautions that need to be taken when working in a confined space. It provides candidates with the knowledge to perform their duties safely and responsibly.

Learning Objectives:

LO1: Describe a confined space
LO2: Identify examples of confined spaces
LO3: Identify and explain the hazards associated with a confined space
LO4: Identify the different roles and responsibilities for confined space entry
LO5: Describe the regulations associated with confined space entry
LO6: Describe the elements of a risk assessment for confined space entry
LO7: Identify the elements of a safe system of work
LO8: Describe good housekeeping practices for confined space work
LO9: Describe the emergency procedures for confined space work
LO10: Describe rules for entering/working in a confined space
LO11: Describe when and how to exit a confined space

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CONTROL OF SUBSTANCES HAZARDOUS TO HEALTH (COSHH)

Duration: 40 minutes

Questions: 20

Price Band : **A**

Course Outline:

This Control of Substances Hazardous to Health course is suitable for all candidates working with hazardous substances on a regular basis. The content in this course has been developed by qualified chemists and fully satisfies the requirements of the UK COSHH Regulations.

Learning Objectives:

LO1: Explain what COSHH is & why we need it
LO2: Explain the COSHH Regulations
LO3: Describe the employer and employee duties under the COSHH regulations
LO4: Identify how you may come into contact with a hazardous substance
LO5: Explain what a Safety Data Sheet is
LO6: Identify the COSHH hazard symbols
LO7: Describe the different control measures that can be used
LO8: Identify the personal protective equipment specific to chemical applications
LO9: Describe a COSHH Risk Assessment
LO10: Identify good practices related to COSHH

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CONTROL OF WORK (COW)

Duration: 25 minutes

Questions: 10

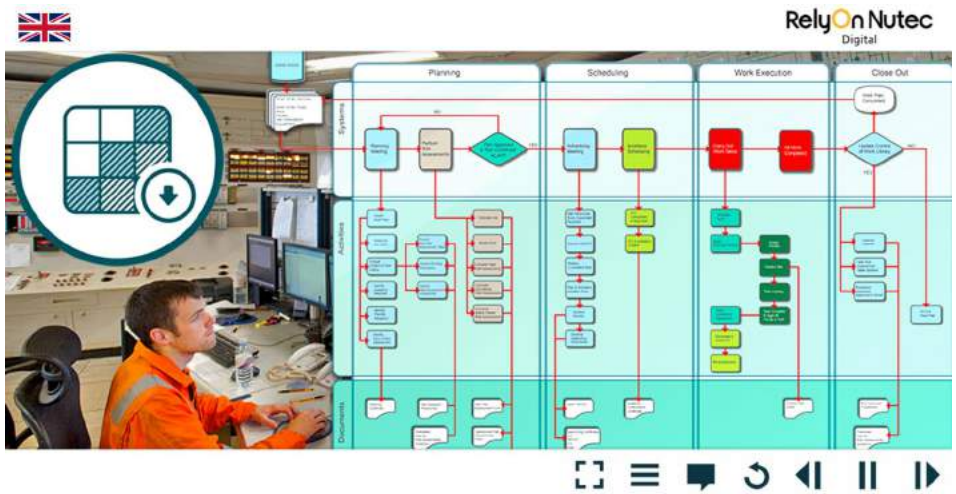
Price Band : **A**

Course Outline:

The purpose of this Control of Work course is to help explain the principles of a safety management system. Additionally, the course will cover the principles and objectives of the permit to work (PTW) system.

Learning Objectives:

LO1: Explain the principles of a safety management system
LO2: Explain the principles and objectives of the permit to work (PTW) system



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CORONAVIRUS AWARENESS

Duration: 5 minutes

Questions: 9

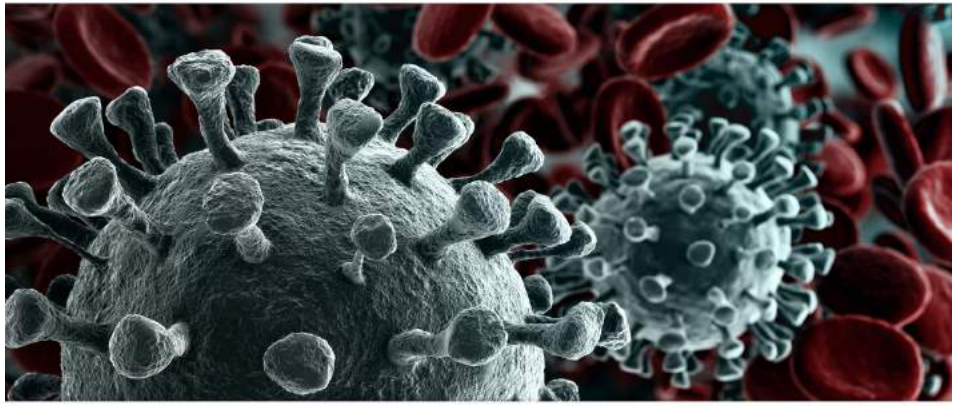
Price Band : **FREE**

Course Outline:

In this course you will find useful information about Coronavirus. We have designed the course to advise on the virus, how it is infected and how to prevent it from being infected or spread it to others.

Learning Objectives:

What is the coronavirus?
infection rates
Basic protective measures
If you are unwell
On returning from travel
Quetions
Information in your country
Summary



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CORROSION AWARENESS

Duration: 30 minutes

Questions: 14

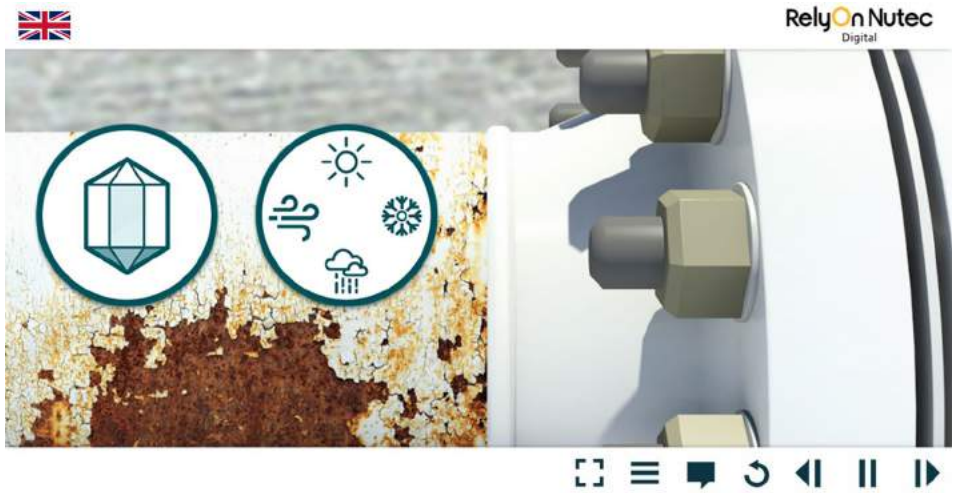
Price Band : **A**

Course Outline:

The aim of this course is to provide you with an awareness of corrosion, and how this specifically affects the oil and gas industry. Throughout this course your understanding of the information given will be tested and the results recorded. You need to answer 80 percent of the questions correctly to pass the course.

Learning Objectives:

LO1: Describe how and why corrosion occurs.
LO2: Explain how corrosion affects the industry as a whole (cost etc.)
LO3: Identify where corrosion is likely to occur off and onshore.
LO4: Define the different types of corrosion.
LO5: Explain how corrosion affects pipelines
LO6: Explain how corrosion affects wells
LO7: Explain how corrosion affects water systems
LO8: Explain how corrosion affects dead leg areas
LO9: Explain how to treat and prevent corrosion.



RelyOn Nutec Digital

DISPLAY SCREEN EQUIPMENT

Duration: 30 minutes

Questions: 20

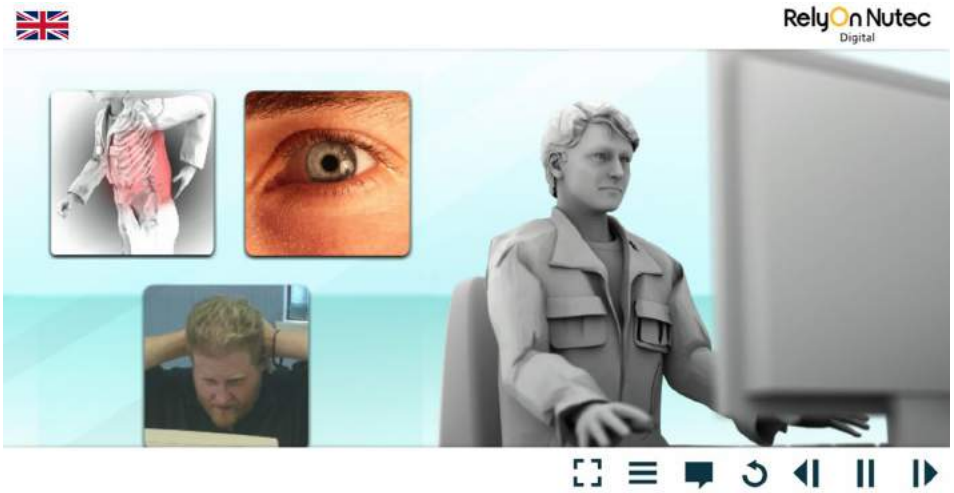
Price Band : **A**

Course Outline:

This course contains information for the safe use of display screen equipment in the workplace and at home. It is suitable for everyone who uses this type of equipment and contains an assessment of the workstation. The assessment will give the user a full understanding of the potential hazards involved and how to assess whether or not they are at risk.

Learning Objectives:

LO1: Outline what is meant by Display Screen Equipment and its potential hazards
LO2: Give an overview of common health and safety issues associated with Display Screen Equipment
LO3: Give an overview of the laws and regulations concerning Display Screen Equipment
LO4: Describe the Upper Limb disorders that can be associated with Display Screen Equipment
LO5: Give an overview of good posture and the prevention of musculoskeletal disorders
LO6: Describe the risk assessment process for a workstation
LO7: Explain how to use a mouse correctly
LO8: Explain how to read a screen correctly
LO9: Explain how to correctly use a portable computer
LO10: Discuss case studies involving health issues caused by inefficient use of Display Screen Equipment



RelyOn Nutec
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DROPPED OBJECTS

Duration: 30 minutes

Questions: 5

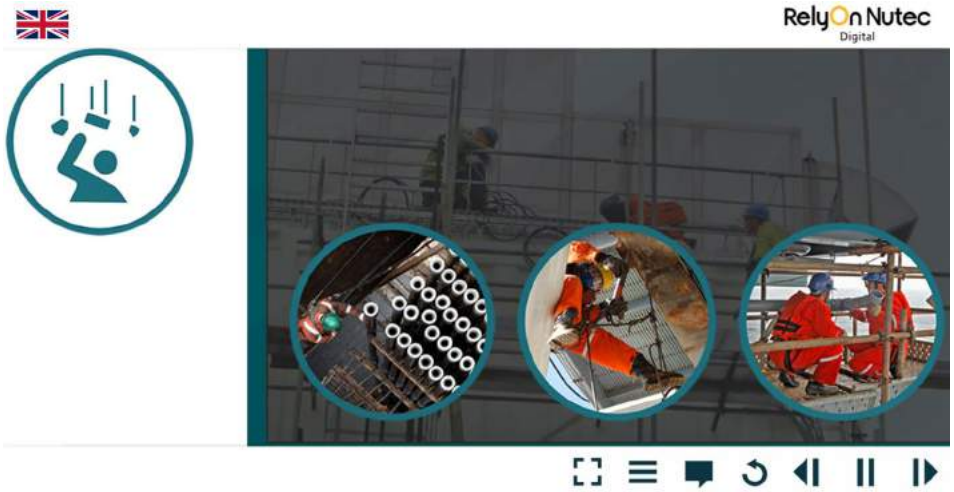
Price Band : **A**

Course Outline:

This course has been designed to give candidates an understanding of dropped objects, where they may occur, the associated risks, and employers and employees responsibilities for managing the risks associated.

Learning Objectives:

LO1: Define what dropped objects are and where they may occur
LO2: Describe the dangers of dropped objects
LO3: Describe how to reduce or prevent the impact of dropped objects
LO4: Outline your employer's responsibilities for controlling dropped objects
LO5: Understand your responsibilities for controlling dropped objects



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DRUG AND ALCOHOL AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

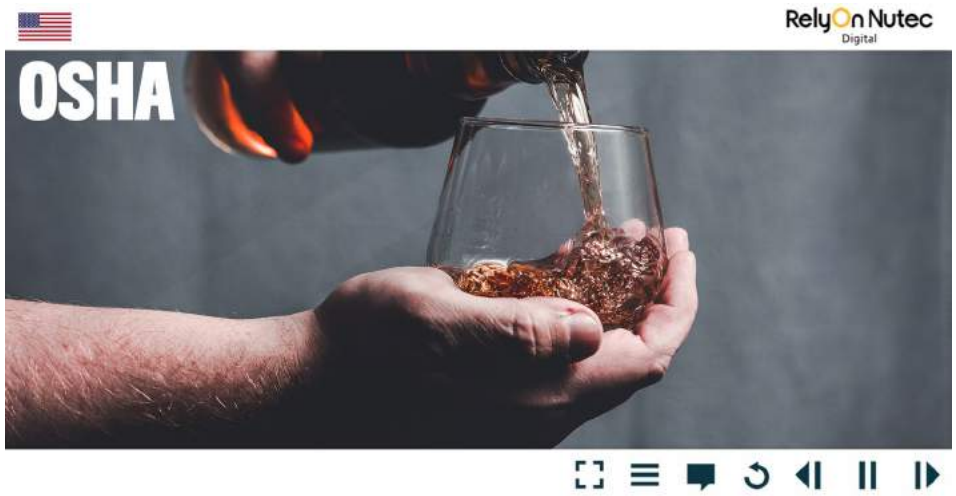
The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

The OSH Act covers most private sector employers and their workers, in addition to some public sector employers and workers in the 50 states and certain territories and jurisdictions under federal authority. Those jurisdictions include the District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

The use and abuse of drugs, alcohol, and other substances create serious problems inside and outside of the workplace. The National Institute for Drug and Alcohol Abuse identifies these issues as the most preventable cause of accidents in the workplace. Employees can help prevent incidents by learning to recognize the signs of use and properly reporting and documenting these instances.

Learning Objectives:

Understand Drug And Alcohol Awareness



RelyOn Nutec Digital

ELECTRICAL SAFETY AWARENESS (OSHA)

Duration: 35 minutes

Questions: 10

Price Band : **A**

Course Outline:

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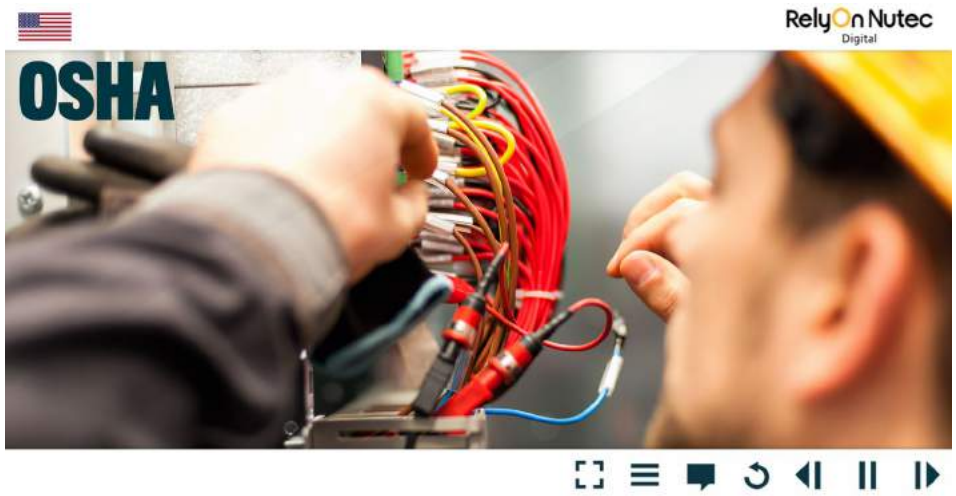
Electricity can present serious hazards in industrial work environments. All personnel must understand how to recognize electrical hazards in the workplace, as well as the safety procedures to follow when working near hazardous electrical equipment.

Learning Objectives:

Understand Electrical Safety Awareness



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ELECTRICAL SAFETY RULES

Duration: 60 minutes

Questions: 20

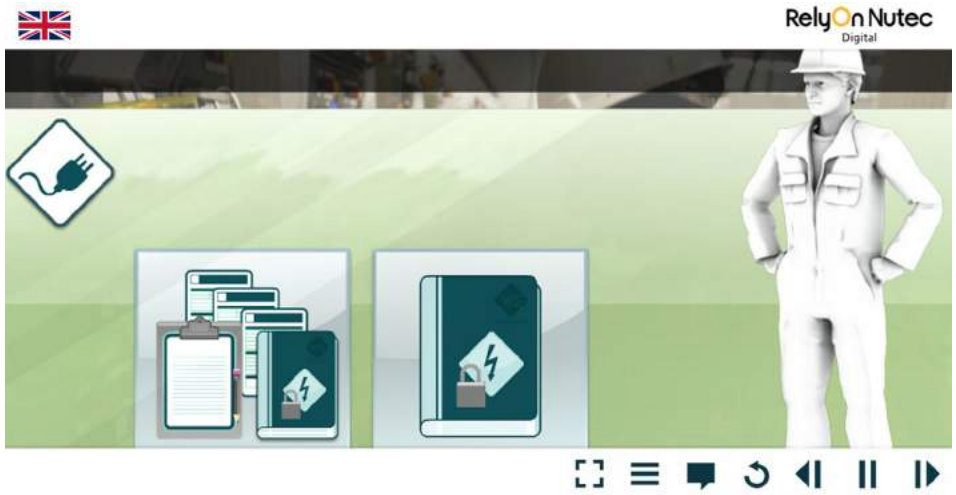
Price Band : **A**

Course Outline:

This course addresses the dangers of working with electricity and provides guidance on the precautions required to stay safe. The course also identifies the roles and responsibilities of electrical personnel and provides instruction on procedures to be followed when carrying out electrical isolations.

Learning Objectives:

LO1: Describe the purpose of the Electrical Safety Rules
LO2: Identify the roles and responsibilities of electrical personnel
LO3: Outline the PPE to be worn for electrical work
LO4: Explain the function of Switch Rooms
LO5: Explain the function of a switching programme
LO6: Describe the documentation required for electrical work
LO7: Outline the reporting procedure for faults
LO8: Describe the procedures to be followed when carrying out electrical isolations
LO9: Describe the procedure for working on High Voltage Equipment
LO10: Describe the procedure for the handling of cables
LO11: Describe the procedure for working on Low Voltage systems
LO12: Describe the procedure for working on telecommunications equipment
LO13: Describe the precautions to be taken in hazardous areas
LO14: Explain the actions to take in an emergency



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EMERGENCY RESPONSE AND EVACUATION AWARENESS (OSHA)

Duration: 25 minutes

Questions: 5

Price Band : **A**

Course Outline:

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Emergencies can happen anytime, anywhere. Responding quickly and properly to an emergency is critical to protect life and health. All employees must be familiar with general emergency response, evacuation, and abandonment procedures, as well as the specific response procedures for their location. In accordance 29 CFR 1910.38-39

Learning Objectives:

Understand Emergency Response And Evacuation Awareness

ENERGY ISOLATIONS (LOTO)

Duration: 60 minutes

Questions: 20

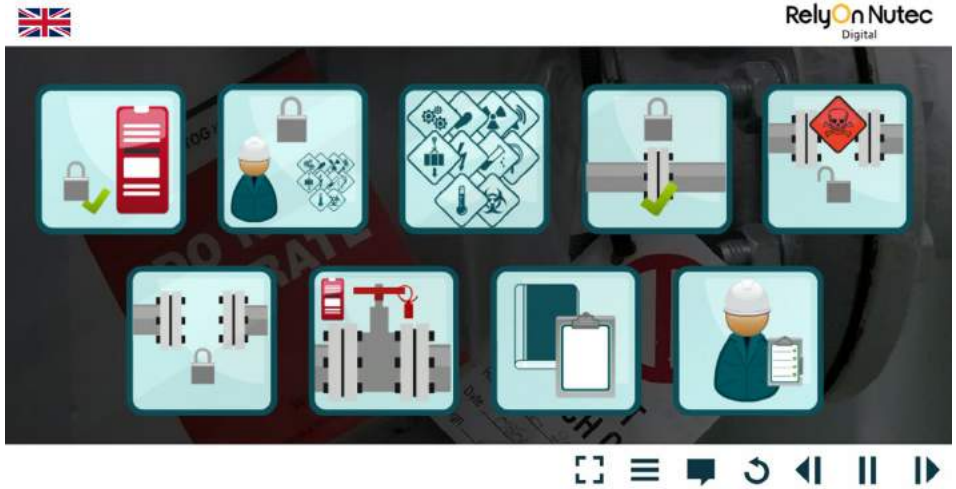
Price Band : **A**

Course Outline:

This is an awareness course, suitable for all employees working in hazardous industries. Candidates will learn what energy isolations are and how they fit into the isolation process. Delegates will be able to demonstrate an understanding of key terminology and equipment used in the isolation process and the legislation associated with LOTO.

Learning Objectives:

LO1: Explain why energy isolation is required
LO2: Explain the purpose of isolations
LO3: Describe key terminology used in isolations
LO4: List the legislation applicable to LOTO
LO5: Explain who is typically involved in isolations
LO6: Describe the training requirements for workers involved in isolations
LO7: List the 8 steps of isolation
LO8: Give examples of when to use lock out
LO9: Identify the different types of isolation devices
LO10: Describe what to do if lock out cannot be used



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ENVIRONMENTAL AWARENESS

Duration: 30 minutes

Questions: 20

Price Band : **A**

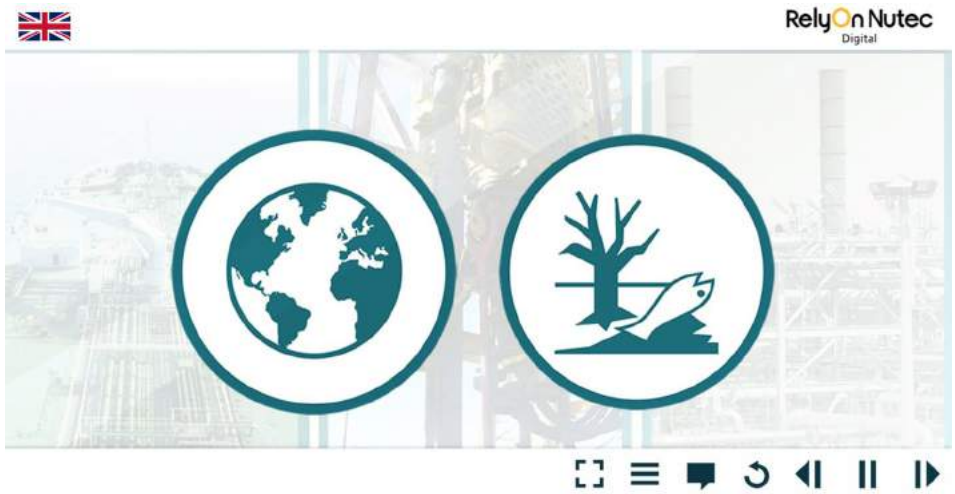
Course Outline:

The purpose of this Environmental Awareness course is to help delegates understand the impact that company activities can have on the environment. Additionally, they will be able to identify

their role in reducing the impact that company operations can have on global environmental issues, such as global warming and ozone depletion.

Learning Objectives:

LO1: Give an introduction to environmental management systems and environmental impacts
LO2: Explain what atmospheric emissions
LO3: Explain what discharges to water are
LO4: Explain how the chemicals we use can have an impact on the environment
LO5: Explain how the waste we produce affects the environment
LO6: Explain why it is so important to prevent oil spills
LO7: Explain why and how we use data to manage environmental performance
LO8: Give an understanding of onshore and offshore oil and gas industry interactions with the environment



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EXCAVATION

Duration: 60 minutes

Questions: 20

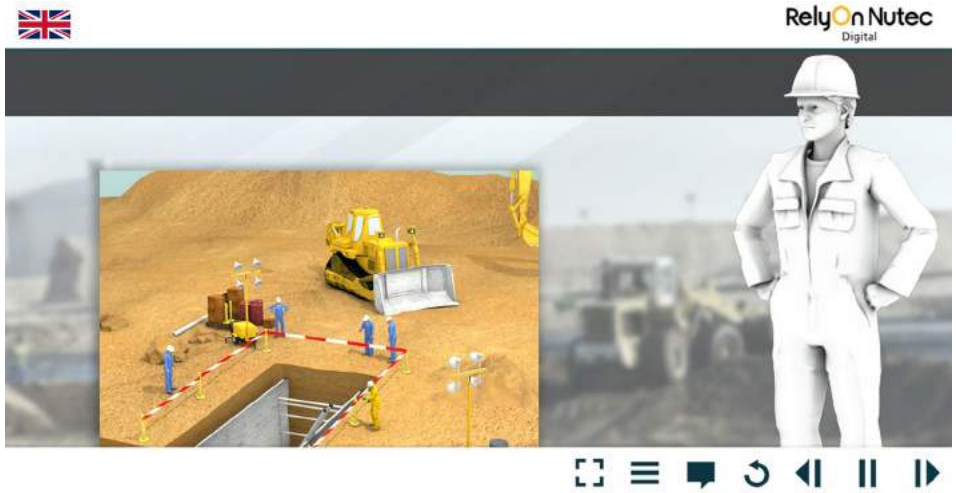
Price Band : **A**

Course Outline:

Excavations can be very dangerous places for personnel in and around the work-site. This course shows candidates how to spot the dangers associated with excavations and what controls are necessary to prevent injury.

Learning Objectives:

LO1: Define what an excavation is
LO2: Identify the need for an excavation procedure
LO3: Identify the roles and responsibilities associated with excavations
LO4: Describe the hazards associated with excavations
LO5: Describe how to plan an excavation
LO6: Identify what PPE is required
LO7: Identify and describe excavation support systems
LO8: Describe the emergency response arrangements
LO9: Identify the safety checks required before work can begin within the excavation
LO10: Identify safety requirements during excavations
LO11: Describe how to carry out an excavation
LO12: Describe the backfilling procedure



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EXPLOSIVES

Duration: 30 minutes

Questions: 20

Price Band : **A**

Course Outline:

The course explains what explosives are, what they are used for, why they are used and the controls in place to prevent unnecessary risk whilst working with them. The course also identifies the roles and responsibilities of those working with explosives.

Learning Objectives:

LO1: Identify what explosives are
LO2: Describe some of the uses for explosives offshore
LO3: Explain why explosives are used
LO4: Explain the authorisation process for using explosives
LO5: Describe how explosives are detonated and the dangers of other sources of induced currents
LO6: Identify typical strategies to prevent accidental detonations
LO7: Identify work to be ceased when explosives are to be used
LO8: Identify those authorised to handle explosives
LO9: Describe the measures taken to store explosives safely
LO10: Identify your responsibilities before and during the use of explosives

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FALL PROTECTION AWARENESS (OSHA)

Duration: 32 minutes

Questions: 10

Price Band : **A**

Course Outline:

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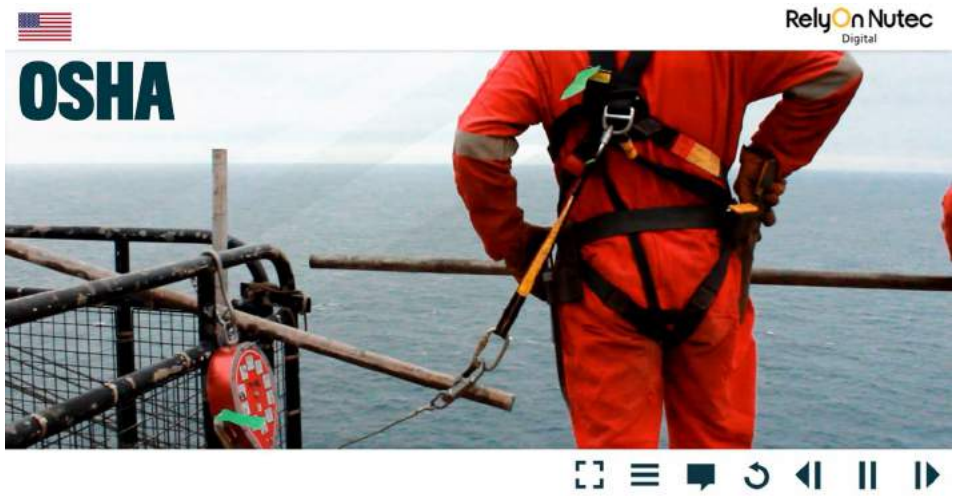
Falls are a leading cause of workplace injury. Various methods and systems are used to protect workers by preventing falls, and arresting falls as soon as possible if they occur. Identifying fall hazards and selecting the proper type of fall protection are key to keeping employees safe when working at dangerous heights. In accordance with OSHA 1926.500, 1926.501, ANSI z359.1-1992, A10.32-2004 & A14.3-1992

Learning Objectives:

Understand Fall Protection Awareness



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FIRE AWARENESS

Duration: 45 minutes

Questions: 12

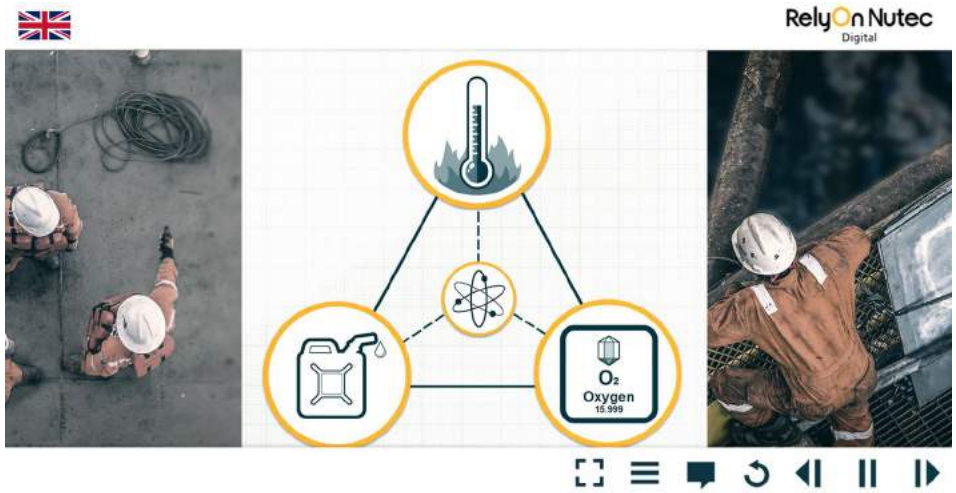
Price Band : **A**

Course Outline:

This course provides delegates with an overall understanding of fire safety in the workplace. You will learn about relevant health and safety legislation, theory on the nature of fire and how it spreads, along with practical guidance on fire prevention and workplace firefighting equipment.

Learning Objectives:

LO1: Identify relevant legislative requirements for fire safety in the workplace
LO2: Recognise the key roles and responsibilities of the employer and the employee
LO3: Explain how the Fire Tetrahedron works
LO4: Explain the contributing factors of fire spread and intensity
LO5: Identify the various types of fire gases
LO6: Recognise relevant fire signage used in the workplace
LO7: Identify potential fire hazards within the workplace
LO8: Explain good practice for workplace fire prevention
LO9: Describe the actions you should take in an emergency
LO10: Identify the various classes of fire and associated means of suppression
LO11: Explain how to safely use different extinguisher types
LO12: Recognise the various types of fixed fire prevention equipment found in the workplace



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FIRE PREVENTION AND EXTINGUISHING AWARENESS (OSHA)

Duration: 30 minutes

Questions: 10

Price Band : **A**

Course Outline:

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Fire safety involves taking proper precautions to reduce the likelihood of a fire, and also knowing how to react if a fire should occur. All employees should be able to identify unsafe work conditions, and use aggressive fire prevention techniques to reduce or eliminate potential dangers. It is also important to know the class of fire, how to choose the correct extinguisher, proper firefighting techniques, and know when not to fight a fire. In accordance with OSHA 1926.500, 1926.501, ANSI z359.1-1992, A10.32-2004 & A14.3-1992

Learning Objectives:

Understand Fire Prevention And Extinguishing Awareness

RelyOn Nutec Digital

FIRE WARDEN AND FIRE SAFETY AWARENESS

Duration: 60 minutes

Questions: 22

Price Band : **B**

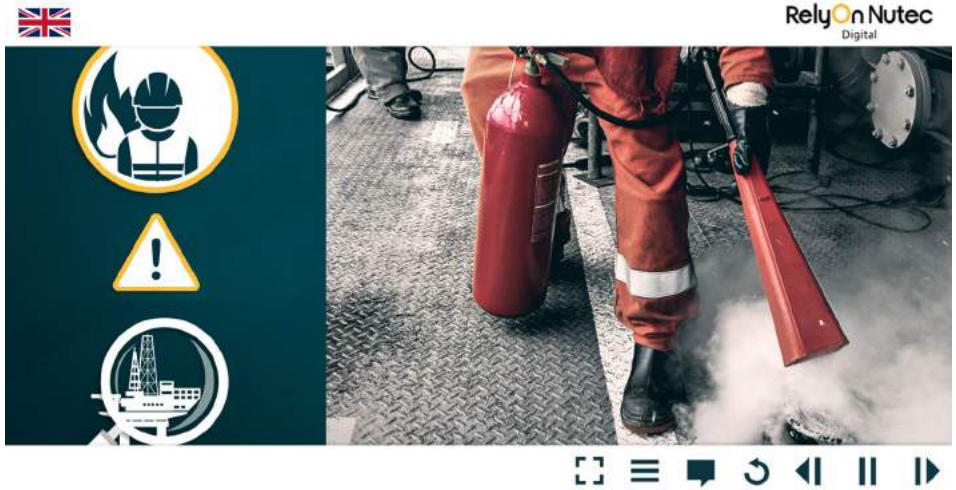
Course Outline:

This course has been designed to provide staff at all levels of the organisation with a solid understanding of fire safety in the workplace, from both employer and employee perspectives.

You will learn about the specific role, responsibilities, and duties of the Fire Warden. Following this, you will your build knowledge and understanding on the theory of fire, how it starts, and how it can spread in different situations. You will also gain valuable practical guidance on fire prevention, workplace firefighting equipment, and the correct procedures to follow in an emergency situation.

Learning Objectives:

LO1: Summarise the relevant legislation and requirements associated with the Fire Warden role
LO2: Describe the key responsibilities of the Fire Warden role
LO3: Explain the purpose and structure of a Fire Risk Assessment
LO4: Summarise the core proactive duties associated with the Fire Warden role
LO5: Explain the Fire Wardens role and duties upon discovery of a fire
LO6: Describe the Fire Wardens responsibilities regarding emergency evacuation procedures
LO7: Describe the Fire Wardens role in liaising effectively with the emergency services
LO8: Identify relevant legislative requirements for fire safety in the workplace
LO9: Explain how the Fire Tetrahedron works
LO10: Explain the contributing factors of fire spread and intensity
LO11: Identify the various types of fire gases
LO12: Recognise relevant fire signage used in the workplace
LO13: Identify potential fire hazards within the workplace
LO14: Explain good practice for workplace fire prevention
LO15: Describe the actions you should take in an emergency
LO16: Identify the various classes of fire and associated means of suppression
LO17: Explain how to safely use different extinguisher types



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FIRE WARDEN AWARENESS

Duration: 15 minutes

Questions: 12

Price Band : **A**

Course Outline:

This course has been designed to provide an awareness of the Fire Warden role. You will learn about the associated proactive and reactive duties, and the responsibilities that you may have during emergency situations. The course provides a suitable general introduction for all employees, including those who may be interested in taking up a Fire Warden role in future.

Learning Objectives:

LO1: Summarise the relevant legislation and requirements associated with the Fire Warden role
LO2: Describe the key responsibilities of the Fire Warden role
LO3: Explain the purpose and structure of a Fire Risk Assessment
LO4: Summarise the core proactive duties associated with the Fire Warden role
LO5: Explain the Fire Wardens role and duties upon discovery of a fire
LO6: Describe the Fire Wardens responsibilities regarding emergency evacuation procedures
LO7: Describe the Fire Wardens role in liaising effectively with the emergency services

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FIRST AID & BLOODBORNE PATHOGENS AWARENESS (OSHA)

Duration: 32 minutes

Questions: 10

Price Band : **A**

Course Outline:

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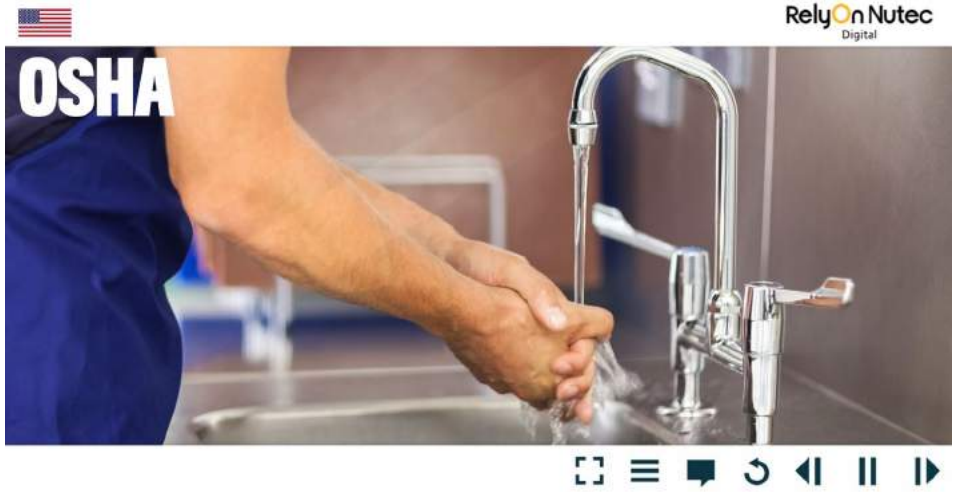
Employees must know how to respond properly when an accident or injury occurs in the workplace. Exposure to bloodborne pathogens is a serious concern in responding to injury because these microorganisms can cause disease. Understanding and following basic first aid and emergency action steps helps to minimize threats to life and health.

Learning Objectives:

Understand First Aid & Bloodborne Pathogens Awareness



RelyOn Nutec Digital

GAS MONITOR

Duration: 60 minutes

Questions: 28

Price Band : **S**

Course Outline:

The course will ensure that personnel preparing to provide safety watch duties through the ongoing monitoring of hot-work sites are equipped with the relevant knowledge to safely carry out the role.

Our course has been developed in bitesize learning chunks for each topic. At the end of each module, there will be an assessment. Delegates will need to pass each module at 80 percent or above. When you pass the course, you will be issued with a certificate which is valid for 3 years.

The aim of this course is to teach you the requirements associated with providing safety watch duties for hot-work sites. On successful completion, you will have the basic knowledge necessary to allow you to carry out the role. You may however be asked to complete further workplace training before being formally appointed.

Learning Objectives:

LO1: Hot work (any operation involving naked flames or producing heat and/or sparks or any operation that has spark potential)
LO2: Confined space criteria
LO3: The type of operations being tested for flammable and toxic gases
LO4: Roles and Responsibilities of the Fire Watch
LO5: Roles and Responsibilities of the Standby Person
LO6: Responsibilities of the Gas Monitor role
LO7: How to select, use and care for PPE
LO8: How to work within the Safe System of Work
LO9: The hazards and properties of flammable and toxic gases
LO10: The behaviour of gases
LO11: Impact of environmental changes on working conditions
LO12: The importance of checking that the controls on the equipment are as specified
LO13: Sources of assistance and specialist support
LO14: Completion of relevant documentation

RelyOn Nutec
Digital

GAS MONITOR (OPITO APPROVED)

Duration: 60 minutes

Questions: 28

Price Band : **S**

Course Outline:

This course is accredited to the OPITO Gas Monitor standard. The course will ensure that personnel preparing to provide safety watch duties through the ongoing monitoring of hot-work sites are equipped with the relevant knowledge to safely carry out the role.

Our course has been developed in bitesize learning chunks for each topic. At the end of each module, there will be an assessment. Delegates will need to pass each module at 80 percent or above. When you pass the course, you will be issued with a certificate which is valid for 3 years.

The aim of this course is to teach you the requirements associated with providing safety watch duties for hot-work sites. On successful completion, you will have the basic knowledge necessary to allow you to carry out the role. You may however be asked to complete further workplace training before being formally appointed.

Learning Objectives:

LO1: Hot work (any operation involving naked flames or producing heat and/or sparks or any operation that has spark potential)
LO2: Confined space criteria
LO3: The type of operations being tested for flammable and toxic gases
LO4: Roles and Responsibilities of the Fire Watch
LO5: Roles and Responsibilities of the Standby Person
LO6: Responsibilities of the Gas Monitor role
LO7: How to select, use and care for PPE
LO8: How to work within the Safe System of Work
LO9: The hazards and properties of flammable and toxic gases
LO10: The behaviour of gases
LO11: Impact of environmental changes on working conditions
LO12: The importance of checking that the controls on the equipment are as specified
LO13: Sources of assistance and specialist support
LO14: Completion of relevant documentation

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H2S RESPIRATORY PROTECTION AWARENESS (OSHA)

Duration: 60 minutes

Questions: 20

Price Band : **A**

Course Outline:

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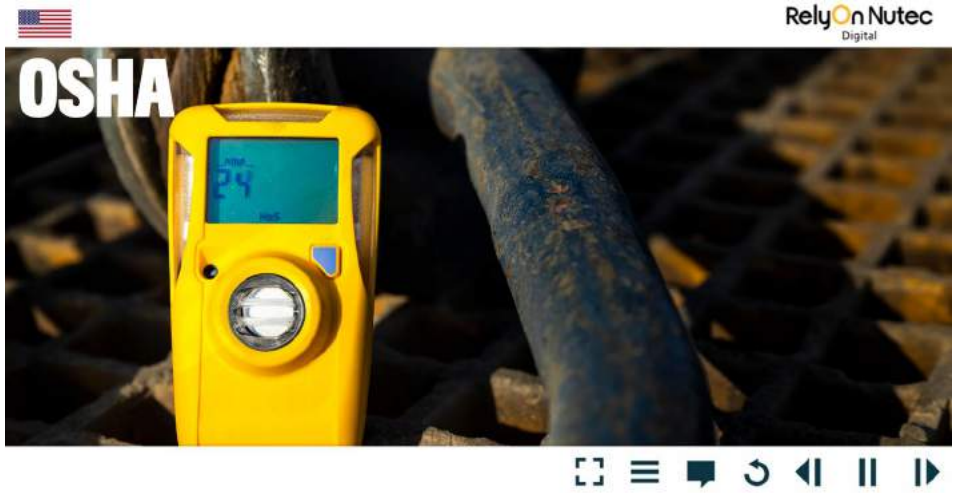
Hydrogen Sulfide Gas otherwise known as H2S can be lethal. This course will teach you the necessary information to remain safe when H2S is a possibility.

Learning Objectives:

Understand H2S Respiratory Protection Awareness



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HAND - ARM VIBRATION AWARENESS

Duration: 30 minutes

Questions: 20

Price Band : **A**

Course Outline:

You will learn about your employer's legal obligations to reduce risk and the measures that you can take to control your exposure to hand-arm vibration.

Learning Objectives:

LO1: Define hand-arm vibration
LO2: Outline the symptoms and effects of Hand-Arm Vibration Syndrome (HAVS) and carpal tunnel syndrome
LO3: Identify the legal duties of employers and manufacturers to control vibration
LO4: Recall vibration exposure values
LO5: Explain how the risks associated with vibration are assessed and controlled
LO6: Outline the measures you can take to protect yourself from harmful vibration

RelyOn Nutec Digital

HAND SAFETY

Duration: 25 minutes

Questions: 15

Price Band : **A**

Course Outline:

This course has been designed to provide an awareness of how, and why, a wide variety of hand related injuries can occur in the workplace. You will also learn how to treat specific injuries, along with practical advice on how to prevent them from occurring in the first place.

Learning Objectives:

LO1: Understand the importance hands
LO2: List the common causes of hand injuries
LO3: Describe work related hand and finger injuries
LO4: Explain the different treatments for hand and finger injuries
LO5: Describe the hierarchy of controls
LO6: Explain how to avoid hand injuries during lifting activities
LO7: Explain how to select, use and care for gloves

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HAND SAFETY AWARENESS (OSHA)

Duration: 30 minutes

Questions: 10

Price Band : **A**

Course Outline:

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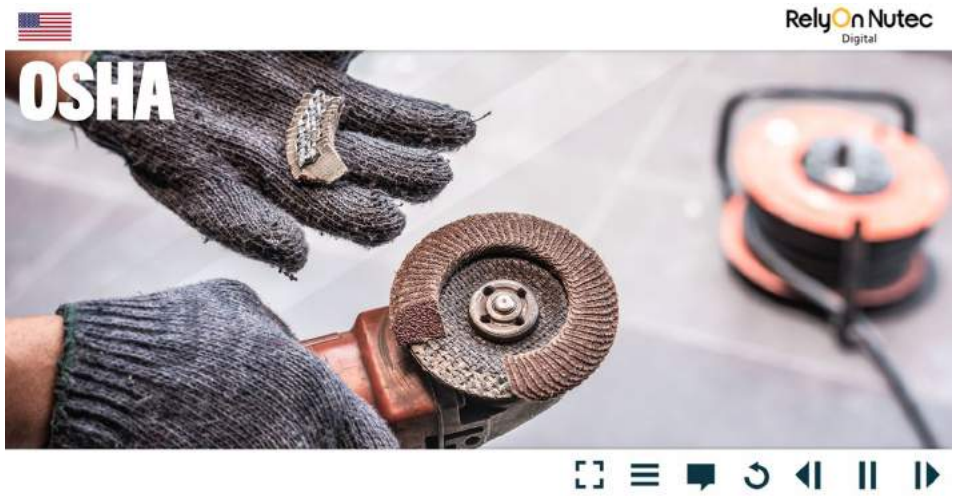
Your hands are your most used tools on the job, and are exposed to more hazards and potential injuries than any other part of the body. Preventing hand injuries begins with paying attention, as well as identifying and controlling hazards in the workplace.

Learning Objectives:

Understand Hand Safety Awareness



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HAZARD AWARENESS AND IDENTIFICATION

Duration: 60 minutes

Questions: 20

Price Band : **A**

Course Outline:

This course is suitable for all employees working in hazardous industries. It has been developed in accordance with the 'Step Change in Safety' initiative which promotes the establishment, maintenance and development of hazard identification and risk assessment systems to provide a safer work environment. On successful completion of this course, candidates will have an excellent appreciation of the key features of hazard identification systems used throughout the oil and gas industry.

Learning Objectives:

LO1: Explain what Hazard Identification is
LO2: Identify methods of hazard identification
LO3: Describe the different energy sources
LO4: Identify examples of control measures for each energy source
LO5: Identify contributing factors
LO6: Describe how you can use your senses to detect hazards
LO7: Explain the importance of good observation

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HAZARD COMMUNICATION AWARENESS (OSHA)

Duration: 30 minutes

Questions: 10

Price Band : **A**

Course Outline:

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This course gives an overview of OSHA's hazard communication standard 29CFR1910.1200 including the 5 key elements (HAZCOM)

Learning Objectives:

Understand Hazard Communication Awareness

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HEARING CONSERVATION AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

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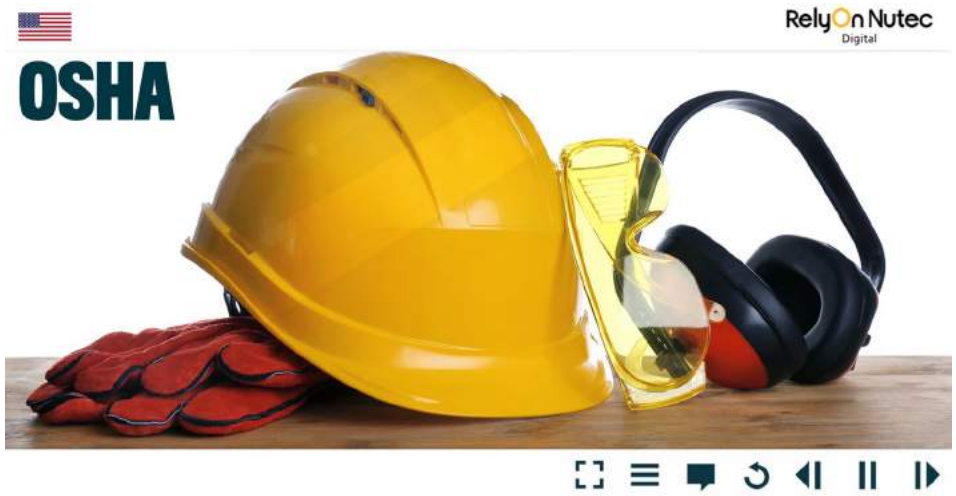
Every year, 30 million workers are exposed to hazardous noise levels on the job, and thousands suffer from preventable hearing loss. Since hearing loss cannot be repaired, it is important to control exposure to hazardous noise levels.

Learning Objectives:

Understand Hearing Conservation Awareness



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HELICOPTER SAFETY

Duration: 15 minutes

Questions: 6

Price Band : **A**

Course Outline:

Helicopter safety has a good record in the UK, but accidents and fatalities still occur. As helicopters operate in often harsh conditions, particularly in the North Sea, safety is a top priority. Therefore, strict laws and regulations are in place.

Learning Objectives:

LO1: Understand how aviation is regulated
LO2: Describe helicopter systems and equipment
LO3: Describe the basics of aircraft maintenance and inspections
LO4: Describe the different types of aircraft crew, their qualifications and training
LO5: Understand a passenger's role in helicopter safety

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HOT WORK (OSHA)

Duration: 30 minutes

Questions: 5

Price Band : **A**

Course Outline:

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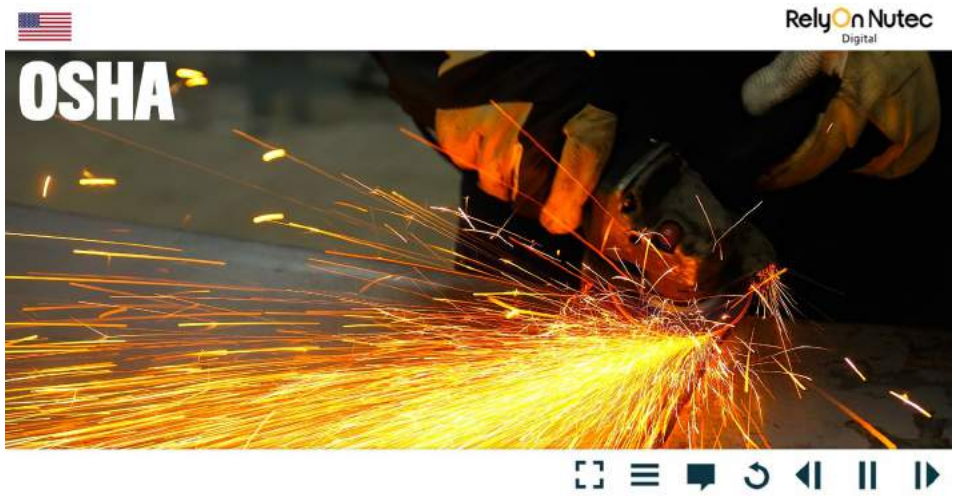
There are several hazards to be aware of in areas where hot work is taking place. Hazards associated with hot work present serious risks.

Learning Objectives:

Understand Hot Work



HYDROGEN SULPHIDE (H2S) AWARENESS

Duration: 30 minutes

Questions: 20

Price Band : **A**

Course Outline:

This H2S awareness course is suitable for all employees working in hazardous industries. The course outlines the principal properties of H2S, explaining why extreme caution is necessary when dealing with it and how to recognise the consequences and symptoms of H2S exposure.

Learning Objectives:

LO1: Explain what H2S is
LO2: Identify where H2S can be found
LO3: Identify the properties of H2S
LO4: Explain how H2S levels are measured
LO5: Identify the exposure limits of H2S
LO6: Describe the exposure effects of H2S on body
LO7: Identify environmental hazards of H2S
LO8: Identify ways of detecting H2S
LO9: Know what to do in the event of an H2S emergency
LO10: Identify what H2S training consists of

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IADC ONLINE RIG PASS (EXCLUDES SAFEGULF AND SAFELAND) (OSHA)

Duration: 480 minutes

Questions: 114

Price Band : **S**

Course Outline:

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The OSH Act covers most private sector employers and their workers, in addition to some public sector employers and workers in the 50 states and certain territories and jurisdictions under federal authority. Those jurisdictions include the District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

IADC accredited Rig Pass course is an offshore course and is accessible on smartphones and tablets with powerful animations and interactive learning. Course duration Disclaimer: This course is self-paced for the average person to complete in 8 hours. IADC requires a Picture ID and legal name for identification.

Learning Objectives:

Chapter 1 GENERAL SAFETY
1.1 Principles
1.2 Alcohol and Drug Policies
1.3 Firearms, Weapons and Other Prohibited Items
1.4 Personal Conduct
1.5 General Worksite Safety
1.6 Manual Hand Tool and Power Hand Tool Safety
1.7 Housekeeping
1.8 Walking Working Surfaces
1.9 Reporting and Investigating Incidents
1.10 Land Transportation

Chapter 2 PERSONAL PROTECTIVE EQUIPMENT (PPE)
2.1 PPE Overview
2.2 Respiratory Protection
2.3 Fall Protection
3.1 Chapter 3 HAZARD COMMUNICATION AND MATERIALS HANDLING
4.1 Chapter 4 OCCUPATIONAL HEALTH
5.1 Chapter 5 SPECIALIZED WORK PROCEDURES
6.1 Chapter 6 FIRE SAFETY
7.1 Chapter 7 MATERIALS HANDLING
8.1 Chapter 8 HEALTH & FIRST AID
9.1 Chapter 9 RIG/PLATFORM ENVIRONMENT
10.1 Chapter 10 RESPONSE EMERGENCY
11.1 Chapter 11 WELLSITE ENVIRONMENTAL PROTECTION
12.1 Chapter 12 TRANSPORTATION
13.1 Chapter 13 WATER SAFETY
14.1 Chapter 14 MARINE DEBRIS

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INCIDENT PREVENTION AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

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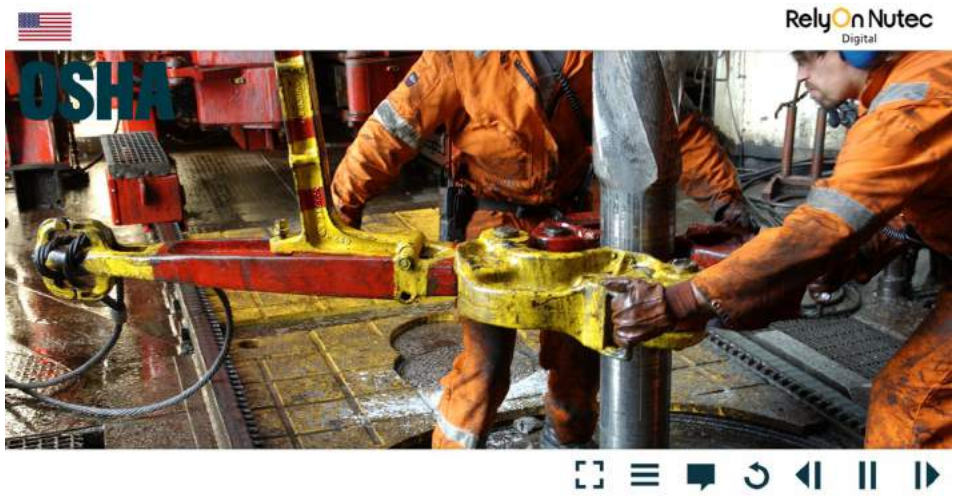
Millions of workplace incidents occur every year, and almost all are preventable. Understanding the causes of incidents, following safety procedures, identifying hazardous conditions, and using Stop Work Authority all help to minimize incidents and protect life, health and property.

Learning Objectives:

Understand Incident Prevention Awareness



RelyOn Nutec Digital

INCIDENT REPORTING AWARENESS (OSHA)

Duration: 30 minutes

Questions: 10

Price Band : **A**

Course Outline:

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Incidents are unplanned, undesired events that adversely affect the completion of a task. Even if there were no injuries or property damage, it is the responsibility of all employees to report all Incidents so they may be properly investigated and analysed.

Learning Objectives:

Understand Incident Reporting Awareness

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INTRODUCTION TO CONTROL OF WORK (COW)

Duration: 60 minutes

Questions: 20

Price Band : **A**

Course Outline:

This course is suitable for all members of the work party. Real life examples of failures within Control of Work systems and their consequences will demonstrate why following procedures within Control of Work systems is essential. Candidates will also learn about Planning, Risk Assessment, Permit to Work, Lock Out Tag Out, Sub-Systems, Toolbox Talks and the responsibilities of every person under the Control of Work system.

Learning Objectives:

LO1: Describe the Control of Work system
LO2: State the purpose of the Control of Work system
LO3: Identify the elements within the Control of Work system
LO4: List the five steps within the Control of Work system
LO5: Explain how to plan within the Control of Work system
LO6: Explain the Risk Assessment process within the Control of Work system
LO7: Explain how work is controlled under a Permit to Work
LO8: Explain the life cycle of the Permit to Work
LO9: Describe the communication processes within the Control of Work system
LO10: Summarise Lock Out Tag Out
LO11: Describe sub-systems within the Control of Work system

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JOB SAFETY ANALYSIS AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

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Job Safety Analysis (JSA) is a structured process that focuses on the relationship between the worker, the task, the tools, and the work environment. The JSA then introduces steps to eliminate or reduce hazards to an acceptable risk level. When a JSA is performed correctly, it can be an effective accident prevention tool that increases workplace safety. In accordance with ANSI Z10-2012

Learning Objectives:

Understand Job Safety Analysis Awareness

RelyOn Nutec Digital

LEGIONELLA AWARENESS

Duration: 30 minutes

Questions: 20

Price Band : **A**

Course Outline:

Legionella is found in natural water courses and artificial hot and cold-water systems, meaning this course is suitable for all members of staff. The course explains what legionella is, how you can identify its exposure, and the systems used to prevent exposure in the first place.

Learning Objectives:

LO1: Explain what legionella is and where it can be found
LO2: Identify systems which present a risk of legionella increasing
LO3: Explain how legionella multiplies
LO4: Identify the temperatures that affect legionella
LO5: Explain what Legionnaires' disease is and how it is contracted
LO6: Describe who can be affected by Legionnaires' disease
LO7: Identify when the symptoms of Legionnaires' disease can begin
LO8: Describe mild symptoms of Legionnaires' disease
LO9: Describe severe symptoms of Legionnaires' disease
LO10: Describe how the risk of legionella is controlled in potable water systems
LO11: Describe how the risk of legionella is controlled in all water systems
LO12: Explain how water is treated
LO13: Describe cleaning and disinfection procedure

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LIFTING OPERATIONS AND LIFTING EQUIPMENT REGULATIONS (LOLER)

Duration: 40 minutes

Questions: 20

Price Band : **A**

Course Outline:

This course explains Lifting Operation and Lifting Equipment Regulations (LOLER), the different types of lifting equipment, factors to consider when selecting equipment, the hazards of mechanical lifting activities and the roles involved in such activities.

Learning Objectives:

LO1: Recall the key definitions and terms used for lifting operations
LO2: Define LOLER
LO3: Identify LOLER regulations in the workplace
LO4: Identify the features of planning a lift
LO5: Describe the classification of lifts – routine and non-routine
LO6: Identify the examination and testing of equipment that is required under the regulations
LO7: Identify the training that is required under LOLER
LO8: Identify which equipment is covered under LOLER
LO9: Identify the different types of lifting accessories
LO10: Identify the different roles in lifting activities offshore
LO11: Identify the hazards associated with mechanical lifting offshore, including equipment hazards
LO12: Explain the Safe Working Load and colour coding practices
LO13: Identify safe lifting practices

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LOCKOUT-TAGOUT (LOTO) AWARENESS (OSHA)

Duration: 35 minutes

Questions: 10

Price Band : **A**

Course Outline:

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During service and maintenance activities, the unexpected startup or release of stored energy in machinery or equipment can present potentially fatal hazards to employees. The Lockout-Tagout (LOTO) process is an energy control procedure that protects all employees from harmful energy. In accordance with 29 CFR 1910.147 & 29 CFR 1910.145

Learning Objectives:

Understand Lockout-Tagout (Loto) Awareness

MAJOR ACCIDENT HAZARDS

Duration: 45 minutes

Questions: 14

Price Band : **A**

Course Outline:

The course is suitable for all members of staff working in hazardous environments in the oil and gas industry. It covers the potential for major accidents and the types of hazards that might cause these to happen.

Learning Objectives:

LO1: Describe the types of work that are carried out on offshore installations
LO2: List the different legislative framework for offshore work
LO3: Explain which major accident hazards are present while in hostile and remote offshore environments
LO4: Explain the basics of the safety case
LO5: Describe the safety critical elements in a safety case
LO6: Understand the employee's responsibilities with regards to the safety case
LO7: Describe asset integrity and its divisions
LO8: Explain the employer and employee asset integrity responsibilities

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MANUAL HANDLING AWARENESS

Duration: 30 minutes

Questions: 20

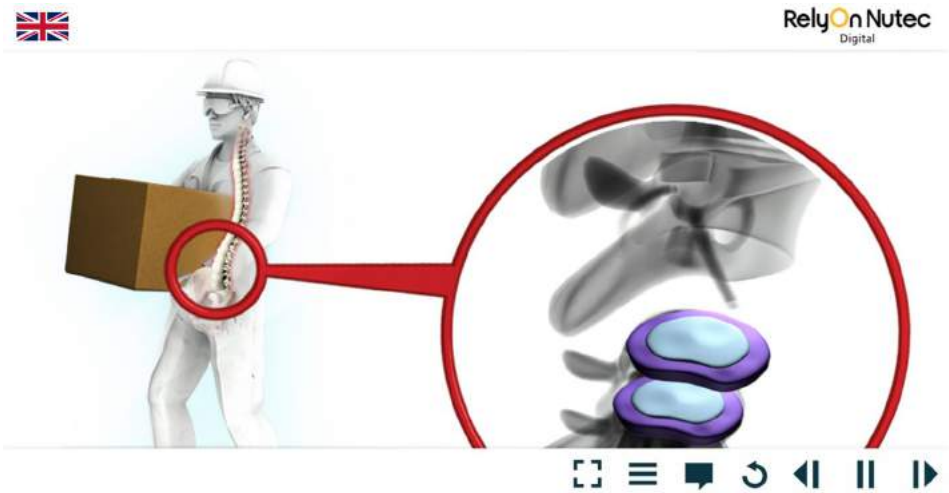
Price Band : **A**

Course Outline:

This manual handling course is suitable for all employees involved in any manual handling operation. It deals with all aspects of manual handling, including lifting, pushing and pulling, relevant safety legislation and manual handling risk assessments.

Learning Objectives:

LO1: Explain what manual handling is
LO2: Describe the structure of the human spine
LO3: Identify factors that contribute to manual handling incidents
LO4: Identify the common causes and injuries involved in manual handling
LO5: Identify proper lifting techniques and the importance of ergonomic design
LO6: Identify ways to reduce manual handling incidents
LO7: Identify the purpose, factors and responsibility of the risk assessment



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MARINE TRASH AND DEBRIS AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

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Marine debris poses serious dangers to the environment and also presents health and safety risks. International regulations prohibit intentional dumping and require employers and employees to take precautions to prevent trash and debris from entering the waterways.

Learning Objectives:

Understand Marine Trash And Debris Awareness

MARITIME SECURITY AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

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The U.S maritime industry handles a large amount of valuable goods and services. This makes vessels and marine facilities attractive targets for piracy. This course covers Marine Security Threats, Security Pans, MARSEC Levels and Personnel Duties

Learning Objectives:

Understand Maritime Security

MEDICAL PANDEMIC AWARENESS

Duration: 25 minutes

Questions: 13

Price Band : **A**

Course Outline:

The aim of this course is to give you an awareness of medical pandemics, how they work and groups can respond to them.

Learning Objectives:

LO1: Describe a Medical Pandemic
LO2: Explain the difference between an endemic, epidemic and pandemic
LO3: Describe the possible symptoms of a pandemic disease
LO4: List recent pandemics
LO5: Explain the difference between viral and bacterial pandemics
LO6: Explain the chain of infection
LO7: Explain why it's important to break the chain of infection
LO8: Describe appropriate controls to reduce transmission
- Explain how to stay safe
- Hygiene advice
- Describe workplace controls to reduce the spread of infection

LO9: Describe how to treat mild symptoms
- Describe self-isolation
- Explain what to do if you feel unwell

LO10: Explain high-risk groups in relation to a pandemic

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MENTAL HEALTH AWARENESS

Duration: 25 minutes

Questions: 15

Price Band : **A**

Course Outline:

The aim of this course is to provide you with a basic knowledge of mental health problems that can arise in the workplace, the symptoms of a mental health issue and how a mental health problem can be treated.

You will learn about how poor mental health can impact the workplace and how companies manage mental health issues through compliance with industry legislation and regulation

Learning Objectives:

LO1: Define mental health
LO2: Describe what constitutes good mental health
LO3: Describe what constitutes poor mental health
LO4: Explain mental health statistics in the workplace
LO5: Explain how work can affect mental health
LO6: Describe the common symptoms and signs of mental health illness
LO7: Describe the treatment of mental health illness
LO8: Explain industry legislation and regulation relating to mental health
LO9: Describe how to positively manage your mental health at work and those around you
LO10: Explain how employers manage mental health in the workplace and why raising awareness is so important

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MERCURY AWARENESS

Duration: 30 minutes

Questions: 10

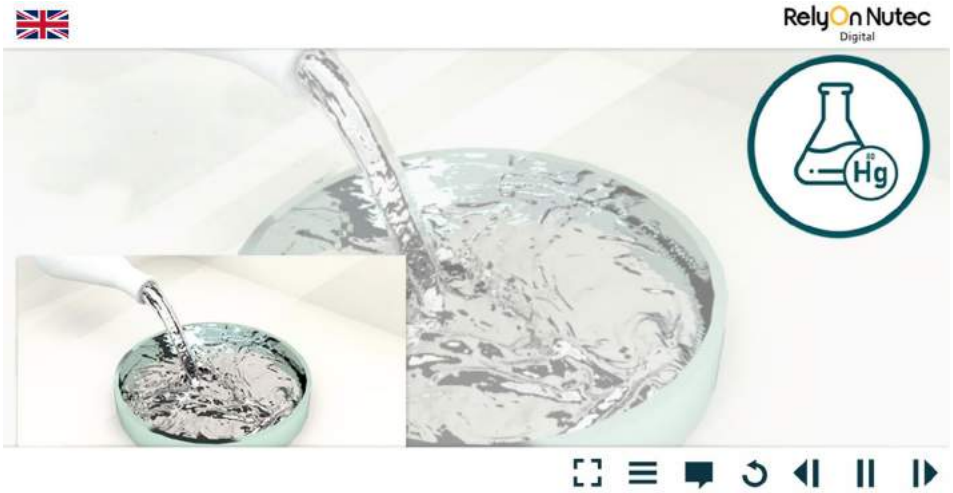
Price Band : **A**

Course Outline:

This course is suitable for anyone working with or in an environment that contains mercury. The course provides candidates with an awareness of the dangers of mercury exposure, the controls used to limit the effects of it and what to do if contamination occurs.

Learning Objectives:

LO1: Describe what mercury is and the different forms it can take
LO2: Describe the hazards of mercury
LO3: Identify the exposure limits of mercury
LO4: Describe the control measures used to limit and control the effects of mercury exposure
LO5: Explain what to do in the event of mercury exposure or contamination



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NATURALLY OCCURRING RADIOACTIVE MATERIAL AWARENESS (OSHA)

Duration: 25 minutes

Questions: 5

Price Band : **A**

Course Outline:

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Naturally Occurring Radioactive Material (NORM) exists in low levels all around us. However, the extraction and production of oil, natural gas, and minerals may cause NORM to accumulate in hazardous concentrations. Personnel must be aware of the hazards and proper safety procedures for detecting and working around hazardous concentrations of NORM.

Learning Objectives:

Understand Naturally Occurring Radioactive Material Awareness

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NATURALLY OCURRING RADIOACTIVE MATERIAL (NORM)

Duration: 30 minutes

Questions: 20

Price Band : **A**

Course Outline:

This course has been designed to give candidates an understanding of the legal requirements, methods and responsibilities for managing NORM waste from operations in the oil industry, both on and offshore.

Learning Objectives:

LO1: Give an overview of radioactivity
LO2: Describe NORM
LO3: Give an overview of the health and safety issues relating to NORM
LO4: Explain where NORM is found
LO5: Give an overview of legislation and employer responsibilities with regard to NORM
LO6: Explain how NORM is detected
LO7: Outline the precautions that should be taken when working in an environment where NORM may be found

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NITROGEN AWARENESS

Duration: 30 minutes

Questions: 7

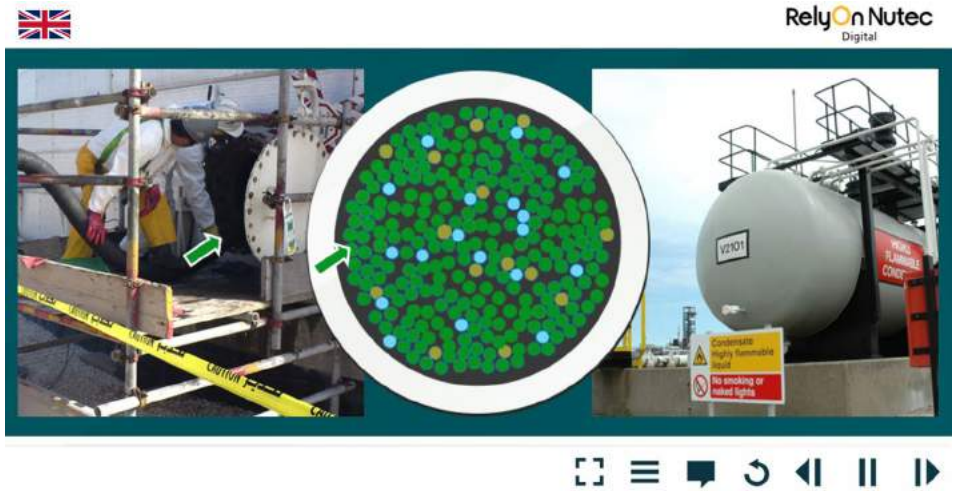
Price Band : **A**

Course Outline:

This course is suitable for anyone working with nitrogen and the inerting process in the oil and gas industry. The course will give you an understanding of the dangers that nitrogen poses, and the measures and processes used to control it.

Learning Objectives:

LO1: Describe the properties of air and nitrogen
LO2: Explain why inert environments are dangerous
LO3: Explain the inerting process & when nitrogen is used
LO4: Describe draining, purging, venting
LO5: Explain who is at risk
LO6: Understand why multiple fatalities are more common
LO7: Identify typical control measures for inert environments



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NOISE AWARENESS

Duration: 30 minutes

Questions: 20

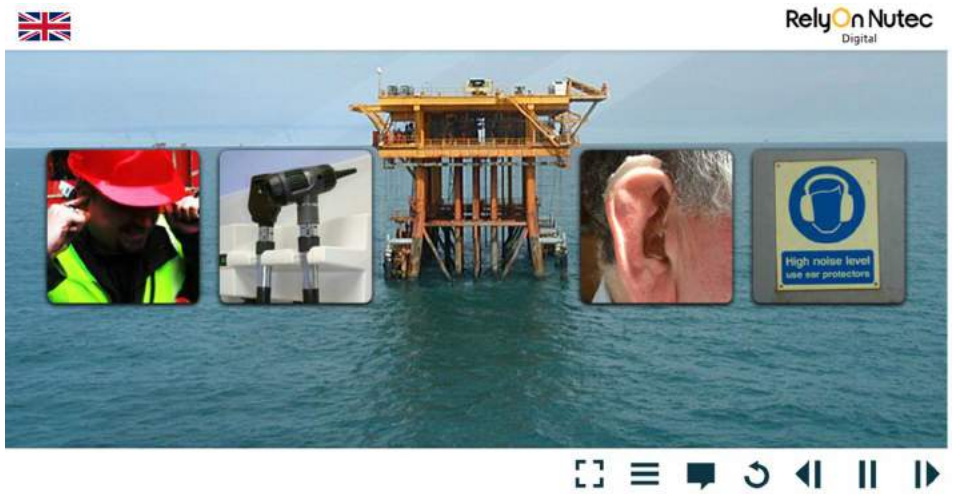
Price Band : **A**

Course Outline:

This course has been developed in conjunction with industry experts and provides an awareness of noise and vibration regulations, different noise levels found in industry, the human ear, the hazards associated with noisy environments and how we can control these.

Learning Objectives:

LO1: Identify common noise hazards
LO2: State the Noise at Work regulations
LO3: Describe the human ear and the different noise exposure warning signs
LO4: State the different recommended noise limits
LO5: Identify the risks of noise exposure
LO6: Describe the different noise control measures that can be used
LO7: Describe the different types of hearing protection



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OFFSHORE BASIC SPILL RESPONDER

Duration: 90 minutes

Questions: 20

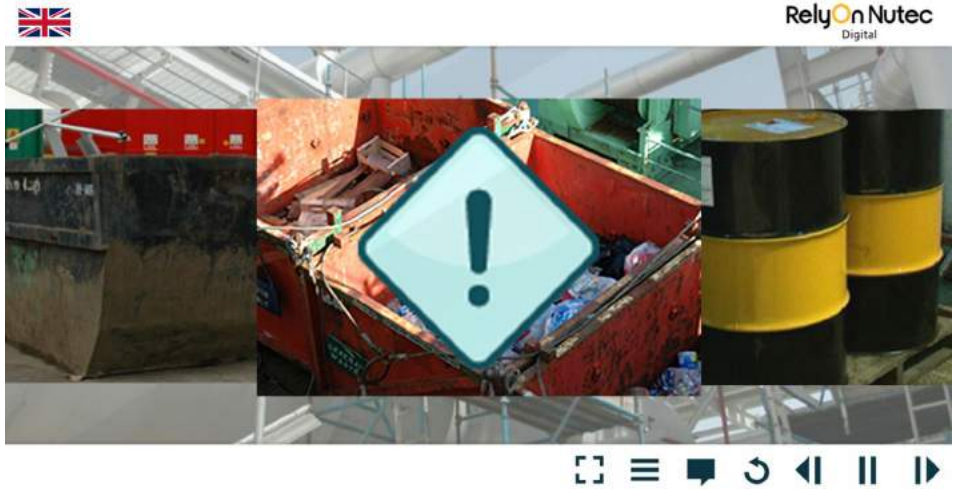
Price Band : **B**

Course Outline:

The course is suitable for all offshore employees and looks at how, why and where spills occur. The programme describes a safe step by step approach to spill response and explains how to assess the risk, identify the substance and select the correct PPE. Delegates can then put theory into practice using a range of interactive exercises and real-life scenarios in preparation for dealing with a variety of basic spills offshore.

Learning Objectives:

LO1: Describe the Working Environment
LO2: Explain Spills and How We Can Prevent Them Occurring
LO3: Identifying Spills
LO4: Describe Adsorbents
LO5: Describe Spill Kits
LO6: Identify the Steps of Spill Response
LO7: Interactive Exercise 1 - Responding to a Small Oil Spill
LO8: Explain the Control of Substances Hazardous to Health (COSHH)
LO9: Interactive Exercise 2 - Responding to a Small Chemical Spill
LO10: Explain the Risk Assessment
LO11: Interactive Exercise 3 - Placing Spill Kits



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ONSHORE BASIC SPILL RESPONDER

Duration: 90 minutes

Questions: 20

Price Band : **B**

Course Outline:

The course is suitable for all onshore employees and looks at how, why and where spills occur. The programme describes a safe step by step approach to spill response and explains how to assess the risk, identify the substance and select the correct PPE. Delegates can then put theory into practice using a range of interactive exercises and real-life scenarios in preparation for dealing with a variety of basic spills onshore.

Learning Objectives:

LO1: Describe the Working Environment
LO2: Explain Spills and How We Can Prevent Them Occurring
LO3: Identifying Spills
LO4: Describe Adsorbents
LO5: Describe Spill Kits
LO6: Identify the Steps of Spill Response
LO7: Interactive Exercise 1 - Responding to a Small Oil Spill
LO8: Explain the Control of Substances Hazardous to Health (COSHH)
LO9: Interactive Exercise 2 - Responding to a Small Chemical Spill
LO10: Explain the Risk Assessment
LO11: Interactive Exercise 3 - Placing Spill Kits

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OPEP LEVEL 1 - ON SCENE RESPONDER

Duration: 120 minutes

Questions: 24

Price Band : **S**

Course Outline:

The UK On-Scene Responder Course is suitable for Offshore Installation Managers and company representatives. This course has been accredited by the Nautical Institute on behalf of the UK Department of Business, Energy and Industrial Strategy (DBEIS)*, as meeting the statutory training requirements, stipulated in the Offshore Installation (Emergency Pollution Control) Regulations. 2002.

The course looks at how and why spills occur, assessing environmental impact, emergency pollution planning and how to respond to a spill correctly including reporting requirements. Included in the course are a range of interactive exercises and real-life scenarios to put theory into practice. A good understanding of your Oil Pollution Emergency Plan (OPEP) is an integral part of this course and time should be spent reading and understanding the plan before taking this course.

*Previously the Department of Energy and Climate Change (DECC)

Delegates receive a maximum of two attempts for this course. If a delegate fails after the second attempt then they will be required to order another licence to resit the course.

Learning Objectives:

LO1: Identify potential hazards that could lead to a spill
LO2: Identify potential locations of a spill
LO3: Assess potential environmental impacts
LO4: Explain the purpose of an oil pollution emergency plan
LO5: Implement response strategy
LO6: Assess the danger to human health
LO7: Identify the properties of the spilled oil
LO8: Report the spill to MRCC
LO9: Report the spill using the PON1
LO10: Quantify spill using measured or calculated data from operational or production losses
LO11: Measure the oiled area
LO12: Allocate appearance coverage
LO13: Apply thickness band for allocated appearance
LO14: Calculate minimum volume
LO15: Calculate maximum volume
LO16: Explain the use of aerial surveillance
LO17: Explain the use of oil modelling
LO18: Describe the concept of tiered response
LO19: Decide on the preferred response option
LO20: Monitor and review the situation
LO21: Explain what dispersants are and when to use them
LO22: Identify the areas where approval from the licensing authority is required
LO23: Describe how to contain and recover oil
LO24: Describe oil sampling and the guidelines available
LO25: Explain the purpose of the shoreline protection plan
LO26: Describe the Emergency Pollution Control regulations

PERMIT TO WORK AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

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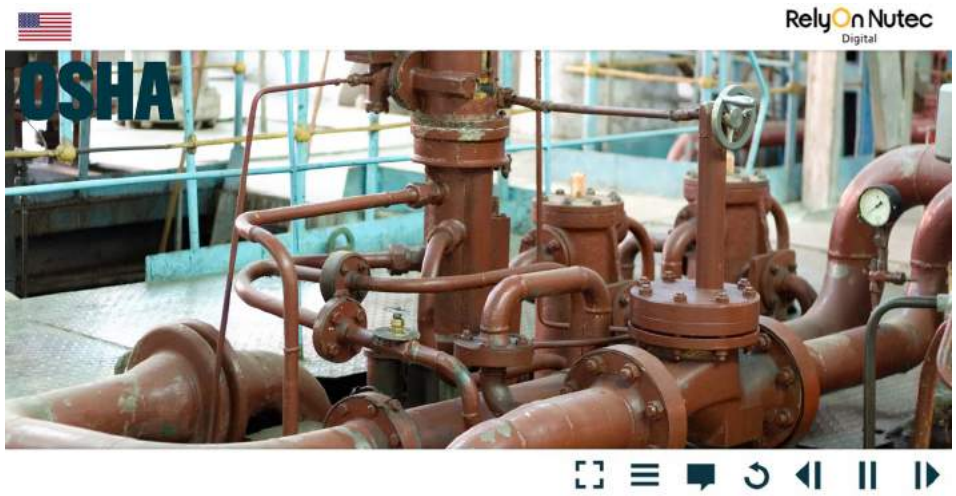
Work in industrial settings presents serious risks to employees. Permit to Work systems are important safety tools that help protect all personnel from hazards by accounting for and controlling the hazards of individual jobs. In accordance with 29 CFR 1910.147

Learning Objectives:

Understand Permit To Work Awareness



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PERSONAL PROTECTIVE EQUIPMENT (PPE)

Duration: 25 minutes

Questions: 11

Price Band : **A**

Course Outline:

This course will help you to understand the importance of PPE used in hazardous workplace environments. You will learn about the responsibilities that you and your employer have in relation to PPE, and about suitable types of PPE that can help keep yourself and others safe in the workplace.

Learning Objectives:

LO1: Explain the role of PPE in relation to the Hierarchy of Controls
LO2: Describe you and your employers responsibilities relating to PPE
LO3: Identify suitable types of PPE for specific tasks
LO4: Describe the types of PPE used to protect various parts of the body
LO5: Identify signage associated with PPE
LO6: Describe how to correctly use, store and dispose of PPE

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PERSONAL PROTECTIVE EQUIPMENT (PPE) AWARENESS (OSHA)

Duration: 32 minutes

Questions: 10

Price Band : **A**

Course Outline:

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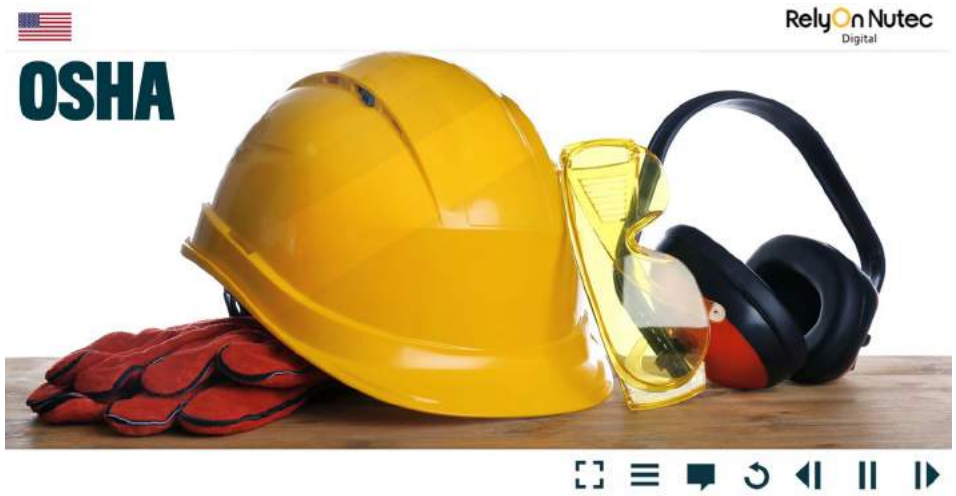
Personal protective equipment, or PPE, is any barrier worn to reduce exposure to hazards or injuries. Selecting the appropriate PPE for a job, wearing PPE correctly, and properly maintaining PPE are vital to keeping employees safe from workplace hazards.

Learning Objectives:

Understand Personal Protective Equipment (Ppe) Awareness



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PERSONNEL TRANSFER AND EVACUATION AWARENESS (OSHA)

Duration: 35 minutes

Questions: 10

Price Band : **A**

Course Outline:

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Personnel transfers are a daily occurrence in offshore environments, but each method presents potentially serious hazards. Employees must know the proper procedures to follow for each transfer method, as well as how to respond in the event of an offshore emergency or evacuation.

Learning Objectives:

Understand Personnel Transfer And Evacuation Awareness

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PRESSURE TESTING

Duration: 60 minutes

Questions: 24

Price Band : **A**

Course Outline:

This course will give candidates an overall awareness of pressure and how it is measured. It will explain why pressure testing is required, how it is carried out, the hazards of pressure testing and the controls that should be in place to ensure the process is carried out safely.

Learning Objectives:

LO1: Explain the concept of pressure
LO2: State the units of measurement most often used in the industry and the difference between psi and bar
LO3: Explain the need for, and objectives of, pressure testing
LO4: Explain the concepts of operating pressure and test pressure, and the relationship between them
LO5: Describe the sequence of steps involved in a pressure test and the medium used
LO6: Be aware of the Task Risk Assessment process and its role in providing a safe working environment in the pressure testing sequence
LO7: Describe and identify safety measures typically involved in pressure testing
LO8: Explain the tasks they can expect to undertake when participating in a pressure test following successful completion of this course

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PROCESS ISOLATIONS

Duration: 90 minutes

Questions: 30

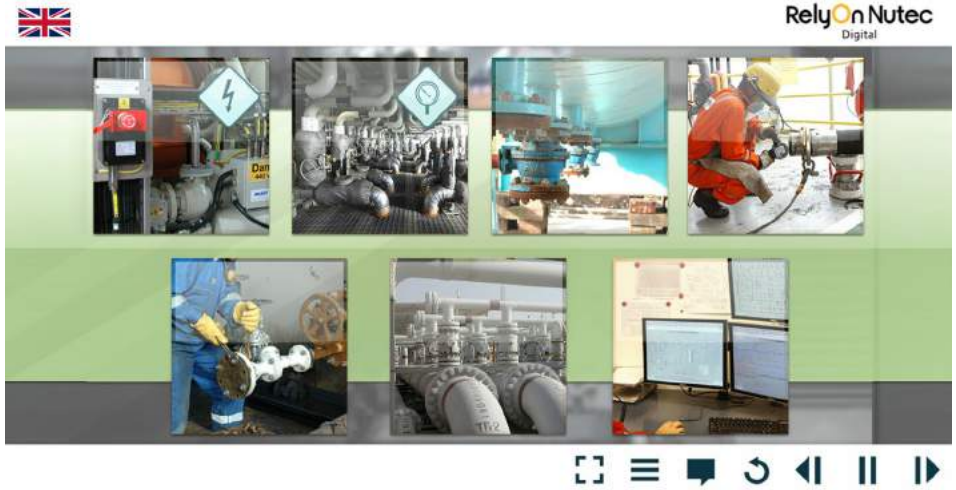
Price Band : **A**

Course Outline:

This course emphasises that the purpose of Process Isolations is to prevent harm to personnel, plant and the environment from the unintended or unplanned release of energy and/or hazardous products from systems during service or maintenance activities.

Learning Objectives:

LO1: Explain the purpose of a process isolation
LO2: Identify the main reasons for isolating
LO3: Describe what a process isolation is
LO4: Describe key terminology used in the isolation process
LO5: Identify the central roles and responsibilities involved in isolations
LO6: Identify the fundamental stages of process isolation
LO7: Describe the different process isolation methods
LO8: Identify the different types of isolation security
LO9: Describe isolation monitoring
LO10: Identify examples of human errors in the isolation process
LO11: Identify examples of isolation controls
LO12: Describe the training requirements for workers involved in isolations
LO13: Describe the compliance and auditing required for the isolation process



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PROVISION AND USE OF WORK EQUIPMENT REGULATIONS (PUWER)

Duration: 30 minutes

Questions: 10

Price Band : **A**

Course Outline:

This course is for anyone working with equipment in the workplace. The Provision and Use of Work Equipment Regulations detail the different responsibilities surrounding the use of equipment, and the protections that employers should provide from the hazards caused by machinery and control systems.

Learning Objectives:

LO1: Identify employee responsibilities under PUWER Regulations
LO2: Describe the equipment covered under PUWER Regulations
LO3: Identify employer responsibilities for specific risks and protection against specific hazards under PUWER Regulations
LO4: Identify employer responsibilities for dangerous parts of machinery and temperature under PUWER Regulations
LO5: Identify employer responsibilities for controls and control systems under PUWER Regulations
LO7: Identify employer responsibilities for safety controls under PUWER Regulations

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RESPIRATORY PROTECTION AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

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Industrial work settings contain many hazards that can endanger the health of employees. When the potential for exposure to atmospheric hazards exists, employees must be protected. It is vital that workers understand the safety procedures, hazard controls, and PPE that protect them from dangerous atmospheres.

Learning Objectives:

Understand Respiratory Protection Awareness

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RESPIRATORY PROTECTIVE EQUIPMENT (RPE)

Duration: 25 minutes

Questions: 16

Price Band : **A**

Course Outline:

This course will help you to understand the importance of proper Respiratory Protective Equipment (RPE) use in hazardous workplace environments. You will learn about legislation, maintenance, and fit of various types of RPE, and be able to select adequate and suitable RPE for a given task or situation.

Learning Objectives:

LO1: Explain the legislation, roles and responsibilities relating to RPE
LO2: Explain how to select appropriate RPE for a given task
LO3: Identify the various types of filters and their associated use
LO4: Identify the various types of RPE used offshore
LO5: Describe the factors to be aware for ensuring properly fitting RPE
LO6: Explain how to correctly maintain, store and dispose of RPE

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RISK MANAGEMENT

Duration: 30 minutes

Questions: 10

Price Band : **A**

Course Outline:

A hazard is anything that has the potential to cause harm. This could mean harm to you or others, damage to property or harm to the environment. Risk is the likelihood of that harm occurring.

Learning Objectives:

LO1: Define risk assessment, hazards, controls and risks
LO2: Explain and describe the hierarchy of controls
LO3: Describe the concepts and techniques of risk assessment
LO4: Describe the steps of a typical risk assessment
LO5: Explain how to use a risk matrix
LO6: Describe additional elements of the risk assessment process
LO7: Explain how management of change can cause and prevent injury in the industry
LO8: Understand the purpose of risk intervention systems
LO9: Explain how to safely carry out an intervention
LO10: Explain the importance of reporting and lessons learned

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SCAFFOLD SAFETY AWARENESS (OSHA)

Duration: 22 minutes

Questions: 5

Price Band : **A**

Course Outline:

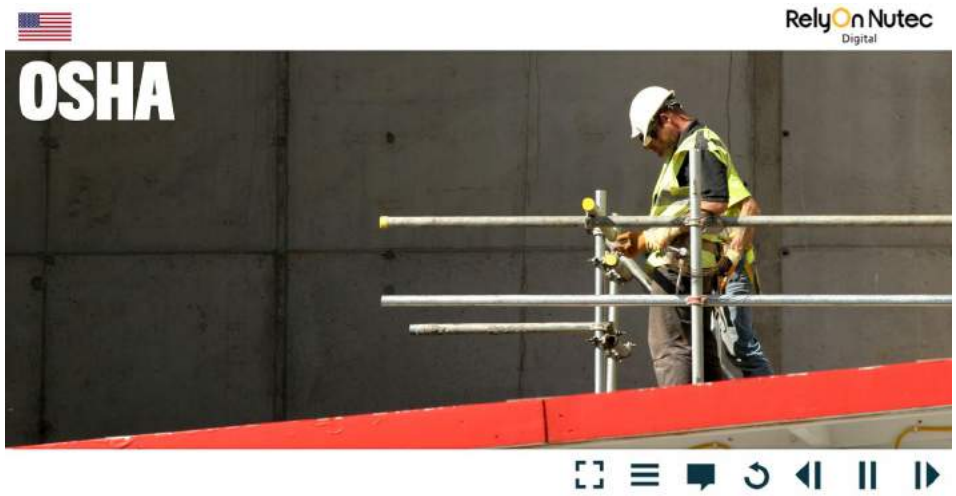
The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

The OSH Act covers most private sector employers and their workers, in addition to some public sector employers and workers in the 50 states and certain territories and jurisdictions under federal authority. Those jurisdictions include the District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

Scaffolds are a common method used to perform work in elevated areas. While generally safe, scaffolds can still present serious risks. Understanding and following safe work practices during the construction, use, and disassembly of scaffolds can prevent injuries and damage to equipment. In accordance with 29 CFR 1926-subpart L

Learning Objectives:

Understand Scaffold Safety Awareness



RelyOn Nutec Digital

SCAFFOLDING AWARENESS

Duration: 60 minutes

Questions: 20

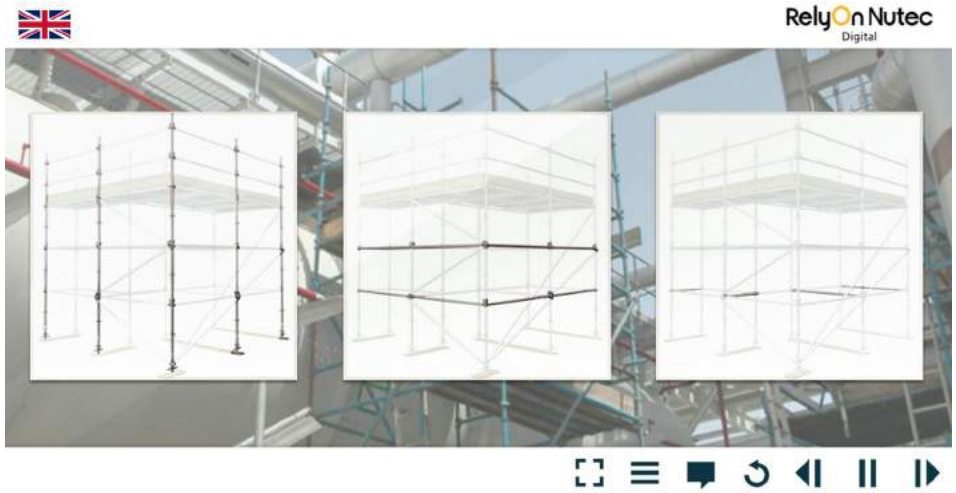
Price Band : **A**

Course Outline:

The course includes information on the basic tools used to construct scaffolds, the personal protective equipment required, the roles and responsibilities associated with scaffolding work, and the importance of inspections.

Learning Objectives:

LO1: Describe what a scaffold is and why it is used
LO2: Define the key terms used in the construction of scaffolds
LO3: Recognise the basic components of a scaffold
LO4: Describe the key elements of a scaffold
LO5: Identify the different types of scaffolding structures
LO6: Identify hazards associated with the use of scaffolding
LO7: List the basic tools used in the construction of a scaffold
LO8: Describe the PPE requirements for scaffolding
LO9: List the requirements for access to scaffolds
LO10: Identify the responsibilities of key personnel involved with scaffolding
LO11: Describe the use of the scafftags system
LO12: Describe the importance of scaffold inspections



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SEMS II AWARENESS ONLINE COURSE (OSHA)

Duration: 22 minutes

Questions: 5

Price Band : **A**

Course Outline:

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SEMS II Awareness is a nontraditional, performance-focused tool for integrating and managing offshore oil and gas operations/ activities regulated by BSEE. In accordance with 30CFR Part 25 As of November 6, 2013 SEMS updates have been made resulting in SEMS II awareness.

Learning Objectives:

Understand Sems Ii Awareness Online Course

SLIPS, TRIPS AND FALLS

Duration: 30 minutes

Questions: 20

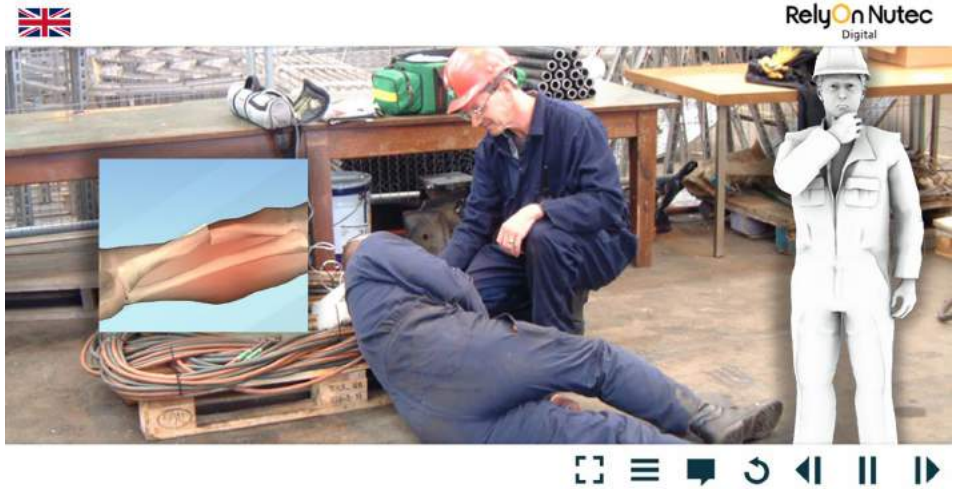
Price Band : **A**

Course Outline:

Slips, trips and falls are the most common cause of major injuries at work and can happen almost anywhere. They are the leading cause of work related injuries and fatalities.

Learning Objectives:

LO1: Outline the legislation and guidance that refers to slips, trips and falls
LO2: Outline the impact of slips, trips and falls on accidents statistics
LO3: Give an overview of slips, trips and fall hazards
LO4: Give an overview of slips, trips and fall hazards offshore
LO5: Give an overview of slips, trips and fall hazards in the office and at home
LO6: Give an overview of the importance of good housekeeping
LO7: Outline the typical hazards involved in work at height
LO8: Describe the prevention of falls from height
LO9: Give an overview of ladder safety
LO10: Explain the trailing hand technique



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SLIPS, TRIPS, AND FALLS AWARENESS (OSHA)

Duration: 22 minutes

Questions: 10

Price Band : **A**

Course Outline:

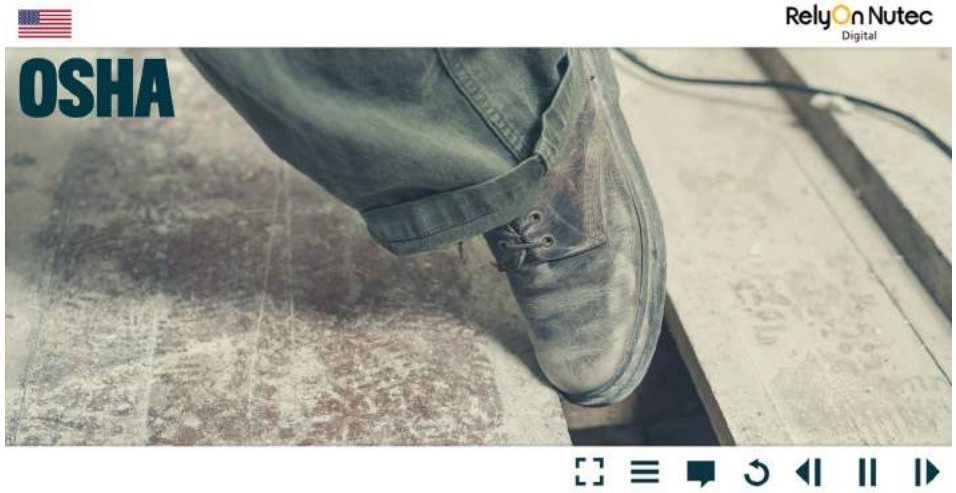
The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

The OSH Act covers most private sector employers and their workers, in addition to some public sector employers and workers in the 50 states and certain territories and jurisdictions under federal authority. Those jurisdictions include the District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

Slips, trips, and falls can happen anywhere on the work site, and constitute the majority of all general industry accidents. By following safe work practices and taking preventative measures, workers can reduce the risk of injury from slip, trip, and fall hazards.

Learning Objectives:

Understand Slips, Trips, And Falls Awareness



SOCIAL RESPONSIBILITY AWARENESS (OSHA)

Duration: 30 minutes

Questions: 5

Price Band : **A**

Course Outline:

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The OSH Act covers most private sector employers and their workers, in addition to some public sector employers and workers in the 50 states and certain territories and jurisdictions under federal authority. Those jurisdictions include the District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

Social responsibility refers to the accountability of every person for his or her actions, and how they affect others in the workplace. Being responsible involves following safe work practices and procedures, as well as being professional and respectful to all personnel.

Learning Objectives:

Understand Social Responsibility Awareness

RelyOn Nutec Digital

STOP WORK AUTHORITY AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

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Stop Work Authority refers to the authority and obligation of all personnel to suspend a work task or operation if they observe an imminent danger that could result in serious injury, damage to property, or loss of life. It is important to learn when and how to exercise Stop Work Authority.

Learning Objectives:

Understand Stop Work Authority Awareness

RelyOn Nutec Digital

STRESS MANAGEMENT

Duration: 30 minutes

Questions: 20

Price Band : **A**

Course Outline:

This course details the Management Standards Approach for work related stress management and each of the six standards: Demands, Control, Support, Relationships, Role and Change.

Learning Objectives:

LO1: Define stress and work-related stress
LO2: Explain why stress needs to be tackled
LO3: Identify the signs of stress
LO4: Explain what you can do when you notice signs of stress
LO5: Explain what you can do to deal with mental illness
LO6: Explain the management standards approach to dealing with work related stress
LO7: Explain each of the six standards: demands, control, support, relationships, role, change
LO8: List the steps in the management approach to risk assess work-related stress

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STROKE AWARENESS

Duration: 30 minutes

Questions: 23

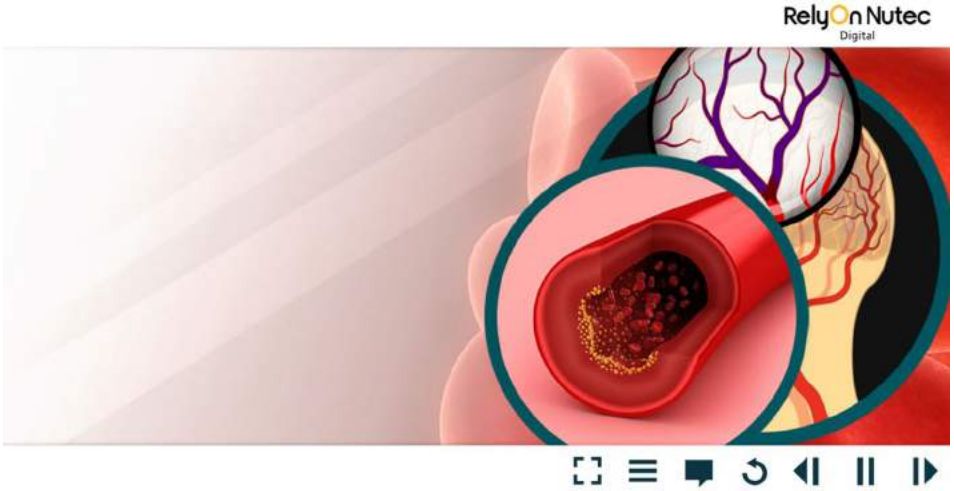
Price Band : **A**

Course Outline:

The course includes information on the prevention and awareness of strokes. Also covering the symptoms of a stroke and how you can help if you recognise that someone is having a stroke. According to The Stroke Association, there are more than 100,000 strokes in the UK each year and over 1.2 million stroke survivors. Stroke is the fourth biggest killer in the UK.

Learning Objectives:

LO1: What are strokes and why do they occur?
LO2: Causes and types of stroke
LO3: Symptoms of a stroke
LO4: How you can help if you recognise that someone is having a stroke
LO5: Stroke treatment and recovery
LO6: Stroke prevention



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TASK RISK ASSESSMENT (TRA)

Duration: 60 minutes

Questions: 20

Price Band : **A**

Course Outline:

This task risk assessment course is suitable for all current or potential members of task risk assessment teams. The course includes information identification of all hazards associated with the work, what a TRA is, how and when it should be carried out and the responsibilities of each person within the process.

Learning Objectives:

LO1: Define key terminology associated with task risk assessment
LO2: Define the purpose of a task risk assessment
LO3: Describe hazard identification
LO4: Describe the terms hazard and risk
LO5: Recall when a task risk assessment should be carried out and what work categories need to be covered
LO6: Describe what makes an effective task risk assessment
LO7: Identify the roles and responsibilities of a task risk assessment team member
LO8: Describe the steps of a task risk assessment
LO9: Describe the identification of control measures
LO10: Explain the importance of lessons learned
LO11: Identify the general requirements for training in task risk assessment
LO12: Recall what data/findings from task risk assessments should be recorded
LO13: Describe the purpose of a toolbox talk
LO14: Explain the importance of communication for the success of a task risk assessment

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TRANSPORTATION OF DANGEROUS GOODS BY AIR

Duration: 60 minutes

Questions: 30

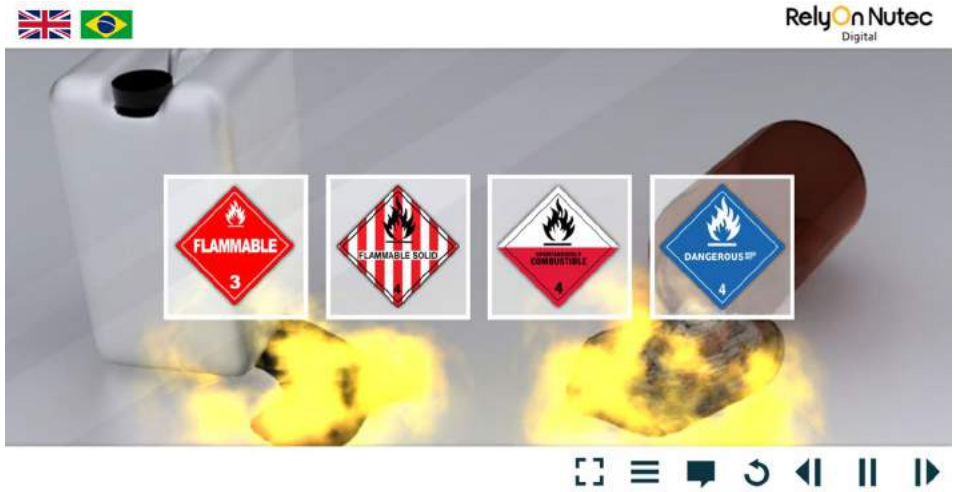
Price Band : **C**

Course Outline:

This course is suitable for anyone involved in the transportation of dangerous goods by air. The course includes information on the legal responsibilities for transportation of dangerous goods or hazardous materials via air and the special considerations that need to be taken. This course is a suitable pre-requisite for OPITO approved Helideck Operations Initial Training (HOIT) courses.

Learning Objectives:

LO1: Define dangerous goods and legalities for the carriage of dangerous goods
LO2: Identify the different characteristics, classes and types of dangerous goods
LO3: Recognise the effects of air travel upon the transportation of dangerous goods
LO4: Describe the different methods and types of packaging which are appropriate to the safe transportation of each type and class of dangerous goods
LO5: Describe the correct storage methods of dangerous goods
LO6: Identify the recognised standards for labelling and marking required to distinguish each class of dangerous goods
LO7: Define the correct documentation requirements
LO8: Define the loading and handling requirements
LO9: Define the safe handling and emergency information



RelyOn Nutec Digital

TRANSPORTATION OF DANGEROUS GOODS BY SEA

Duration: 90 minutes

Questions: 20

Price Band : **C**

Course Outline:

This course is suitable for anyone involved in the transportation of dangerous goods by sea. It includes information on the legal responsibilities for transportation of dangerous goods or hazardous materials via sea and the special considerations that need to be taken.

Learning Objectives:

LO1: Define dangerous goods and explain how to identify them
LO2: Describe the legislation for the transportation of dangerous goods
LO3: Describe the classes and types of dangerous goods
LO4: Describe packing and safe methods of storage
LO5: Explain the transportation of dangerous goods by sea
LO6: Describe the marking and labelling requirements
LO7: Identify the documentation requirements
LO8: Describe the loading and handling requirements
LO9: Explain the safe handling and emergency information

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TUBERCULOSIS AWARENESS COURSE (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

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This course will give you an overview of defining tuberculosisand its symptoms. The testing for tuberculosis and the treatment of tuberculosis will also be covered along with stating how to prevent the contracting of tuberculosis.

Learning Objectives:

Understand Tuberculosis Awareness

USCG APPROVED MARINE SECURITY AWARENESS (OSHA)

Duration: 325 minutes

Questions: 30

Price Band : **S**

Course Outline:

The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

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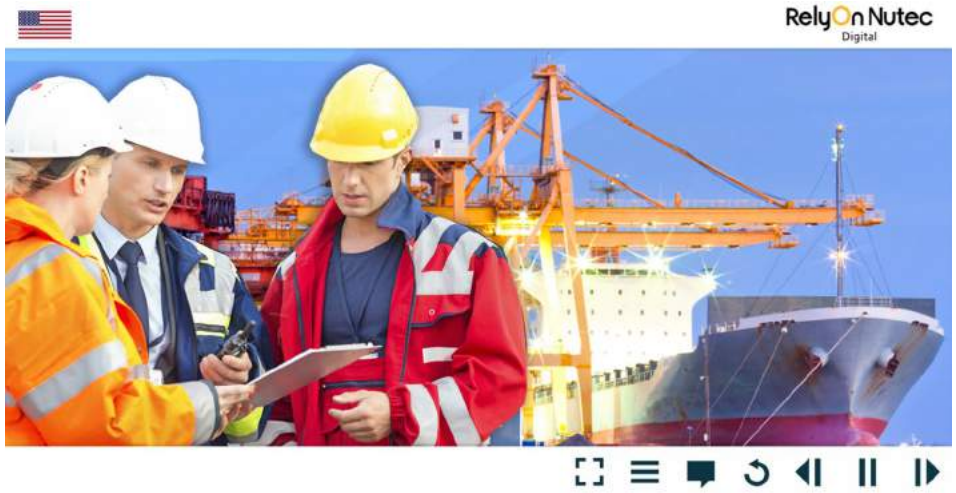
USCG Approved Marine Security Awareness. This course is USCG approved.

Please note that an on-site assessment at our training facility(RelyOn Nutec) is required to gain certification.

Learning Objectives:

Any applicant who has successfully completed Maritime Security Awareness (HOUSTM-846) course will satisfy the security awareness requirement 46 CFR 12.627(a) (1) ad paragraphs 1-4 of Section A-VI/6-1 and Table A-VI/6-1 of the STCW Code, as amended 2010, for an STCW endorsement for Security Awareness. Please Note: Additional fees will apply if proctoring is conducted at any non-RelyOn Nutec training center. Proctoring MUST be conducted at any of these facilities at no additional charge.



RelyOn Nutec Digital

WASTE MANAGEMENT AWARENESS

Duration: 30 minutes

Questions: 20

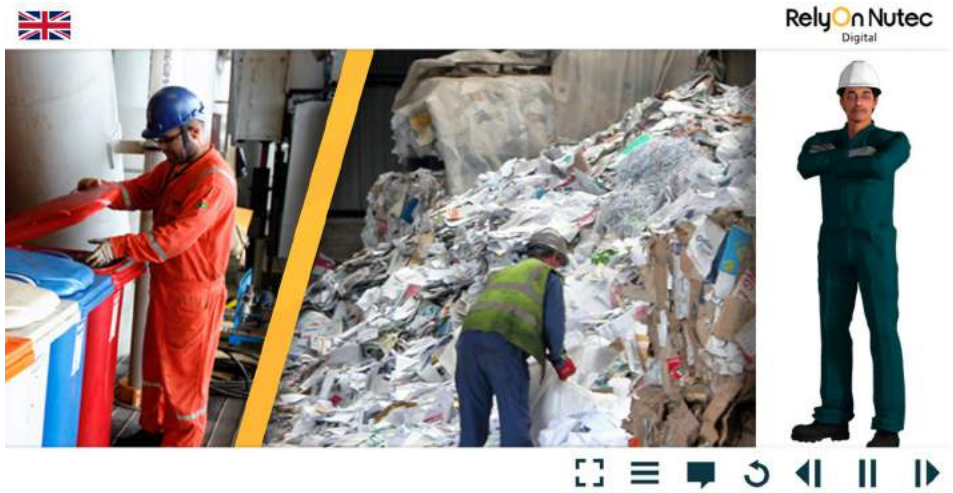
Price Band : **A**

Course Outline:

This course explains the legal requirements and the methods for managing waste produced by operations in the oil and gas industry. Minimising waste can deliver both business and environmental improvements. If our resources can be used more efficiently, then less waste will be produced, significantly reducing the harm to the environment.

Learning Objectives:

LO1: Describe the importance of waste management
LO2: Identify the legislative controls relating to waste
LO3: Explain the importance of a Waste Management Plan
LO4: Explain the waste management hierarchy
LO5: Identify the types of waste that are generated offshore
LO6: Outline the alternatives to disposing of waste
LO7: Describe waste reduction techniques
LO8: Describe the importance of waste segregation
LO9: Explain the importance of recycling
LO10: Outline the waste management considerations when planning a job



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WATER MANAGEMENT - AWARENESS

Duration: 30 minutes

Questions: 10

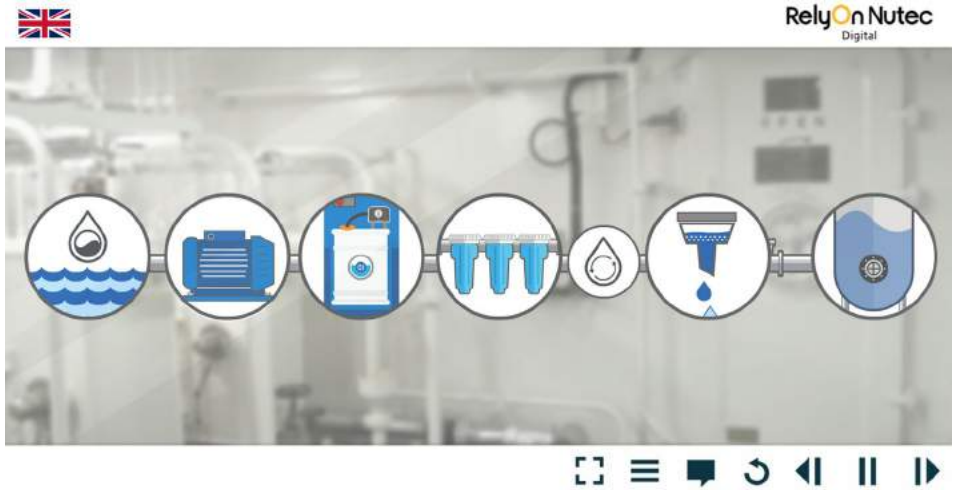
Price Band : **A**

Course Outline:

This awareness course is aimed at Medics, 2nd Engineers, Chief Officers or similar. Candidates will be able to identify basic components of water management systems. Significantly reducing the harm to the environment.

Learning Objectives:

LO1: Explain what wholesome water and potable water is
LO2: Receiving water alongside (ex-pipe, road tankers)
LO3: Receiving water from other vessels or barges
LO4: Reverse Osmosis
LO5: Evaporation
LO6: Explain the various water treatment options (disinfection) available, including Chlorination, UV filtration, Silver Ionisation, Ultra-filtration
LO7: Identify legislation applicable to water management
LO8: Describe water management responsibilities for key job roles



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WATER MANAGEMENT - DOSING, SAMPLING, CLEANING AND MAINTENANCE

Duration: 30 minutes

Questions: 10

Price Band : **A**

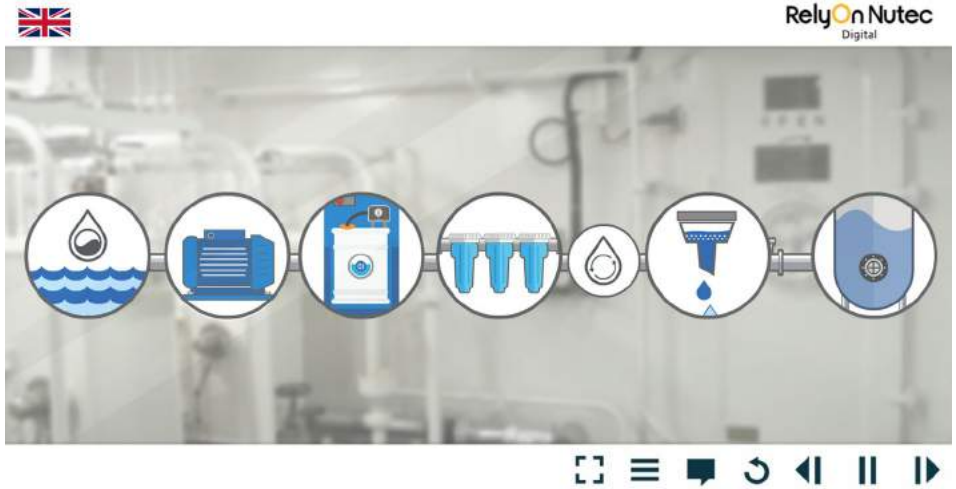
Course Outline:

This course is aimed at 2nd Engineers, Chief Officers, Medics or similar.

This module – Sample, Dosing, Cleaning and Maintenance – is part of a comprehensive Water Management programme. There are four modules in total which can also be completed separately by job role. This module will guide candidates through how to correctly dose potable water, conducting sampling of potable water through various methods and the cleaning and maintenance methods required to reduce hazards.

Learning Objectives:

LO1: Describe how to correctly dose potable water with disinfectant
LO2: Describe how to conduct potable water sampling to reduce potable water hazards
LO3: Describe the cleaning and maintenance of a potable water system to reduce potable water hazards
LO4: Describe the additional control measures employed to reduce potable water hazards



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WATER MANAGEMENT - HAZARD AND RISK MITIGATION

Duration: 30 minutes

Questions: 10

Price Band : **A**

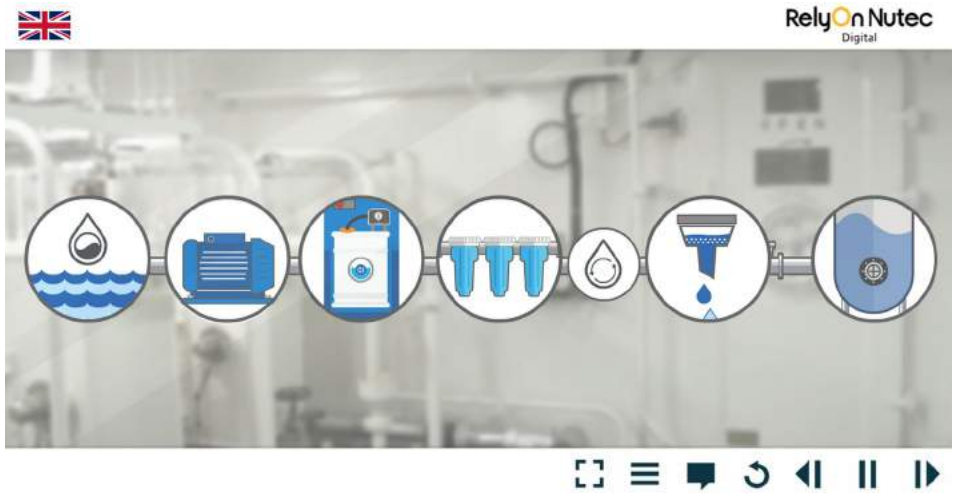
Course Outline:

This awareness course is aimed at 2nd Engineers, Chief Officers, Medics or similar.

This module – Hazards and Risk Mitigation – is part of a comprehensive Water Management programme. There are four modules in total which can also be completed separately by job role. This module describes key hazards affecting potable water, the potential health risks as a result of these hazards and additional risk mitigations to prevent illness.

Learning Objectives:

LO1: Identify the key hazards that can affect potable water
LO2: Explain the health risks that can arise from the poor management of water and why they happen
LO3: Additional Risk Mitigation



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WATER MANAGEMENT - MONITORING, TROUBLESHOOTING, REPORTING AND DOCS

Duration: 30 minutes

Questions: 10

Price Band : **A**

Course Outline:

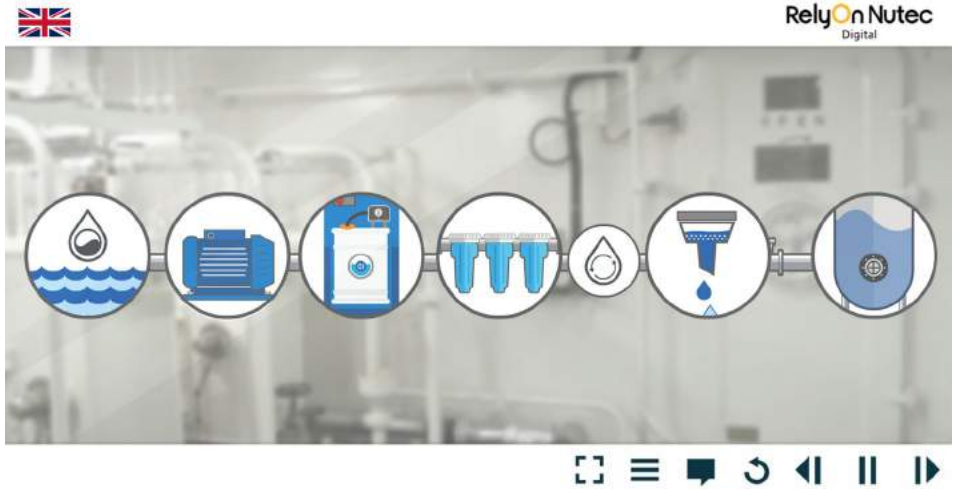
This course is aimed at Chief Engineers, Masters, 2nd Engineers, Chief Officers or similar.

This module – Monitoring, Troubleshooting, Reporting & Documentation – is part of a comprehensive Water Management programme. There are four modules in total which

can also be completed separately by job role. This module provides candidates with a clear understanding of the monitoring regimes and troubleshooting methods relevant to potable water, reporting requirements and an understanding of the necessary documents.

Learning Objectives:

LO1: Describe the trouble shooting methods for testing potable water
LO2: Identify the documentation used, the reporting requirements and the process to follow for recording information



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WHOLE BODY AND HAND-ARM VIBRATION

Duration: 50 minutes

Questions: 31

Price Band : **B**

Course Outline:

This course is a combination of Whole Body (WBV) and Hand-Arm (HAV) vibration Awareness. The aim of the Whole Body Vibration section of the course is to provide you with a basic knowledge of whole body vibration in the workplace, and the associated responsibilities of both you and your employer. You will learn about where and when you might encounter whole body vibration, how to identify those who might be more sensitive to vibration and how the effects of whole body vibration can be avoided, or controlled.

You will also learn about your employer's legal obligations to reduce risk and the measures that you can take to control your exposure to hand-arm vibration. The aim of this section in the course is to provide you with a basic knowledge of whole body vibration in the workplace, and the associated responsibilities of both you and your employer. You will learn about where and when you might encounter whole body vibration, how to identify those who might be more sensitive to vibration and how the effects of whole body vibration can be avoided, or controlled.

Learning Objectives:

(WBV)
LO1: Define whole body vibration, including shock
LO2: Describe employer and employee responsibilities in relation to whole body vibration
LO3: Explain where and when you might encounter whole body vibration
LO4: Explain how whole body vibration can affect a person
LO5: Identify who might be more sensitive to WBV (high-risk groups)
LO6: Explain how vibration can be measured in workplace environments
• The daily exposure limit value
• The daily exposure action value
LO7: Explain how the effects of WBV can be avoided or controlled
• Explain how employers limit the effects of WBV
• Explain how you can avoid the effects of whole body vibration
(HAV)
LO1: Define hand-arm vibration
LO2: Outline the symptoms and effects of Hand-Arm Vibration Syndrome (HAVS) and carpal tunnel syndrome
LO3: Identify the legal duties of employers and manufacturers to control vibration
LO4: Recall vibration exposure values
LO5: Explain how the risks associated with vibration are assessed and controlled
LO6: Outline the measures you can take to protect yourself from harmful vibration

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WHOLE BODY VIBRATION

Duration: 20 minutes

Questions: 11

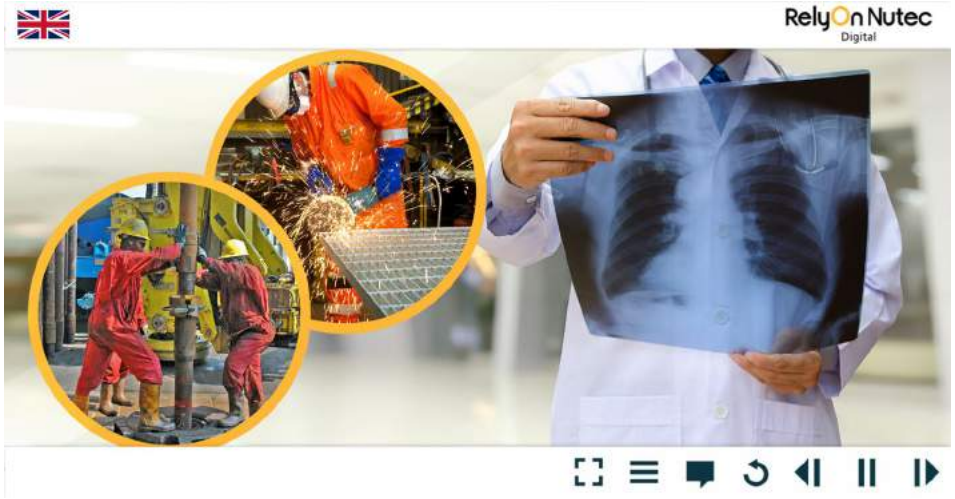
Price Band : **A**

Course Outline:

The aim of this course is to provide you with a basic knowledge of whole body vibration in the workplace, and the associated responsibilities of both you and your employer. You will learn about where and when you might encounter whole body vibration, how to identify those who might be more sensitive to vibration and how the effects of whole body vibration can be avoided, or controlled.

Learning Objectives:

LO1: Define whole body vibration, including shock
LO2: Describe employer and employee responsibilities in relation to whole body vibration
LO3: Explain where and when you might encounter whole body vibration
LO4: Explain how whole body vibration can affect a person
LO5: Identify who might be more sensitive to WBV (high-risk groups)
LO6: Explain how vibration can be measured in workplace environments
• The daily exposure limit value
• The daily exposure action value
LO7: Explain how the effects of WBV can be avoided or controlled
• Explain how employers limit the effects of WBV
• Explain how you can avoid the effects of whole body vibration



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WORKING AT HEIGHT

Duration: 60 minutes

Questions: 20

Price Band : **A**

Course Outline:

The aim of this course is to provide you with the knowledge to work at height safely. You will learn about the hazards of working at height, the controls that must be in place to help keep you safe and the Personal Protective Equipment, or PPE, that you must wear whilst you are working at height.

Learning Objectives:

LO1: Describe what working at height is
LO2: State the risks associated with working at height
LO3: Explain the steps for assessing the safest way to work at height
LO4: Describe considerations when choosing safe access to work at height
LO5: List the equipment that could be used to access work at height and their safety implications
LO6: Identify the responsibilities of each person working at height
LO7: Describe some of the controls that should be put in place when working at height
LO8: Identify Personal Protective Equipment (PPE) requirements for working at height
LO9: Describe equipment inspection requirements
LO10: Describe a dropped object and how to prevent it
LO11: Find examples of controls that must be in place

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WORKPLACE HARASSMENT AND RESPECT AWARENESS (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

The OSH Act covers most private sector employers and their workers, in addition to some public sector employers and workers in the 50 states and certain territories and jurisdictions under federal authority. Those jurisdictions include the District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

Harassment in the workplace is a serious problem that undermines productivity and can create a hostile work environment. All personnel must understand what constitutes harassment and discrimination, how to be respectful of other's personal beliefs and perspectives, how to communicate effectively, and know how to properly respond should they observe or be involved in an incident.

Learning Objectives:

Understand Workplace Harassment And Respect Awareness

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WORKPLACE HAZARDS AND PERSONAL SAFETY

Duration: 60 minutes

Questions: 28

Price Band : **A**

Course Outline:

Welcome to this module on workplace hazards and personal safety. This module will inform you about the general hazards you will find offshore.

Learning Objectives:

LO1: Describe the hazards and controls of confined spaces
LO2: Describe the hazards and controls of working at height
LO3: Describe the hazards and controls of suspended loads
LO4: Describe the hazards and controls of high-pressure systems and equipment
LO5: Describe the hazards and controls of flammable and explosive atmospheres
LO6: Describe the hazards and controls of moving and energised equipment
LO7: Describe COSHH
LO8: Describe the hazards and controls of manual handling
LO9: Describe the hazards and controls of the mechanical handling of heavy equipment
LO10: Describe the hazards and controls of vibration
LO11: Describe safety critical equipment and their different uses
LO12: Describe the hazards and controls of dropped objects
LO13: Describe noise hazards and how to control them
LO14: Describe the hazards and controls for slips, trips and falls
LO15: Explain process safety
LO16: Describe how you can be affected by fatigue
LO17: Explain the IOGP Life Saving Rules
LO18: Understand why you should use the correct PPE
LO19: Understand how personal actions affect work and others while on site
LO20: Describe the importance of communication and spatial awareness
LO21: Explain the reasons for reporting systems and the importance of stopping the job
LO22: Understand the role of safety committees and safety representatives

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WORKPLACE VIOLENCE (OSHA)

Duration: 20 minutes

Questions: 5

Price Band : **A**

Course Outline:

The Occupational Safety and Health Administration is an agency of the United States Department of Labour.

The OSH Act covers most private sector employers and their workers, in addition to some public sector employers and workers in the 50 states and certain territories and jurisdictions under federal authority. Those jurisdictions include the District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

Violence in the workplace is a serious problem that can have consequences both inside and outside of the work environment. It is important to understand the causes and signs of potential violent behaviour, and the proper procedures to follow should an incident occur.

Learning Objectives:

Understand Workplace Violence Awareness

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