

SAFETY COURSES BY ARC

(REFERENCE/STANDARDS AND DURATION MAY BE PROVIDED AT A REQUEST)

COURSE IDENTIF.	COURSE TITLE	REFERENCE / STANDARDS	DURATION	REMARKS
A.	GENERAL: SAFETY MANAGEMENT, PLANNING AND AUDITS			
	Safety Act(1974, 1992)			
	Regulations and Legislations			
	Training			
	Principles of Construction Work Planning			
	Management of Health on Site			
	OHAS Safety Management System			
	Work at Height			
	Accident Preventing, Reporting, Investigating and Records			
	Behaviour Based Safety			
	Risk Assessment and Method Statements			

	Safety Inspections and Auditing			
	Principles of Environment Management			
	Site Contamination Safety Management			
	Machinery Safety – Principles for Risk Assessment			
	Third Parties			
	Other Issues			
B.	SITE SAFETY – GENERAL			
	Essential Health and Safety at Work			
	Site Safety (Land), General			
	Working Over or Near to water			
	Coastal and Marine Site Safety and Health			
	Setting up Site for Safe Operations			
	Security on Working Site			
	Work Safety at Streets and Roads			

C.	PERSONNEL, PPE AND INDUCTION			
	Induction and Follow-up Training			
	PPE			
D.	FIRST AID ON SITE			
	First Aid at Work			
E.	SCAFFOLDING, LADDERS, HEIGHTS, LIFTING			
	Scaffoldings, Ladders, Elevating Platforms, Tower Scaffold, Mobile Towers, Steps etc.			
	Working on Roofs and Heights			
	Fall Arrest Equipment			
	Lifting Equipment and Safety			
	Stocking Materials			
F.	FIRE PREVENTION			
	Fire Safety & Prevention			
	Fire Prevention in Office			
	Fire Prevention on Site			

G.	CRANES			
	Crane Operation Safety (Inspection, Usage, Fall Protection)			
	Crane Stability on Site			
H.	PLANT AND MACHINERY, EQUIPMENT, PRESSURE VESSELS			
	Plant and Work Equipment Safety			
	Mechanical W/shops Safety			
	Pressure Vessels and Systems			
I.	EXCAVATION AND UNDERGROUND WORKS			
	Excavation Principles and Safety			
	Underground Structures			
J.	DEMOLITION WORK			
	Demolition and Site Clearance Principles and Safety			

K.	HAZARDOUS SUBSTANCES AND OTHER MATERIALS SAFETY			
	Control of Substances Hazardous to Health			
	Safety Related to Liquified Petroleum Gases			
	Safety Related to Petroleum Fuels and Other Hazardous Liquids			
L.	NOISE AND VIBRATION			
	Control of Noise and Vibration			
M.	LONE WORK AND WORK IN CONFINED SPACES			
	Lone Working			
	Working in Confined Spaces			

N.	ELECTRICAL, LIGHTING, ELECTR. WELDING AND LASERS			
	Electrical Safety on Site			
	Regulations			
O.	SIGNS			
	Safety Signs			
P.	WILDLIFE			
	Working with Wildlife			
Q.	TRANSPORTATION AND DRIVING			
	Varios			
R.	DOMESTIC, OFFICE, HOUSEKEEPING AND RELATED			
	Electrical Equipment in Office			
	Residential, Catering Health & Safety			
	Ventilation			