



# DIBA TRAINING OHS COURSES 2024



# ABOUT

DIBA BES is a leading provider of Occupational Health and Safety (OHS) training courses, accredited by SACPCMP, SAQA, and HWSETA. We offer both accredited and customised courses to meet diverse client needs.

Our accredited OHS courses are nationally recognised, complying with the latest industry standards. They provide the essential knowledge and skills needed for workplace demands and are ideal for those seeking a nationally recognised qualification.

We also offer customised OHS courses tailored to enhance specific OHS knowledge and skills, perfect for individuals who wish to learn more about OHS without pursuing a formal qualification.

Our courses are delivered by experienced trainers using various methods to ensure an engaging and practical learning experience. We are committed to high-quality, relevant training that promotes workplace safety and health.

At DIBA BES, we strive to foster a culture of safety and health. Contact us today to learn more about our accredited and customised OHS training courses and how we can help you improve your OHS knowledge and skills.

## ACCREDITATIONS



The South African Qualifications Authority (SAQA) is the oversight body of the NQF and the custodian of its values and quality character.



HWSETA stands for the Health and Welfare Sector Education and Training Authority. It is a statutory body established in terms of the Skills Development Act of 1998 with the mandate to ensure that the health and social development sectors have adequate and appropriately skilled workforce to provide quality services to the South African population.



Continuing Professional Development (CPD) encompasses formal, non-formal, and informal learning to enhance knowledge, skills, and competencies for personal and professional growth, employability, and societal contribution.

# COURSES

## ACCREDITED TRAINING

- First Aid Level 1
- First Aid Level 2
- First Aid Level 3
- First Aid Level 1-3
- Safety, Health and Environment (SHE) Representatives
- Basic Fire Fighting Level 1
- Introduction to OHS Act, 1993 (As amended)
- Accident and Incident Investigation
- Emergency Evacuation Procedures
- Apply Health and Safety to a Work Area
- Risk Assessment
- Planned Task Observation
- Basic Working at Heights
- Excavation Management
- Work in Confined Spaces (Construction sites only)

## SKILLS PROGRAMS

- First Aid Level 1 Skills Programme

## CPD ACCREDITED COURSES

- First Aid Level 1
- Introduction to OHS Act, 1993 (AS Amended)
- Hazard Identification and Risk Assessment

# ACCREDITED COURSES

Item No	Training Title	Outline	Target Audience	Duration	Price (Ex VAT)
	First Aid Level 1	<ul style="list-style-type: none"> <li>• First aid legislative requirements</li> <li>• Workplace hazards identification</li> <li>• Understanding and providing cardio-pulmonary resuscitation (CPR)</li> <li>• Understanding potential hazards in the work environment</li> <li>• Understanding types of injuries</li> <li>• Understanding the different equipment and the use thereof</li> </ul>	<ul style="list-style-type: none"> <li>• Emergency Preparedness Personnel</li> </ul>	2 days	Classroom R 1 160
	First Aid Level 2	<ul style="list-style-type: none"> <li>• Demonstrate the principles of primary emergency care</li> <li>• Control injury emergency scene in the workplace</li> <li>• Primary emergency life support for adults, children and infants</li> <li>• Explain and manage shock</li> <li>• Carry out secondary assessment of the sick or injured person and provide appropriate primary emergency care at the scene</li> <li>• Accidents /Incidents records</li> </ul>	<ul style="list-style-type: none"> <li>• All Employees</li> </ul>	2 days	Classroom R 1 390
	First Aid Level 3	<ul style="list-style-type: none"> <li>• Introduction and the principles of advanced first aid</li> <li>• Terminology, positioning, anatomy and physiology and referenced to illness and injury</li> <li>• Advanced workplace preparedness, safety, scene, patient assessment, and treatment protocol management</li> <li>• First aid treatment procedures for life-threatening and common injuries</li> <li>• Child birth procedures</li> <li>• CPR and choking for adults, children, and infants</li> <li>• Bleeding, wounds, and burns, head, spinal, chest, abdominal, pelvic, and fractures injuries</li> <li>• Environmental emergencies, drowning, bites, and stings, and poisoning</li> <li>• Other medical emergencies</li> </ul>	<ul style="list-style-type: none"> <li>• All Employees</li> </ul>	4 days	Classroom R 2 140

# ACCREDITED COURSES

Item No	Training Title	Outline	Target Audience	Duration	Price (Ex VAT)
	First Aid Level 1- 3	<ul style="list-style-type: none"> <li>• First aid legislative requirements</li> <li>• Workplace hazards identification</li> <li>• Learning the anatomy of the body</li> <li>• Understanding and providing cardio-pulmonary resuscitation (CPR)</li> <li>• Understanding potential hazards in the work environment</li> <li>• Understanding types of injuries</li> <li>• Understanding different equipment and use thereof</li> <li>• Safe application first aid treatment</li> <li>• Assisting in childbirth</li> </ul>	<ul style="list-style-type: none"> <li>• All Employees</li> </ul>	5 days	Classroom R 3100
	Safety, Health and Environment (SHE) Representative	<ul style="list-style-type: none"> <li>• Election and nomination process</li> <li>• Purpose, structure and responsibilities of an HSE committee</li> <li>• Participate effectively in HSE committee procedures</li> <li>• Common causes of incidents in the workplace</li> <li>• Basic principles of incident prevention</li> <li>• Carry out a basic inspection of their work area</li> </ul>	<ul style="list-style-type: none"> <li>• All Employees</li> <li>• Supervisors</li> </ul>	1 day	Classroom R 935  Online R 880
	Basic Fire Fighting Level 1	<ul style="list-style-type: none"> <li>• Legislative requirements</li> <li>• Stakeholders</li> <li>• Duties of a firefighter</li> <li>• Firefighting and control equipment</li> <li>• Fire terminology</li> <li>• Fire prevention</li> </ul>	<ul style="list-style-type: none"> <li>• All Employees</li> </ul>	2 days	Classroom R 990
	Introduction to OHS Act, 1993 (As amended)	<ul style="list-style-type: none"> <li>• Legislative requirements</li> <li>• Duties of employer and employees</li> <li>• SHE representatives and SHE committees.</li> <li>• The role of the Department of Labour (DoL)</li> </ul>	<ul style="list-style-type: none"> <li>• All Employees</li> <li>• SHE representatives</li> <li>• Supervisors</li> </ul>	1 days	Classroom R 1 450  Online R 1 380

# ACCREDITED COURSES

Item No	Training Title	Outline	Target Audience	Duration	Price (Ex VAT)
	Accident and Incident Investigation	<ul style="list-style-type: none"> <li>Causes of incidents in the workplace</li> <li>Preliminary investigation and</li> <li>Reporting incidents</li> <li>Recommendation and corrective planning</li> </ul>	<ul style="list-style-type: none"> <li>Middle management</li> <li>Supervisors</li> <li>Safety Officers</li> <li>Safety Managers</li> </ul>	1 day	Classroom R 800 Online R 680
	Emergency Evacuation Procedures	<ul style="list-style-type: none"> <li>Evacuation legislative requirement</li> <li>Evacuation terminology</li> <li>Emergency procedures and techniques</li> <li>Emergency assembly points</li> <li>Emergency team</li> </ul>	<ul style="list-style-type: none"> <li>All Employees responsible for emergency planning and implementation</li> </ul>	1 day	Classroom R 935 Online R 880
	Apply Health and Safety to a Work Area	<ul style="list-style-type: none"> <li>Potential hazards are correctly identified, reported, removed or reduced</li> <li>Implications of exposure to hazardous substances and hazards are known</li> <li>A health and safety plan is drawn up</li> <li>Protective clothing requirements are identified and protective clothing is used</li> </ul>	<ul style="list-style-type: none"> <li>SHE Representatives</li> <li>Supervisors</li> </ul>	1 day	Classroom R 720 Online R 684.00
	Hazard Identification and Risk Assessment (HIRA)	<ul style="list-style-type: none"> <li>Explain the legal and specified requirements for conducting continuous risk assessments</li> <li>The continuous risk assessment process is explained</li> <li>The relevant hazards and risks likely to be encountered during a specific continuous risk assessment are named</li> <li>Various physical and environmental conditions which could exist are evaluated</li> <li>Remedial action for hazards is implemented accordingly</li> <li>The consequences of non-compliance to the procedures for initiating remedial action and follow-up on continuous risk assessment are explained.</li> </ul>	<ul style="list-style-type: none"> <li>General managers</li> <li>Middle management</li> <li>Supervisors</li> <li>Safety Officers</li> <li>Safety Managers</li> </ul>	1 day	Classroom R 935 Online R 880

# ACCREDITED COURSES

Item No	Training Title	Outline	Target Audience	Duration	Price (Ex VAT)
	Planned Task Observation	<ul style="list-style-type: none"> <li>Demonstrate knowledge of how to prepare for planned tasks observation at a working place</li> <li>Conduct planned tasks observation</li> <li>Record and follow-up</li> </ul>	<ul style="list-style-type: none"> <li>Supervisors</li> <li>Safety Officers</li> <li>Safety Managers</li> </ul>	1 day	Classroom R 450  Online R 380
	Basic Working At Heights	<ul style="list-style-type: none"> <li>Describe the requirements to safely perform work in elevated positions</li> <li>Describe the requirements to correctly inspect, care for and store fall arrest equipment</li> <li>Describe the safety, health and environmental principles with regards to working platforms, ladders, scaffolds and walkways in elevated positions</li> </ul>	<ul style="list-style-type: none"> <li>All Employees</li> </ul>	1 day	Classroom R 850
	Excavation Management	<ul style="list-style-type: none"> <li>Explain the legal responsibilities for health and safety when working in or alongside excavations</li> <li>Identify unsafe working conditions relating to excavations</li> <li>Determine methods of achieving health and safety when working in or alongside excavations</li> <li>Undertake responsibility for safety of self and others</li> <li>Conduct safe work practices or procedures</li> </ul>	<ul style="list-style-type: none"> <li>Supervisors</li> <li>Safety Officers</li> <li>SHE Representatives</li> </ul>	1 day	Classroom R 600  Online R 540
	Work in Confined Spaces (Construction sites only)	<ul style="list-style-type: none"> <li>Identify the hazards of working in confined spaces</li> <li>Identify appropriate protective clothing or equipment</li> <li>Identify training requirements for unskilled workers working in confined spaces &amp; train the workers</li> <li>Plan and Implement emergency procedures</li> <li>Explain the relevant Occupational Health and safety regulations</li> </ul>	<ul style="list-style-type: none"> <li>All Employees</li> </ul>	1 day	Classroom R 935

## SKILLS ACCREDITED COURSES

Item No	Training Title	Outline	Target Audience	Duration	Price (Ex VAT)
	First Aid Level 1	<ul style="list-style-type: none"> <li>First aid legislative requirements</li> <li>Workplace hazards identification</li> <li>Understanding and providing cardio-pulmonary resuscitation (CPR)</li> <li>Understanding potential hazards in the work environment</li> <li>Understanding types of injuries</li> <li>Understanding the different equipment and the use thereof</li> </ul>	<ul style="list-style-type: none"> <li>Emergency Preparedness Personnel</li> </ul>	2 days	Classroom R 1 160 Online R 1 100

## CPD ACCREDITED COURSES

Item No	Training Title	Outline	Target Audience	Duration	Price (Ex VAT)
	First Aid Level 1	<ul style="list-style-type: none"> <li>First aid legislative requirements</li> <li>Workplace hazards identification</li> <li>Understanding and providing cardio-pulmonary resuscitation (CPR)</li> <li>Understanding potential hazards in the work environment</li> <li>Understanding types of injuries</li> <li>Understanding the different equipment and the use thereof</li> </ul>	<ul style="list-style-type: none"> <li>Emergency Preparedness Personnel</li> </ul>	2 days	Classroom R 1 400 Online R 1 250

	Introduction to OHS Act, 1993 (As amended)	<ul style="list-style-type: none"> <li>Legislative requirements</li> <li>Duties of employer and employees</li> <li>SHE representatives and SHE committees.</li> <li>The role of the Department of Labour (DoL)</li> </ul>	<ul style="list-style-type: none"> <li>All Employees</li> <li>SHE representatives</li> <li>Supervisors</li> </ul>	2 days	Classroom R 1 450 Online R 1 380
--	--	---	---	--------	-------------------------------------

	Hazard Identification and Risk Assessment (HIRA)	<ul style="list-style-type: none"> <li>Explain the legal and specified requirements for conducting continuous risk assessments</li> <li>The continuous risk assessment process is explained</li> <li>The relevant hazards and risks likely to be encountered during a specific continuous risk assessment are named</li> <li>Various physical and environmental conditions which could exist are evaluated</li> <li>Remedial action for hazards is implemented accordingly</li> <li>The consequences of non-compliance to the procedures for initiating remedial action and follow-up on continuous risk assessment are explained.</li> </ul>	<ul style="list-style-type: none"> <li>General managers</li> <li>Middle management</li> <li>Supervisors</li> <li>Safety Officers</li> <li>Safety Managers</li> </ul>	1 day	Classroom R 1 250 Online R 1 100
--	--	---	--	-------	-------------------------------------





## CONTACT DETAILS

### Gauteng:

No 29 Jakkalsbessie Ave, Heuweloord, Centurion 0157  
• +27 (0)86 501 2160 • +27 (0)12 658 0722 • info@diba.co.za

### Limpopo:

17a Magazyn Street, Polokwane, 0700  
• +27 (0)86 501 2160 • +27 (0)15 295 3721 • lp@diba.co.za

### Mpumalanga:

11 Van Der Merwe Street, 1200  
• +27 (0)13 754 7756 • +27 (0)86 501 2160 • mp@diba.co.za

### North West:

214 Beyers Naude Dr, Rustenburg, 0299  
• +27 (0)71 773 5880 • +27 (0)86 501 2160 • nw@diba.co.za

### KwaZulu Natal:

35 Braemar Street, La Lucia, Durban, 4153  
• +27 (0)31 562 2278 • +27 (0)86 501 2160 • kzn@diba.co.za

### Western Cape:

20 Klipspringer Street Soneike 7580  
• +27 (0)72 618 5001 • +27 (0)86 501 2160 • wc@diba.co.za

### Eastern Cape:

242 Kalashe Drive, Coverock Country Estate  
• +27 (0)72 618 5001 • +27 (0)86 501 2160 • info@diba.co.za

