



DIBA BES OHS TRAINING COURSES 2023



ABOUT

DIBA BES is a leading provider of Occupational Health and Safety (OHS) training courses. With a commitment to promoting safety and health in the workplace, our company offers both accredited and customised OHS training courses that cater to the diverse needs of our clients.

Our accredited OHS training courses are nationally recognized and comply with the latest industry standards, providing our learners with the knowledge and skills required to meet the demands of their workplace. These courses are suitable for individuals who want to obtain a nationally recognized qualification in OHS.

In addition to our accredited courses, we also offer customised OHS training courses that are designed to enhance the knowledge and skills of our learners in a specific area of OHS. These courses are suitable for individuals who want to learn more about OHS, but may not need a nationally recognized qualification.

Our OHS training courses are delivered by experienced trainers who use a variety of training methods to ensure that our learners receive the best possible training experience. We are committed to providing high-quality training courses that are relevant, engaging, and practical.

At DIBA BES, we understand the importance of OHS in the workplace. By providing OHS training courses, we aim to promote a culture of safety and health in the workplace and contribute to the overall well-being of our learners.

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.

COURSES

1. First Aid Level 1
2. First Aid Level 1 Skills Programme
3. First Aid Level 2
4. First Aid Level 3
5. First Aid Level 1-3
6. Safety, Health and Environment (SHE) Representatives
7. Safety, Health and Environment (SHE) Representatives Skills Programme
8. Basic Fire Fighting Level 1
9. Introduction to OHS Act, 1993 (As amended)
10. Accident and Incident Investigation
11. Emergency Evacuation Procedures
12. Apply Health and Safety to a Work Area
13. Risk Assessment
14. Planned Task Observation
15. Basic Working at Heights
16. Excavation Management
17. Work in Confined Spaces (Construction sites only)

DIBA COURSES

Item No	Training Title	Outline	Target Audience	Duration	Price (Ex VAT)
1	First Aid Level 1	<ul style="list-style-type: none"> • First aid legislative requirements • Workplace hazards identification • Understanding and providing cardio-pulmonary resuscitation (CPR) • Understanding potential hazards in the work environment • Understanding types of injuries • Understanding the different equipment and the use thereof 	<ul style="list-style-type: none"> • Emergency Preparedness Personnel 	2 days	R 1 160
2	First Aid Level 1 Skills Program	<ul style="list-style-type: none"> • Demonstrate an understanding of emergency scene management • Demonstrate an understanding of elementary anatomy and physiology • Assess an emergency situation • Apply first aid procedures to the life-threatening situation • First aid legislative requirements • Cardio-pulmonary resuscitation (CPR) • Treat common injuries • Understand the concepts and terms of electronic messaging • Create and send an E-mail message • Receive and respond to e-mails • Work with multiple E-mail messages • Adjust settings to customise the view and preferences of the E-mail application 	<ul style="list-style-type: none"> • Emergency Preparedness Personnel 	3 days	R 1740
3	First Aid Level 2	<ul style="list-style-type: none"> • Demonstrate the principles of primary emergency care • Control injury emergency scene in the workplace • Primary emergency life support for adults, children and infants • Explain and manage shock • Carry out secondary assessment of the sick or injured person and provide appropriate primary emergency care at the scene • Accidents /Incidents records 	<ul style="list-style-type: none"> • All Employees 	2 days	R 1 390

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Item No	Training Title	Outline	Target Audience	Duration	Price (Ex VAT)
4	First Aid Level 3	<ul style="list-style-type: none"> • Introduction and the principles of advanced first aid • Terminology, positioning, anatomy and physiology and referenced to illness and injury • Advanced workplace preparedness, safety, scene, patient assessment, and treatment protocol management • First aid treatment procedures for life-threatening and common injuries • Child birth procedures • CPR and choking for adults, children, and infants • Bleeding, wounds, and burns, head, spinal, chest, abdominal, pelvic, and fractures injuries • Environmental emergencies, drowning, bites, and stings, and poisoning • Other medical emergencies 	• All Employees	4 days	R 2 140
5	First Aid Level 1- 3	<ul style="list-style-type: none"> • First aid legislative requirements • Workplace hazards identification • Learning the anatomy of the body • Understanding and providing cardio-pulmonary resuscitation (CPR) • Understanding potential hazards in the work environment • Understanding types of injuries • Understanding different equipment and use thereof • Safe application first aid treatment • Assisting in childbirth 	• All Employees	5 days	R 3100
6	Basic Fire Fighting Level 1	<ul style="list-style-type: none"> • Legislative requirements • Stakeholders • Duties of a firefighter • Firefighting and control equipment • Fire terminology • Fire prevention 	• All Employees	1 days	R 990

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Item No	Training Title	Outline	Target Audience	Duration	Price (Ex VAT)
7	Safety, Health and Environment (SHE) Representative	<ul style="list-style-type: none"> • Election and nomination process • Purpose, structure and responsibilities of an HSE committee • Participate effectively in HSE committee procedures • Common causes of incidents in the workplace • Basic principles of incident prevention • Carry out a basic inspection of their work area 	<ul style="list-style-type: none"> • All Employees • Supervisors 	1 day	R 935
8	Safety, Health and Environment (SHE) Representative Skills Program	<ul style="list-style-type: none"> • Describing the framework of workplace health and safety legislation pertaining to health and safety representatives • Explaining the specified requirements to conduct safety, health and environmental representation activities at a working place • Addressing safety, health and environment related issues within their scope of authority • Complying with the activities within safety, health and environmental structures • Explaining both employer and employee duties with regard to occupational safety and health in the workplace • Explaining the general safety rules in a workplace • Explaining the use and application of Personal Protective Equipment in a workplace • Explaining the need for good house-keeping in the workplace • Explaining and applying emergency procedures in the workplace 	<ul style="list-style-type: none"> • All Employees • Supervisors 	3 day	R 1402.50
9	Introduction to OHS Act, 1993 (As amended)	<ul style="list-style-type: none"> • Legislative requirements • Duties of employer and employees • SHE representatives and SHE committees. • The role of the Department of Labour (DoL) 	<ul style="list-style-type: none"> • All Employees • SHE representatives • Supervisors 	2 days	R 2900

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

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



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