

Working at Height

Course Objectives

On completion of this unit participants will be able to identify and understand the key factors involved in setting up and maintaining a safe system of work at height. Participants will also be able to select, check and properly fit a suitable harness and lanyard for working at height.

Course Content

Legislation, including legal obligation in relation to inspection.

- Causes of Accidents
- Height Safety Systems
- Types of Harness
- Selection of correct harness for the job
- Harness maintenance, inspection and testing
- Types of Lanyard
- Types of Karabiner
- Harness Donning
- Requirements for safe anchor points
- Inspection by user prior to use

Participants: 10 maximum per course

Duration: 1/2 day per course. 2 sessions can be completed in 1 day.

Contact: Jim 086 6090339 or Stephen 086 3816813

Email: info@rsma.ie

Abrasive Wheels

Objectives

On completion of this training participants will be able to:

- List the legal requirements of working with abrasive wheels
- Select appropriate abrasive wheels
- Correctly mount abrasive wheels

Course Content

- Legislation including the Abrasive Wheels Regulations 1982
- Hazard Identification / Risk Assessment
- Causes of Accidents
- Methods of selection, mounting, storing and handling
- Methods of inspecting and testing
- Assembling and balancing components
- Functions of components used including:
 - flanges
 - washers
 - bushes
 - nuts used in mounting
 - tool rests
- Mounting and Dressing abrasive wheels

Methods of Training

Participants are presented with the theoretical aspects of Abrasive Wheels. Practical session will be incorporated.

Participants: 10 maximum per course

Duration: 1/2 day per course. 2 sessions can be completed in 1 day.

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CONFINED SPACE ENTRY

Objectives

On completion of this course participants will be able to:

- Understand the nature of confined spaces and the hazards associated with them.
- Understand the requirements of a safe system of work for entry to a confined space as per the HSA Code of Practice.
- Describe the responsibilities of the confined space entrant, observer and supervisor
- Describe the basics requirements of a confined space rescue.
- State the purpose of a confined space entry permit and list the steps for obtaining one.
- Demonstrate the operation of gas detectors.

Course Programme

- Legislation
- Definition of confined space and associated hazards and methods of control
- Setting the scene: Case histories
- Confined spaces: Identification of Hazards.
- Safe work practices: Entry permits – Safe procedures – Emergency Plan.
- Safety equipment e.g. harnesses, winches, fall arrest or whatever equipment is used on site – Safety lighting – Personal Protective Equipment – Emergency Escape Sets
- Atmospheric testing: Unsafe atmospheres – Definitions – Gas detection equipment.
- Practical session: To include the use of harnesses, tripod, winches, fall arrestors and rescue devices, escape breathing sets (if available or applicable)

Participants: 10 maximum per course

Duration: 1 day per course with emphasis on practical use of equipment and risk assessment of areas where confined space work is carried out

Contact: Jim 086 6090339 or Stephen 086 3816813

Email: info@rsma.ie

OCCUPATIONAL FIRST AID-5N1207 – QQI Award

Objectives

On completion of this course participants will be able to:

Provide necessary first aid assistance within the workplace,
Deal with emergency medical situations,
Implement essential lifesaving skills.

Course Content:

DAY 1

Operation of an AED

- What constitutes the basic elements of an AED
- How an AED eliminates the need for training in ECG rhythm recognition
- Why the proper use of an AED involves practising the following five elements
- What constitutes an appropriate patient assessment before applying an AED
- What is the function if performed by the AEDs rhythm analysis function
- How AED models differ
- The basic operation of all AED models

Responsibilities of a first aider, assessment and initial reaction

Diagnosis and principles of treatment

The Nervous System

Head Injuries

Shock – Fainting

Unconsciousness

Patient Approach

Examination of Casualty

Recovery Position

Asphyxia and its causes

Cardio-pulmonary resuscitation practical

Examination of the eye

Treatment of foreign bodies and chemical splashes

Poisoning

DAY 2

Burns and Scalds
Corrosive injuries
Chemical splashes
Blood and the circulation
Wounds and bleeding
Control of bleeding
Dressings and bandages – application, including improvisation
Fractures – causes, types, signs and symptoms
Sprains, strains and dislocation
Crush injuries
General rules for treatment
Handling and transport, including improvisation

DAY 3

Dressing and bandaging fractures
Epilepsy, Asthma and Diabetes – definition, causes, treatment
Emergency First Aid Kits – contents
Revision – practical; any requested subject revised; questions; resuscitation
Examination – a practical incident to treat
Cardio–pulmonary resuscitation
Question paper
Bandages, slings and transport are introduced as appropriate and practised throughout the course

Methods of Training

The course is highly interactive with each theory session being followed by demonstration, practical tasks and assessment of individual skills.

Certification

Certificates are awarded to participants who are successful in the examination on the final day.

Successful Candidates will receive the new Level 5 Award through the normal QQI submission process, subject to external authentication.

All certificates are valid for 2 years after which time a 1 day refresher must be completed by all participants.

Participants: 10 maximum per course

Duration: 3 days per course

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