

Sr. No. Topics

Safety Management

- 1
- Introduction
 - why safety - BBS Thought process
 - Toolbox Talk (TBT), PTW Permit to work (PTW) and Lock Out Tag Out (LOTO)

2 **Hazards Identification & Risk Assessment (HIRA) and assignment**

3 **Safe Work Method Statement (SWMS) Based on Story Board – Basic Concept & Assignments**

Safety in Work at Height

- 4
- Ladders and safety precautions
 - Anchoring - Ascending/ Descending/ Correct selection & Usage of Safety Belts
 - Inspection of Scaffolding, working platform
 - Working on Roofs and safety equipment and safety device

5 **▪ Fire prevention and control**

6 **▪ Hot work (Gas Cutting, Grinding, Welding)**

7 **▪ Personal Protective Equipment's**

8 **▪ Confined space**

9 **▪ Excavation**

10 **Safe Work Method Statement (SWMS) – Assignment Status Review**

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- 10
- **Mechanical Material Handling**
 - Shackles & Bolts
 - Rigging
 - Wire Rope
 - Slings, Sheave Pulleys, Winches
 - Tower & Equipment Erection AIS
 - Selection of Crane

Safe Work Method Statement (SWMS) - Assignments Presentation by Participants

Assessment:

- 11
- **Safety Commitment, Training Feedback and SITRUST Online Examination.**

Sr. No. Topics – Day 1

1 Safety Management

- Why Safety?
- Zero Harm Culture
- Bradley curve
- Behaviour Based Safety – Thought Process

2 Hazard Identification and Risk Assessment

Case Studies & Importance of Safe Work Method Statement (SWMS)
Story board and Assignments for preparation of SWMS

3 Fire Prevention and Control

- Fire Types
- Selection of Extinguishers

Break

4 Safety in Work at Height

- Golden Rules
- Ladders- Fabricated ladder issues, A-type why not to be used?
- Inspection of Scaffolding
- Working Platform
- Safety Equipment and Safety Devices

5 Hot work

- Gas Cutting
- Grinding
- Welding
- Case study

Sr. No. Topics – Day 2

1 Recap of Day 1

2 PPE

- PPEs Specification
 - PPEs Matrix
-

3 Mechanical Material Handling

- Tools & Tackles for Rigging – Selection
 - Rigging practices
 - Selection of Crane
 - Safe use of crane
 - Safe Distance from OHE line Case study regarding Crane
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Break

4 Confined Space

- What is Confined Space
 - Precautions
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5 Assignments - SWMS Discussion & Review

6 Feedback, Safety Commitment and Assessment

SITRUST™ - 3 Hours Online
Occupational Safety Training
Module 1: Safety Management

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Sr. No.	Topics	Duration
1	Safety Management <ul style="list-style-type: none">Bradley-Curve – IntroductionWhy Safety?	1.5 Hours
Break (10 Mins)		
	<ul style="list-style-type: none">BBS Thought ProcessSafety Management Processes	1.5 Hours

Who Should Attend? - Professionals from all across Industry Sectors

Sr. No.	Topics	Duration
1	Civil Works Safety <ul style="list-style-type: none">ExcavationUnderground Civil Works – Piling and Foundation Work	1.5 Hours
Break (10 Mins)		
	<ul style="list-style-type: none">Scaffold and above ground Civil WorksShuttering, Access & PPEs	1.5 Hours

Who Should Attend? - Professionals from all across Industry Sectors

SITRUST™ - 3 Hours Online Occupational Safety Training Module 3: Hot Work, Confined Space and Work at Height

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Sr. No.	Topics	Duration
1	Hot Work and Confined Space <ul style="list-style-type: none">• Gas-cutting, Welding and Grinding• Confined Space	1.5 Hours
Break (10 Mins)		
2	Work at Height <ul style="list-style-type: none">• 5 Golden requirement for work at height• Scaffold, Work at Height and PPEs	1.5 Hours

Who Should Attend? - Professionals from all across Industry Sectors

SITRUST™ - 3 Hours Online Occupational Safety Training Module 4: Mechanical Material Handling for Project Sites

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Sr. No.	Topics	Duration
1	Mechanical Material Handling for Project Sites <ul style="list-style-type: none">Lifting appliances, Tools and TacklesRigging Methods	1.5 Hours
Break (10 Mins)		
	<ul style="list-style-type: none">Crane SelectionCrane Safety Aspects	1.5 Hours

Who Should Attend? - Professionals from all across Industry Sectors