



# OHSISA

Occupational Health And Safety  
Institute of South Africa

The OHS Institute of South Africa offers a full range of consulting services pertaining to Safety, Health, Environment, Risk, and Quality (SHERQ) for all sectors of industry. This includes a full range of Occupational Health & Safety training services, and a medical surveillance programme with fit-to-work certification. Our qualified staff specialises in the implementation of the integrated SHERQ management systems and will ensure that your enterprise adopts an integrated approach to the implementation thereof.

At OHSISA, we pride ourselves on providing exceptional service and will go above and beyond to satisfy our customers' needs. To this end, we have also become a leader in protective safety wear, specialising in a comprehensive line of highly effective personal protection equipment. We also provide an extensive line of occupational safety products, that includes everything from safety glasses and fall protection gear, to electrical power tools, cutting equipment and an ever-expanding line of specialised products for the workforce.

# OHSISA TRAINING

COURSE	FOR WHO?	DETAILS & INFORMATION
<b>Fall Protection/Working at Heights</b> 1 Day Course	Construction staff Workers working on scaffolds/ladders	Risk inventory Selection of fall protection equipment Fall protection systems, fall arrest systems and safety nets Harnesses Equipment inspection, care and maintenance
<b>First Aid Level 1 And 2 Combined</b> 3 Day Course	Private individuals Company employees	Assess the emergency situation Identify the physical condition of casualties First Aid treatment of casualties
<b>Fire Marchall Advanced</b> 2 Day Course	Private individuals Company employees	Basic firefighting techniques Emergency planning & evacuation First Aid Level 1
<b>Fire Watch For Hot Works</b> 1 Day Course	Private individuals Company employees Workshop staff	Basic firefighting techniques Entry into confined spaces First Aid Level 1
<b>Hand- And Electrical Tools Safety</b> 1 Day Course	Electrician assistants Fitters' assistants Boilermaker assistants	Legislation Hand & power tools Checklists & registers
<b>Hazardous Chemical Substance Awareness (Hazchem)</b> 1 Day Course	Private Individuals Company employees Supervisors and foremen	Management responsibilities Causes of incidents/accidents Consequences of incidents/accidents Incident causation/problem-solving model Applicable legislation How to investigate an incident Action plan to prevent occurrences of accidents
<b>Construction Regulations</b> 2 Day Course	Construction staff	All sections of Regulation Act Act 85 of 1993

COURSE	FOR WHO?	DETAILS & INFORMATION
<p><b>Emergency Plan &amp; Evacuation</b> 1 Day Course</p>	<p>Evacuation officials Emergency planners</p>	<p>Emergency planners Causes of emergency conditions Legislative perspective towards emergency preparedness Definition of emergency condition/situation Objectives of emergency plans Vulnerability assessments Elements of an emergency plan Safety signs</p>
<p><b>Basic Health And Safety Principles</b> 1 Day Course</p>	<p>Private individuals Company employees General workers to management</p>	<p>Specific requirements for use, care &amp; application of PPE in workplace Requirements of general safety rules in a workplace Requirements applicable to emergency procedures Demonstrating the response appropriate to emergency situations Exercising good house-keeping in a workplace Explanation of specific requirements re: various duties of OHS in the workplace</p>
<p><b>Compressed Gas Cylinder Safety</b> 1 Day Course</p>	<p>Workshop Staff Boilermakers Welders</p>	<p>Categories of gases Identification Transport and storage of cylinders</p>
<p><b>Confined Space Entry</b> 1 Day Course</p>	<p>Workshop staff Relevant staff working in confined spaces</p>	<p>Regulatory requirements Rescue and confined space hazards Hazard control, training and education</p>
<p><b>Basic Fire Fighting Techniques/extinguisher</b> 1 Day Course</p>	<p>Private individuals Company employees General workers to office workers</p>	<p>Causes of fire identified, classes of fire explained Prevention of fire in relation to general house-keeping explained Observing and adhering to industry safe practices and procedures Consequences of non-adherence to safe practices Basic firefighting equipment identified, explained and demonstrated Correct type of firefighting equipment for specific type of fires identified Steps to be taken when fighting fires are explained and demonstrated Precautions to be taken when fighting and containing fires explained</p>

COURSE	FOR WHO?	DETAILS & INFORMATION
<b>Hazard Identification &amp; Risk Assessment</b> (Hira) 2 Day Course	Private individuals Company employees Supervisors and foremen	Applicable legislation Introduction to risk management Types and levels of risk assessment Workplace risk assessment processes Risk-assessment documentation Responsibility
<b>Incident Investigation</b> 2 Day Course	Private individuals Company employees Supervisors and foremen	Management responsibilities Causes of incidents/accidents Consequences of incidents/accidents Incident causation/problem-solving model Applicable legislation How to investigate an incident Action plan to prevent occurrences of accidents
<b>Job Safety Analysis &amp; Safe Work Procedures</b> 1 Day Course	Company employees Supervisors and foremen	Job safety analysis description and process Conduct a JSA Take appropriate action to address identified risks Developing and writing a written safe work procedure Conducting planned job observations and take corrective action
<b>Ohs Act &amp; Legal Liability Awareness</b> 1 Day Course	Company employees Supervisors to Management	Introduction: Law, legal liability, legislation, the employer Health & safety representative (OHS Act Section 17) Health & safety committees (OHS Act Section 19 & 20)) Deductions (OHS Act Section 23) Reporting of incidents (OHS Act Section 24) Report to the Chief Inspector regarding occupation diseases (Sec 25) Cooperation with the Inspector
<b>Supervising For Safety</b> 2 Day Course	Supervisors and foremen	An overview of supervision OHS ACT 85 of 1993 Basic Conditions of Employment Act 2002 Health and safety principles and theories Risk assessment - overview Incident Investigation and Analysis

COURSE	FOR WHO?	DETAILS & INFORMATION
<b>Safety Health And Environmental Representatives (SHE)</b> 2 Day Course	Company employees Safety reps	Duties & privileges of SHE Reps Appointment of SHE Reps Applicable legislation Causes of incidents Understanding causes of unsafe acts/conditions in the workplace Factors leading to occurrences of incidents Cost implications of incidents Incident management systems Conducting health and safety inspections Inspection standards and reports SHE committees
<b>Stacking &amp; Storage</b> 1 Day Course	Company employees Supervisors and foremen	Safe work systems Floors and surfaces Stability of bonding stacks Stacking different types of goods Rules of de-stacking and segregation of stock Fire safety and storage inspections Materials handling equipment Automated storage, housekeeping, lighting, noise, PPE and training
<b>Safety Officers Training</b> (Previously known as SAMTRAC) 10 Day Course	Private individuals Company employees Safety officers Admin	Module 1 - Health & Safety Theories and Principles Module 2 - Risk Management Theories Module 3 - Mechanical and Electrical Safety Module 4 - Introduction to Occupational Hygiene Module 5 - Introduction to Occupational Health Module 6 - Introduction to Ergonomics Module 7 - Environmental Awareness Module 8 - SHE System components dev & imp (OHSAS 18001/18002)

**Retainer**

Clients who don't have the **time**  
 Clients who don't have the **knowledge**  
 Clients who needs **help**

**We manage the health and safety for you on site**  
**We supply a compliant safety file**  
**We provide all the training needed**  
**We do everything so you can focus on your business**

**Many other courses available - please contact us for details or to request a particular module.**

# OHS PRODUCTS



## Safety Gear

Helmets and lenses, eye protection, hearing- and respiratory protection, miscellaneous protection, hand protection, overalls, welders' safety accessories, rain suits, foot protection.



## Welding Machines

Gas welding, Arc welding, Mig welding, Tig welding, oil-cooled, AC air-cooled, inverters, plasma cutters, watercoolers, electrode ovens, cutting torches, heating torches, brazing torches, and full range of consumables.



## Lifting Equipment

Electric hoists, lever hoists, chain blocks, winches, wire rope winches, wire rope clamps, shackles, eye bolts thimbles, safety harnesses, ratchet pullers, snatch blocks, rope blocks, crane scales, special application lifting clamps, vertical plate-lifting clamps, rack clamps, bar clamps, T-set clamps, machine vices.

## Power Tools Air & Electric

### Drilling Machines

- Impact drills
- Magnetic base drills
- Multi drills
- Rotary hammer
- Combination hammer

### Grinders

- Angle grinders  
- 115mm & 230mm
- Wall chaser
- Binding machine
- Straight grinder
- Bench grinder
- Pencil grinder

### Hammers Combination and Multi

- Rotary hammer
- Multi
- Combination hammer

### Cordless

- Drill
- Screwdrivers
- Saber saw
- Jigsaw
- Cubical
- Rotary Hammer

### Wood Work

- Circular saw
- Rotor
- Miter saw
- Bandsaw
- Orbital sanders
- Triangular sanders

### Other

- Hot air guns
- Glue Guns
- Angle polishers
- Paint removers
- Belt sander
- Planner
- Vacuum cleaners

# FIREBALL EXTINGUISHER

The Fireball Extinguisher is a simple, safe, yet lifesaving and cost-effective device that self-activates on contact with open flames. This new and innovative concept in firefighting detonates within a few seconds and extinguishes the fire. The bursting effect cannot harm you, animals or damage property and no part of the device is heavy or strong enough to cause damage on impact.

Using the Fireball extinguisher is easy, with no pins to pull or attempting to get close to the base of the fire to put it out. Use it manually by rolling or throwing the ball into the fire from a safe distance and leave it to self-activate. The Fireball is filled with dry chemical powder that is nonconductive and will not damage electrical equipment. It requires minimal training, is light and easily carried and is highly effective.

With a lifespan of 5 years, you don't need to worry about maintenance, refilling, servicing, or pressure testing. It's the perfect secondary fire-safety device in vehicles, workshops, offices, houses, and factories.

**The Fireball Extinguisher is effective on 4 classes of fire:**

**Class A** – Wood, paper, textiles, plastic, rubber.

**Class B** – Flammable liquids, fuels or paints rubber.

**Class C** – Electrical fire.

**Class F** – Cooking oils and fats.

*\*When used on flammable liquid fires it must be used in a static position. The Fireball can also be used on F class fires in the static setup position.*



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The range you can trust.

**BLACK & DECKER**

**bosal**

**Bostik**

**BRITO**

**BRUMMER**

**BURNCRETE**

**Crescent**

**HAWKINS**

**HITACHI**  
POWER TOOLS

**SPRAYON**

**FLUOROCOR**

**Fascor**

**fox abrasives**

**fox tools**

**NITTO**

**W**  
WINDOR

**W**  
WINDOR

**W**  
WINDOR

**MiCo**

**BRBO**

**IRICO**  
Export  
Quality Suppliers

**BOHALE**

**MT's**  
QUALITY

**MT's**  
QUALITY TOOLS

**Mobi-jack**

**VICKER**  
TOOLS

**TRI-CIRCLE**

**FREEMAN'S**

**GAUNTLET TOOLS**

**GEDORE**

**MILKHAUSEN**

**Master Jack**

**GROZ**  
tools to trust

**IRWIN**  
Record

**IRWIN**  
TOOLS

**Mitutoyo**

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**PRATLEY**

**PERMA**  
PRODUCTS

**OSRAM**

**Q-Bond**

**LASHER**

**RAWL**

**NASCO**

**Weller**

**ECUT-TOOL**

**ECLIPSE**

**THOR**

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**ROSS**

**Wera**

**Genkem**

**Transvaal Brack Co. (Pty) Ltd.**

**Will**

**STAEOTLER**

**WILSON WILSON**

**STANLEY**

**Starrett**

**MAT-AB**

**MAT-POWER**

**MAT-PRO**

**MAT-SAFE**  
Quality Safety Products

**MAT-WELD**  
Quality Welding Products

**TRITON-LEO GROUP**

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**SEMP**



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