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## Course List JAN 2010

Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Chainsaw Safety</b> This course explains the principles of safe chainsaw operation, from selecting the right chainsaw for the job to using appropriate personal protective equipment while operating it. The elements of the safe and proper service and maintenance of a chainsaw on a day-to-day working basis are covered. This is done by giving operators a detailed familiarity with their chainsaw.</p> <ul style="list-style-type: none"> <li>• Duties and responsibilities of Employers, Supervisors, and workers under OHS and Industrial Regulation</li> <li>• Identify main components and safety features and related safety equipment</li> <li>• Recognize and control hazards</li> <li>• Kickback avoidance</li> <li>• Techniques for cutting under compression and tension</li> </ul>	<p>Awareness /Refresher ½ day</p> <p>New user 1 day</p>	6-8	3 year
<p><b>Counter Balance Forklift Operator Safety</b> (includes propane cylinder exchange) This course teaches operators or potential operators the knowledge and skills required to recognize potential hazards, perform circle checks, monitor vehicle performance and safely operate various lift trucks.</p> <ul style="list-style-type: none"> <li>• Causes of accidents and fatalities</li> <li>• Define operator competency</li> <li>• Duties and responsibilities of Employers, Supervisors, and workers under OHS and Industrial Regulation</li> <li>• Safe operating rules</li> <li>• Forklift stability and stability triangle</li> <li>• Affects of forklift attachments</li> <li>• Capacity plates</li> <li>• Pre-operational checks</li> <li>• Identifying and controlling hazards</li> <li>• Properties of propane and safe cylinder exchange</li> </ul> <p><b>Note:</b> Before operators can be considered competent, they require both supervised hands-on training and experience with the particular class of machine they will be using.</p>	<p>Refresher 1 day</p> <p>New operator 1.5 day</p>	6-8	3 year

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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Rough Terrain Forklift Operator Safety</b> This program helps rough-terrain forklift operators recognize and assess hazards. Topics include: Pre-operational checks, Stability and tipping, Capacity and load charts, Safe operating and load handling procedures, Inspection, maintenance, and log books</p> <p><b>Note:</b> Before operators can be considered competent, they require both supervised hands-on training and experience with the particular class of machine they will be using.</p>	<p>Refresher 1 day</p> <p>New operator 1 ½ day</p>	8	3 year
<p><b>Rubber Tired Loader Operator Safety</b> This program helps Loader Operators recognize and assess hazards. Topics include: Pre-operational checks, Stability and tipping, Capacity and load charts, Safe operating and load handling procedures, Inspection, maintenance, and log books</p> <p><b>Note:</b> Before operators can be considered competent, they require both supervised hands-on training and experience with the particular class of machine they will be using.</p>	<p>Refresher 1 day</p> <p>New operator 1 ½ day</p>	8	3 year
<p><b>Powered Elevating Work Platform (PEWP) Operator Safety</b> (includes propane cylinder exchange) scissor and/or boom type depending on availability of equipment. Scissor lifts, boom lifts, and other elevating work platforms - self-propelled or push-around can present major hazards when they are not selected, used, inspected, or maintained properly. This program covers different types of platforms and their applications.</p> <ul style="list-style-type: none"> <li>• Define operator competency</li> <li>• Duties and responsibilities of Employers, Supervisors, and workers under OSHA and Construction Regulation</li> <li>• Safe operating rules</li> <li>• Capacity plates</li> <li>• Pre-operational checks</li> <li>• Identifying and controlling hazards</li> <li>• Properties of propane and safe cylinder exchange</li> </ul> <p><b>Note:</b> Before operators can be considered competent, they require both supervised hands-on training and experience with the particular class of machine they will be using.</p>	1 day	8	3 year



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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Propane Construction Heaters</b> Designed for those required to connect and disconnect cylinders from various propane powered equipment, such as salamanders, torches, construction heaters, up to 400,000 BTU, and propane equipment and appliances used at mass gatherings.</p>	4 hour	6-10	Record of Training with Ontario Propane Association, (3 year)
<p><b>Fall Protection – Awareness</b> This program provides workers with the basic knowledge required to work safely in areas exposed to fall hazards. Upon completion, participants will be able to recognize fall hazards and identify and apply fall protection controls. A review of legislative requirements will also be discussed. <b>Note:</b> This program does not cover site-specific equipment and procedures. Workers should receive additional training on specific fall-protection equipment and applications they will encounter on the job.</p>	4 hour	8 - 12	2 year
<p><b>Fall Protection – Fundamentals</b> Provides an in depth understanding of systems, where and why to implement. Designed for workers with Awareness knowledge, who use predetermined systems with established anchorages. Includes tests and certificates</p>	1 Day	Max. 12	2 year
<p><b>Fall Protection – Skills</b> Classroom and fieldwork. Provides knowledge to work safely with heights, to view and assess task sites. Identify materials required and set up of temporary anchorages, and proper usage and limitations of equipment. Includes tests and certificates</p>	2 Days	Max. 8	2 year
<p><b>Fall Protection – Competent Person</b> Provides necessary skills and knowledge to meet requirements as per OSHA/OHSA guidelines, ability to develop, implement and maintain a Fall Protection Program. Includes tests and certificates</p>	3 Days	Max. 9	2 year
<p><b>Fall Protection – Equipment Inspection</b> Provides the skills and knowledge necessary to complete formal inspections for Safety people and tool crib operators. Includes tests and certificates.</p>	4 hours	Max. 4	2 year

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Course	Duration	Class Size Min./ Max.	Certification Period
<b>Fall Protection – Train the trainer</b> Provides techniques, theory material and information to pass on the 4 hour General Awareness training to workers. Includes tests and certificates	3 Days	Max. 6	2 year
<b>Confined Space Safety – General Awareness</b> Work in confined spaces can be extremely dangerous due to the potential for buildup of hazardous gases or dust, or due to concentrations oxygen that can result in the immediate life-threatening hazards of suffocation, fire or explosions. Improper identification procedures and substandard hazard recognition of a confined space can result in a life threatening injury. This course provides effective strategies for identifying hazards associated with confined spaces, risk assessment, proper entry procedures and rescue techniques.	4 hour	8 - 12	2 year
<b>Confined Space – Fundamentals</b> Provides entry techniques, Procedural assessments, rescue plan development and implementation. Includes tests and certificates.	1 Day	Max. 12	2 year
<b>Confined Space – Skills</b> Classroom and Field sessions. Provide entry techniques, procedure assessments, rescue plan development and implementation. Includes tests and certificates.	2 Days	Max. 8	2 year
<b>Confined Space – Competent Person</b> Provides skills and knowledge to meet requirements as per OSHA/OHSA guidelines. To develop, implement and maintain a confined space entry program. Includes tests and certificates.	3 Days	Max. 6	2 year
<b>Confined Space – Train the trainer</b> Provides techniques, theory, materials and information to pass on the 4 hour general awareness training to workers. Includes tests and certificates.	3 Days	Max. 6	2 year



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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Hoisting and Rigging Safety-Basics</b> Upon completion, participants will be able to demonstrate a basic knowledge of principles relating to safe hoisting and rigging practices in the construction industry. Modules include: Hoisting and rigging hazards, Fiber rope, knots, and hitches, Hardware, wire rope, and slings, Rigging tools and devices, Hazard awareness in crane operations Full attendance is mandatory. The passing grade is 100% for hand signals, 80% for knots, and 80% for the performance review. Participants must bring their own calculator.</p>	2 day	10-16	
<p><b>TDG Transportation of Dangerous Goods</b> At the end of this training program you will know the purpose of TDG and how to: Use the TDG Regulations and Schedules Determine the classification of a dangerous good, Mark and label small means of containment, Select and display placards for large means of containment, Prepare, take custody of and maintain a shipping document, Report accidental releases of dangerous goods, Determine if a means of containment is 'in standard', Apply any exemptions that are available to you, Meet your responsibilities as a shipper, Meet your responsibilities as a driver, Meet your responsibilities as a handler.</p>	4 hour	6-12	3 year
<p><b>Supervisory Training</b> Under the Occupational Health and Safety Act, supervisors have very specific health and safety responsibilities. This program explains what is expected of supervisors and provides a basis for meeting those responsibilities and today's leadership challenges effectively.</p> <ul style="list-style-type: none"> <li>• Day 1 – Health &amp; Safety Regulation, IRS System, Due diligence</li> <li>• Day 2 – Hazard Identification, Planned workplace inspections, Accident investigation</li> <li>• Day 3 – A day in the life of a Supervisor: the role of a supervisor, time management, log books, dealing with conflict and violence, motivating employees, improving communication, and safety meeting talks.</li> </ul>	3 day	12	



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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Emergency First Aid/CPR</b>            This course provides simple First Aid &amp; CPR techniques taught in an interactive environment, for individuals who want an overview of First Aid &amp; CPR for home or the workplace. The course covers skills needed to recognize and respond to cardiovascular emergencies for adults (CPR Level A) and other topics such as choking, airway and breathing emergencies and prevention of disease transmission.</p> <p>About this course</p> <ul style="list-style-type: none"> <li>• 6.5–8-hour course with flexible scheduling options</li> <li>• Includes Level A CPR (for workplace and general public) or CPR Level B (for families, parents, general public and child care professionals)</li> <li>• Includes AED (Automated External Defibrillation) certification (</li> </ul> <p>What you will learn</p> <ul style="list-style-type: none"> <li>• How to respond to emergencies</li> <li>• The EMS system</li> <li>• The 3 key principles in First Aid - Check, Call, Care</li> <li>• How to deal with :</li> <li>• Airway Emergencies</li> <li>• Breathing &amp; Circulation Emergencies</li> <li>• First Aid for Respiratory &amp; Cardiac Arrest</li> </ul>	1 day	10-12	Red Cross 3 year



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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Standard First Aid/CPR/AED</b> This course includes First Aid &amp; CPR Guidelines 2005 This course provides comprehensive First Aid &amp; CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. A variety of topics are covered from basic first aid such as cardiovascular and breathing emergencies, CPR Level A, prevention of disease transmission to more severe sudden medical conditions and injuries to the head and spine. About this course</p> <ul style="list-style-type: none"> <li>• 14–16-hour course with flexible scheduling options</li> <li>• Includes CPR Level A (for workplace and general public) or CPR Level B (for families, parents, general public and child care professionals)</li> <li>• Includes AED (Automated External Defibrillation) certification</li> </ul> <p>What you will learn</p> <ul style="list-style-type: none"> <li>• How to respond to emergencies</li> <li>• The EMS system</li> <li>• The 3 key principles in First Aid – Check, Call, Care</li> </ul> <p>How to deal with:</p> <ul style="list-style-type: none"> <li>• Airway Emergencies</li> <li>• Breathing &amp; Circulation Emergencies</li> <li>• First Aid for:               <ul style="list-style-type: none"> <li>• Respiratory &amp; Cardiac Arrest</li> <li>• Head &amp; Spine Injuries</li> <li>• Bone, Muscle &amp; Joint Injuries</li> <li>• Wound Care</li> </ul> </li> <li>• How to deal with sudden medical conditions and environmental emergencies</li> </ul>	2 day	10-12	Red Cross 3 year
<p><b>Safety Meetings – Any topic</b></p>	½ hr to 2hrs		

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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Bridge Inspector Safe Climbing Techniques</b></p> <p>This course uses the FRA's 3-D approach for the safe climbing techniques for the purpose of inspection of R.R. Bridge structures with and without fall protection.</p> <p><b>3-D Approach</b>  <b>Develop...</b>A mental road map of the safest route before climbing.  <b>Design...</b>A climbing strategy by deciding what method of climbing to utilize.  <b>Determine...</b>If and where you may need to "Hook Up" your safety equipment.</p> <p>Knowledge gained from this Bridge Safe Climbing Techniques course can be applied to various R.R. Bridge structures such as, Deck Plate Girder Span, Through Plate Girder Span, Steel or Timber Bent substructure.</p> <p><b>Course content...</b> Proper PPE, Emergency Action Plan, First Aid Kits, implementation of the 3-D Plan, Ladder use procedure, Climbing technique i.e. Scooting, Walking &amp; Climbing.</p> <p><b>Field Work</b> Hands on climbing of R.R. Bridge Structures using the techniques learned in the classroom portion of the course.</p> <p><b>Certification cards issued upon successful completion of this course. Refresher training recommended.</b></p>	1 day	Up to 12	1 year
<p><b>DOT Fire Prevention</b></p> <p>This course is aimed at employees who operate company vehicles. Driver and public safety, fire scene securement, along with types of vehicle fires will be discussed i.e. Cab fires, brake &amp; tire fires, and Cargo fires. Techniques for the prevention of vehicle fires, how to fight a vehicle fires &amp; types of fire extinguishers needed to be on board federally regulated vehicles. Field work involving company vehicles.</p>	4 hrs	Up to 12	1 year

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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>D.O.T. Hazardous Materials General Awareness/Familiarization</b></p> <p>D.O.T. Hazardous Materials General Awareness / Familiarization is a required course to be taken every 3 years. In this world of hectic and competitive business environment, it is often difficult to rationalize taking employees off the job. Just remember that hazmat training educates hazmat employees to help insure the safety and security of hazmat during the transportation process. The goal of hazmat training is to reduce the number of hazmat incidents due to human error during preparation and transportation. Fines for violations of the HMR can range from \$500 to \$27,500 per violation. A violation that continues over 10 days is counted as 10 violations. Totals add up quickly! Willful or knowledgeable violations can result in fines and/or imprisonment up to 5 years. More than one third of all the violations are due to failure to provide training or to maintain test records. The events of 9/11 have placed even more emphasis on hazardous materials and regulations.</p> <p><b>WHO SHOULD ATTEND:</b> <b>Individuals who perform any of the following functions:</b></p> <ul style="list-style-type: none"> <li>• Loads, unloads, or handles hazardous materials;</li> <li>• Manufactures, test, reconditions, repairs, modifies, marks, or otherwise represents containers, drums or packaging for hazardous materials;</li> <li>• Prepares hazardous materials for transportation;</li> <li>• Is responsible for the safety of transporting hazardous materials;</li> <li>• Operates a vehicle used to transport hazardous materials.</li> <li>• Billing Clerks</li> <li>• Supervisors</li> </ul> <p><b>COURSE OUTLINE:</b></p> <ol style="list-style-type: none"> <li>1) Introduction</li> <li>2) Regulations and standards</li> <li>3) Basic description, (Proper Shipping name, Hazard Class, I.D. Number, Packing Group)</li> <li>4) Explanation of Bills of Lading</li> <li>5) Emergency Response Information (or MSDS)</li> <li>6) HM Compliance Pocketbook</li> </ol>	1 day	Up to 12	3 years

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Course	Duration	Class Size Min./ Max.	Certification Period
7) Segregation Charts 8) Load/unload of Rail Car (if applicable) 9) Emergency Response Guidebook 10) Basic Site Security Plan			
<b>DOT Hours of Service</b>  This course is directed to CDL drivers. CDL drivers need to know when and how to fill out log books along with keeping track of their total driving hours. FMCSR 395 covers requirements for CDL drivers and their hours of service. This course takes the hours of service requirements part by part with examples for logging "Off duty time, sleeper berth, driving time and on duty not driving time." The requirements for Short-haul operations 100 air mile radius exemptions to the 34 hour restart will be covered.	1 day	Up to 12	2 years
<b>DOT Pre-Trip Inspection</b>  Pre-trip inspections are required before employees take federally regulated vehicle on to a public street. Reasons for Pre-trip Inspections? Public safety, driver safety, preventing damage to property also vehicle maintenance and vehicle life longevity. Attendees will learn technique and tips for performing a solid pre-trip inspection meeting the FMCSR regulations.	4 hrs	Up to 12	2 years
<b>DOT Vehicle Load Securement</b>  This course is designed to give instruction to federally regulated drivers on the FMCSR cargo load securement requirements. Companies as well as drivers have a responsibility to ensure cargo is secured with no danger of load displacement. Drivers will have knowledge of anchor and tie down requirements. Inspection and techniques involving ratchet straps, chains, banding, friction mats, edge protectors, binders, load bars and bulkhead construction to secure particular loads. Load dynamics and placement will also be covered.	4 to 8 hrs	Up to 12	2 years

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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Hazardous Communications</b></p> <p>Having a good understanding of the products and chemicals you use on the job and how we read labels, find and use MSDS's, may save your life. In this course the trainee will learn what to look for when reading labels and what the requirements for chemicals i.e. transferring chemicals from a bulk container to a smaller more usable container. This course will answer questions such as "What information must be communicated on the smaller containers label." "How and where should I store this chemical so I will not put other people in harms way or cause a fire or worse , an explosion."</p> <p>When dealing with chemicals communication is of the utmost importance. The information you get and give...someone's life depends on it.</p>	2 or 4 hrs	Up to 12	2 years
<p><b>Overhead Crane</b></p> <p>This course offers technique and procedures following OSHA guidelines for the operation of Overhead Cranes. Starting with discussion on the types of overhead cranes and their individual characteristics, owner's responsibilities, and operator's responsibilities. This course involves classroom and hands on field work with overhead cranes.</p> <p><b>Course Content</b> Rules &amp; regulations, misconceptions of overhead cranes, braking systems, inspection schedules, visual inspections, operational inspections, hand signals and hoisting and rigging practices.</p> <p><b>Certification cards issued and refresher training recommended.</b></p>	4 or 8 hrs	Up to 12	2 years

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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Traffic Control Work Zone Safety and Set Up</b></p> <p>This course is designed to aid workers when the work task involves road shoulder work traffic lane blocking or lane closures whether in a rural or city setting. Attendees will have knowledge of proper placement of channeling devices, warning lights, pavement markings and arrow panel signs. Proper work zone communication device sizes and set up for the particular street design in which their work task is located. If a signaler is required and what the signalers responsibilities are will also be covered. Field work possible if equipment is furnished.</p>	4 or 8 hrs	Up to 12	2 years
<p><b>Slips, Trips and Falls</b></p> <p>Almost one in every five work-related injury results from a slip, trip or fall. Falls kill more than 12,000 people a year, about 1,200 of them at work. That makes them the biggest cause of workplace fatalities after motor vehicle accidents. Slips, trips and falls whether on or off the job are expensive, disruptive, and painful and may be tragic.</p> <p>There are many situations that can cause slips, trip and falls. Most slip, trip and fall injuries can be prevented by eliminating workplace hazards and by behavior modification: people taking proper action to work safely. This course covers preventative measures to prevent slips, trips and falls. This program will aid the worker in identifying those conditions which may occur and techniques for modifying their environment inside or outside.</p> <p><b>Inside</b> Elevation change, marked pathways, house keeping, closed cabinet drawers, stairways, floor clean-up, painted edges etc.</p> <p><b>Outside</b> Snow, ice, drainage, walking surface terrain, three point contact (entering and exiting trucks, equipment, and ladders) footwear, walking vs. running, lifting procedures etc.</p>	2-4 hrs		

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<p><b>Hand Tools</b> Hand tools are used by every shop and work facility. The misuse of hand tools in industry is the cause of about seven to eight percent of all compensable injuries each year. These injuries often involve severe disabilities.</p> <p><b>The basic rule for Hand Tool Safety? Safety is a state of mind. Always think when using a tool.</b></p> <ul style="list-style-type: none"> <li>• Is it in good condition?</li> <li>• Is it sized right for the job?</li> <li>• Is it in proper working condition?</li> </ul> <p>This course will deal with issues such proper PPE. The prevention of injuries ie. loss of eye/vision, puncture wounds, severed extremities, broken bones, and contusions.</p> <p>Tool maintenance and condition, impact hazards, drilling and cutting hazards, guard etc.</p>	2 hrs		
<p><b>Material Handling</b> This course is designed to enable the worker to identify safe work practices for the specific work tasks he/her must perform when handling material. Recognizing personal limitations and developing good work techniques when dealing various work task situations.</p> <p><b>This course answers such questions such as...</b></p> <ul style="list-style-type: none"> <li>• What should employees know before moving, handling and storing materials?</li> <li>• What are the potential hazards for workers?</li> <li>• What precautions should workers take when moving materials manually?</li> <li>• What precautions should workers take when moving materials mechanically?</li> <li>• What precautions must workers take to avoid storage hazards?</li> <li>• What safeguards must workers follow when stacking materials?</li> </ul>	2 hr / 4hr / 8 hr		

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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Other covered items include...</b></p> <ul style="list-style-type: none"> <li>• Safety measures around cranes</li> <li>• Safe use of slings</li> <li>• Safety measures around Power Industrial Trucks</li> <li>• Ergonomics</li> <li>• Health risks</li> <li>• Body Strengths and weaknesses</li> <li>• Physical factors</li> </ul>			
<p><b>WHMIS</b> WHMIS is a nationwide system developed in October of 1988, by both Federal and Provincial governments, labour and employers, to provide information on hazardous materials used in the workplace. WHMIS recognizes the interests of the workers, employers, suppliers and regulators, balancing the worker's right to know, with industry's right to protect confidential business or product information.</p> <p>Exposure to hazardous material can cause or contribute to a variety of health effects including, but not limited to skin irritation, burns, sensitization, heart ailments, kidney or lung damage, brain damage, and cancer.</p>	2 hrs	12	
<p><b>Snowblower Safety</b> This course addresses snowblower types as well as safe operation and handling of snowblowers.</p>	2 hrs		
<p><b>Lawn Tractor Safety</b> Safe operation and handling of lawn tractors.</p>	2 hrs		
<p><b>Snow Shovelling</b> This course addresses proper shoveling techniques and safety precautions to avoid back injuries.</p>	2 hrs		

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USA OFFICE  
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Green Bay, WI, 54313  
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Fax: 920-662-0996

Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Sprains &amp; Strains – Backs Plus</b> This course is designed to help us learn more about taking care of our backs and avoiding sprains and strains to other parts of the body, too. Backs Plus gets its name from the fact that it may be similar to previous back care training classes we might have had before, but it covers more than just backs and how to lift. We’re going to go over how the main moving parts of the body work, and then go over some special techniques we can use to stay as safe and healthy as possible while we perform tasks like using tools, moving materials, and doing some of the common physical activities needed to get the job done.</p>	2 hrs		
<p><b>Trenching and Shoring</b></p> <ul style="list-style-type: none"> <li>• Learn what is a competent person for trenching, shoring and excavations</li> <li>• Identify excavation hazards and ways to eliminate or reduce the hazard to acceptable levels</li> <li>• Learn soil classifications and how to classify soils</li> <li>• Learn what the requirements are for sloping and benching</li> <li>• Learn what types of protective systems are available and what are the requirements for using them</li> </ul>			
<p><b>Industrial Rescue – Awareness</b></p> <p>An introductory rescue course for retrieving individuals suspended at height using pre-configured rope rescue/retrieval systems.</p>	4 hours		
<p><b>Industrial Rescue – Fundamentals</b></p> <p>Provides an in depth understanding of systems, where and why to implement. Designed for workers with Awareness knowledge, who use predetermined systems with established anchorages. Includes tests and certificates</p>	1 day		

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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>Industrial Rescue – Competent Person</b></p> <p>Provides necessary skills and knowledge to meet requirements as per OSHA/OHSA guidelines, ability to develop, implement and maintain an Industrial Rescue Program. Includes tests and certificates</p>	2 day		
<p><b>High Angle Rescue Technician</b></p> <p>Certification for the High Angle Rescue Technician will be both physically and mentally demanding. Any persons who wish to become certified in this area must commit to the full program and participate fully in the events listed below. Post training is required to both hone and maintain the Technicians learned skills. The Technician should be prepared to train an additional 48hrs min. /yr. Certification will be valid for 2 yrs time of issue date. Re-certification is required to re-qualify skills and to be apprised of new techniques, equipment and regulations as the system evolves.</p> <p>Class size: 6 persons (4 minimum)</p> <p>The purchase of a textbook and rescue equipment is required. Contact ISM for details.</p> <p><b>High Angle Rescue Technician - COURSE OUTLINE</b></p> <ul style="list-style-type: none"> <li>○ <b>Day 01</b> <ul style="list-style-type: none"> <li>▪ Outline/expectations and team concepts.</li> <li>▪ Philosophy.</li> <li>▪ Applications.</li> <li>▪ Communication and roles.</li> <li>▪ Scene size-up.</li> <li>▪ Use and care of related equipment.</li> <li>▪ Rope types, inspection and care.</li> <li>▪ Knots types, application, and practical.</li> <li>▪ Suspension Trauma</li> <li>▪ Assignment/homework.</li> </ul> </li> </ul>	5 days	4 to 6	2 yrs

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Course	Duration	Class Size Min./ Max.	Certification Period
<p><b>COURSE OUTLINE – Continued</b></p> <ul style="list-style-type: none"> <li>○ <b>Day 02</b> <ul style="list-style-type: none"> <li>▪ Anchoring and critical angles.</li> <li>▪ Types of anchors.</li> <li>▪ Vertical descent using brake rack, eight ring and D-20.</li> <li>▪ Belaying: self, bottom, T3w.</li> <li>▪ Ascending mechanical and soft incorporating changeover to descend.</li> <li>▪ Assignment/homework.</li> </ul> </li> <li>○ <b>Day 03</b> <ul style="list-style-type: none"> <li>▪ Mechanical advantage pulleys.</li> <li>▪ 3:1 haul system.</li> <li>▪ Pick-offs/suspended patient.</li> <li>▪ Jigger kit / mini haul system suspended patient retrieval.</li> <li>▪ Assignment/homework.</li> </ul> </li> <li>○ <b>Day 04</b> <ul style="list-style-type: none"> <li>▪ Litter rig / patient packaging.</li> <li>▪ Litter attendant.</li> <li>▪ 5:1 and 9:1 haul systems.</li> <li>▪ Assignment/homework.</li> </ul> </li> <li>○ <b>Day 05</b> <ul style="list-style-type: none"> <li>▪ Tensioned rope systems (highline).</li> <li>▪ Written test.</li> </ul> </li> </ul> <p>Individuals will be issued a wallet certificate upon successful completion of a written and hand on skills tests.</p>			