

Our Most Common Courses  
\*\*\*All Courses are Valid for 3 Years\*\*\*

Red Cross and St John Ambulance

Standard First Aid - CPR A (OR) C & AED

In this two-day course students will learn to recognize and provide interventions for life-threatening emergencies until medical aid arrives.

**Topics include:**

CPR and choking for adults and children, shock and unconsciousness, severe bleeding, head & spinal injuries, major medical conditions. First aid for other injuries and illnesses including head and spinal injuries, fractures of the upper and lower limbs.

This course includes Level C CPR training and certification (adult, child, infant, and 2-rescuer resuscitation) and AED training and certification.

Standard First Aid Recert.

If your Standard First Aid certificate has not yet expired, you may take a one day re-certification course. You will be updated on new protocols, review skills and have a skills assessment exam and complete a written exam.



Also Available:

Onsite and Private  
Courses

Energy Safety  
Canada  
BOP Challenge  
Exams



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OR

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LOCATION:

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FRONTIER SAFETY  
TRAINING



## Detection and Control Of Flammable Substances

Gain an understanding on how to safely monitor, assess hazards and control flammable substances through lectures, demonstrations and hands-on practice.

### **Designed For:**

Personnel who may need to undertake monitoring of potentially hazardous atmospheres in the workplace while working in the oil and gas industry.

### **Topics Include:**

Introduction to flammable substances, Principles of flammable gas/vapour, care and preparation of combustible gas monitors, sampling strategies and interpretation of monitor readings, control methods for high combustible gas readings.

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## H2S Alive – Energy Safety Canada

Learn to work safely in and around hydrogen sulphide (H2S) environments.

### **Designed For:**

Any worker who may be exposed to H2S.

### **Topics include:**

H2S Properties, Health Hazards and Location, Hazard Assessment and Control, Respiratory Protective Equipment, Detection of H2S, Initial Response Strategy.



## OSSA Confined Space Entry and Monitor

Confined Space Entry work by nature is very dangerous. Workers are entering a partially enclosed or enclosed area that can be difficult to enter or exit and is not designed for human occupancy.

A lot of the time, some type of harmful substance or process is present in the space.

### **Designed for:**

Anyone who is working in areas where confined spaces are present.

### **Topics Include:**

How to identify hazards, how to control and test for potential confined space dangers, Proper Personal Protective Equipment (PPE) needed for entry and emergency and rescue procedures, Level 1, 2 and 3 spaces, Gas testing and electric monitors.

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## Ground Disturbance Level II

Ground disturbance is defined as any activity which will disturb the earth or reduce the ground cover over a buried installation.

### **Designed for:**

Any party that is supervising a Ground Disturbance, independently performing a Ground Disturbance, or issuing and receiving Ground Disturbance permits.

### **Topics include:**

Regulations and legislation, approvals/crossing agreements, creating plot plan/site drawings, line locating, back-fill inspections, permits, pre-job meetings and emergency response plans.

## Fall Protection

Falls are among the most common causes of serious work related injuries and deaths.

### **Designed for:**

Anyone who works in an environment where there is a potential to fall from heights. It is intended to provide participants with a general understanding of what fall protection is and how it applies to real work environments.

### **Topics include:**

Equipment selection and appropriate use, Proper inspection of PPE and importance of documentation, Travel Restraint VS Fall Arrest systems, Legislation, Practical portion and exam.



## Visit Us Online

Check out [www.teamfs.ca](http://www.teamfs.ca) for over 600 online courses including Driver, Electrical, Equipment, Safety, Soft Skills and more.

Employers - ask about setting up a training portal. This will assist with tracking and allow employees to take online training at their own convenience. Portal users are billed monthly on completion of courses.