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**COURSE PORTFOLIO**

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# ABRASIVE WHEELS AWARENESS

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

The aim of this course is to provide you with basic information on the hazards, risks and controls for abrasive wheels. Throughout this course your understanding will be tested, and the results recorded. You need to answer 80 percent of the questions correctly to pass the course.

## Learning Objectives:

- LO1: Identify and describe the different types of abrasive wheels
- LO2: Identify the hazards associated with abrasive wheels
- LO3: Identify the controls for abrasive wheels
- LO4: Explain the regulations associated with abrasive wheels





# ACCESS TO MEDICAL RECORDS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

Employees have a legal right to access medical records and information related to their employment. It is important to understand the types of records you have access to, as well as the rights and procedures involved when requesting and accessing

these records. In accordance with 29 CFR 1910.1020

## Learning Objectives:

Understand Access To Medical Records

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# ASBESTOS AWARENESS

**Duration:** 40 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This is an awareness course, suitable for all employees working in hazardous industries. Candidates will learn about what asbestos is and why it is dangerous, as well as where it will be found and what to do should any suspicious materials be found on site.

## Learning Objectives:

- LO1: Describe the nature and properties of asbestos and its effects on health
- LO2: List the types of asbestos and explain where asbestos and ACMs can be typically found
- LO3: Recall the existence of general legislation in relation to health and safety and asbestos
- LO4: Describe how to avoid the risks from asbestos
- LO5: Explain where to obtain information on asbestos prior to commencing work
- LO6: Explain what to do if suspicious materials are found
- LO7: Describe appropriate workplace precautions, including the risk assessment process, with regards to the risks of asbestos
- LO8: Explain how to undertake work activities in a safe manner and without risk to yourselves or others
- LO9: List procedures to be followed when coming into unintentional contact with ACMs and the appropriate emergency arrangements
- L10: The limitations of this training course and what further training is required before working on or with ACMs

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# ASBESTOS AWARENESS (OSHA)

**Duration:** 35 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

In accordance with 29 CFR 1910.1001 & CFR 1926.1101 Employees have a legal right to access medical records and information related to their employment. It is important to understand the types of records you have access to, as well as the rights and procedures involved when requesting and accessing these records. In accordance with 29 CFR 1910.1020

## Learning Objectives:

Understand Asbestos Awareness

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# ATMOSPHERIC EMISSIONS

**Duration:** 30 minutes

**Questions:** 11

**Price Band :** A

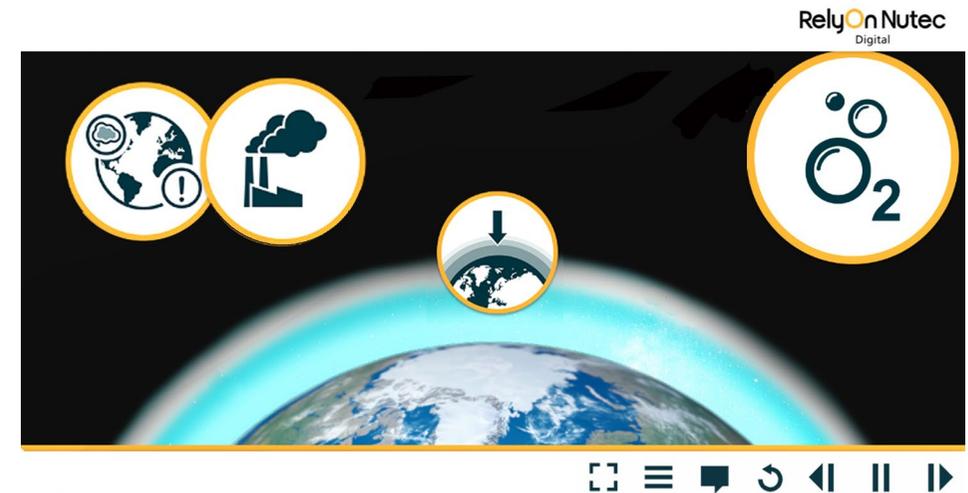
## Course Outline:

This course provides an understanding of the types, composition, and sources of atmospheric emissions that can result from operational activities in the oil and gas industry.

You will learn about how emissions can impact on the environment, and how companies can manage, control and reduce emissions through compliance with industry legislation and regulation.

## Learning Objectives:

- LO1: Distinguish common operational activities and associated atmospheric emissions
- LO2: Describe the potential impacts that emissions can have on the environment
- LO3: Identify recent trends and statistics of atmospheric emissions in the UK Oil and Gas industry
- LO4: Recognise relevant national, European and international legislation
- LO5: Describe the permit process for controlling atmospheric emissions
- LO6: Explain requirements for reporting and monitoring atmospheric emissions
- LO7: Describe roles and responsibilities associated with controlling and reducing emissions





# AUTHORISED GAS TESTER

**Duration:** 240 minutes

**Questions:** 96

**Price Band :** S

## Course Outline:

This course has been designed to equip delegates with the knowledge to conduct gas testing within confined spaces and awareness of associated confined hazards. The authorised gas tester role is critical in testing for and ensuring safe working atmospheres, in particular: permit-controlled confined spaces, and prior to and during hot work.

Our course has been developed in bitesize learning chunks for each topic. At the end of each module, there will be an assessment. Delegates will need to pass each module at 80 percent or above.

The aim of this course is to teach you the requirements associated with gas detection. On successful completion, you will have the basic knowledge necessary to allow you to operate as an Authorised Gas Tester. You will be given two attempts at each module, and you must score 80 percent to pass.

## Learning Objectives:

- LO1: Confined space criteria
- LO2: The type of operations being tested for flammable and toxic gases
- LO3: The potential cumulative hazards of operations within an oxygen-enriched, oxygen-deficient, toxic or flammable environment and habitats
- LO4: Carrying out a suitable and sufficient risk assessment before testing activities and confined space entry
- LO5: Understanding responsibilities within safe systems of work
- LO6: Nominating stand by person to raise the alarm and initiate emergency response
- LO7: The implications of statutory requirements with respect to gas testing
- LO8: How to interpret operational requirements
- LO9: How to select, use and care for PPE for different toxic and flammable gases and other contaminants through risk assessment
- LO10: Consideration of appropriate levels of respiratory protective equipment
- LO11: The strengths and weaknesses of the various types of atmospheric flammable and toxic gas detection equipment
- LO12: Determining the extent of the test boundaries
- LO13: Calibrating the instruments used in atmospheric testing
- LO14: Sources of assistance in the event of damaged or defective equipment
- LO15: How to access and interpret the relevant operational instructions
- LO16: The operating principles of atmosphere monitoring and measuring equipment
- LO17: Frequently observed failure modes
- LO18: How to correctly select between aspirating and non-aspirating detectors to obtain a representative sample of the atmosphere being tested
- LO19: Equipment required for testing for hydrocarbons in inert atmospheres
- LO20: Gas detector pre-start checks
- LO21: How to document the results and advise relevant personnel
- LO22: How to interpret the results, to include both normal and abnormal
- LO23: Hot work (any operation involving naked flames or producing heat and/or sparks or any operation that has spark potential)
- LO24: Vapour cloud movement
- LO25: The hazards and properties of flammable gases
- LO26: Carrying out a suitable and sufficient risk assessment before testing activities
- LO27: Understanding responsibilities within safe systems of work
- LO28: Nominating fire watcher(s) to raise the alarm and initiate emergency response
- LO29: The different types of detectors used for the flammable product
- LO30: The range and frequency of tests
- LO31: Monitoring and retesting requirements
- LO32: The principles of hot work gas testing as applied to the work area
- LO33: The acceptable levels of flammable gases
- LO34: The correct amount of oxygen
- LO35: How to set up the relevant detector for each gas testing application and confirm its correct functioning



- LO36: Where to site portable or transportable equipment that will be used to continuously monitor the atmosphere
- LO37: The hazards and properties of flammable and toxic gases
- LO38: The behaviour of different gases
- LO39: The range and frequency of tests and monitoring and retesting after the initial entry
- LO40: Acceptable levels of flammable and toxic gases and the correct amount of oxygen
- LO41: The implications of WEL for toxic gases
- LO42: The implications of LEL for flammable gases
- LO43: Performing gas tests in sequence
- LO44: How to set up the relevant detector for each gas testing application, its potential failure modes and confirming its correct functioning
- LO45: How to obtain a representative atmosphere sample from a range of confined spaces
- LO46: Taking samples at the top, middle and bottom to locate varying concentrations of gases and vapours
- LO47: Sampling confined spaces at a distance inside the opening because air intrusion near the entrance can give a false sense of adequate oxygen present
- LO48: Testing flammable gases in inert atmospheres
- LO49: Where to site portable or transportable equipment that will be used to continuously monitor the atmosphere
- LO50: Responsibilities of the Fire Watch
- LO51: Responsibilities of the Standby Person
- LO52: Responsibilities of the Gas Monitor role
- LO53: Impact of environmental changes on working conditions
- LO54: Sources of assistance and specialist support
- LO55: The importance of checking that the controls on the equipment are as specified

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Authorised Gas Testers



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# AUTHORISED GAS TESTER (OPITO APPROVED)

**Duration:** 240 minutes

**Questions:** 96

**Price Band :** S

## Course Outline:

This course is accredited to the OPITO Authorised Gas Tester standard and has been designed to equip delegates with the knowledge to conduct gas testing within confined spaces and awareness of associated confined hazards. The authorised gas tester role is critical in testing for and ensuring safe working atmospheres, in particular: permit-controlled confined spaces, and prior to and during hot work.

Our course has been developed in bitesize learning chunks for each topic. At the end of each module, there will be an assessment. Delegates will need to pass each module at 80 percent or above. When you pass the course, you will be issued with a certificate which is valid for 3 years.

The aim of this course is to teach you the requirements associated with gas detection. On successful completion, you will have the basic knowledge necessary to allow you to operate as an Authorised Gas Tester. You will be given two attempts at each module, and you must score 80 percent to pass.

## Learning Objectives:

- LO1: Confined space criteria
- LO2: The type of operations being tested for flammable and toxic gases
- LO3: The potential cumulative hazards of operations within an oxygen-enriched, oxygen-deficient, toxic or flammable environment and habitats
- LO4: Carrying out a suitable and sufficient risk assessment before testing activities and confined space entry
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- LO49: Where to site portable or transportable equipment that will be used to continuously monitor the atmosphere
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- LO51: Responsibilities of the Standby Person
- LO52: Responsibilities of the Gas Monitor role
- LO53: Impact of environmental changes on working conditions
- LO54: Sources of assistance and specialist support
- LO55: The importance of checking that the controls on the equipment are as specified

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# BACK SAFETY AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

In accordance with 29 CFR 1910.1001 & CFR 1926.1101 Over 1 million workers suffer back injuries each year, accounting for 20% of all workplace injuries. Fortunately, workers can easily prevent these injuries by being proactive and practicing safe lifting techniques.

## Learning Objectives:

Understand Back Safety Awareness

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# BENZENE AWARENESS

**Duration:** 30 minutes

**Questions:** 6

**Price Band :** A

## Course Outline:

This course also advises on what might happen if you are exposed to benzene and the precautions you and your employer can take to stay safe. Finally, this course offers guidelines on how to respond if exposure does occur. Throughout this course your understanding of the information given will be tested and the results recorded. You need to answer 80 percent of the questions correctly to pass the course.

## Learning Objectives:

LO1: Identify the characteristics of benzene

LO2: Explain where benzene is found

LO3: Describe the effects of exposure to benzene

LO4: List the safety equipment that should be used to protect against the effects of benzene

LO5: Describe the precautions to be taken to avoid exposure to benzene

LO6: Outline the actions to be taken if exposed to benzene

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# BENZENE AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 10

**Price Band :** A

**Course Outline:**

Benzene Awareness

## Learning Objectives:

Understand Benzene Awareness

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# CHEMICALS MANAGEMENT

**Duration:** 45 minutes

**Questions:** 13

**Price Band :** A

## Course Outline:

This aim of this course is to provide an awareness and understanding of the use of chemicals in the offshore oil and gas industry. You will learn about associated environmental, legislative and regulatory aspects, along with practical advice on permitting and management of chemicals.

## Learning Objectives:

LO1: Identify the typical activities and operations utilising chemicals in the offshore oil and gas industry.

LO2: Give examples of the potential environmental issues associated with chemical use offshore.

LO3: Recognise the relevant legislative and re

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# CONFINED SPACE (OSHA)

**Duration:** 35 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

Confined spaces are some of the most hazardous areas in any workplace. Due to the additional hazards present, otherwise routine tasks may become extremely dangerous when working in confined spaces. Employees must be aware of all the hazards involved, as well as the safe work practices, procedures, and equipment required to make a safe entry.

## Learning Objectives:

Understand Confined Space Entry

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# CONFINED SPACE ENTRY (CSE)

**Duration:** 60 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This confined space entry course is suitable for all employees in hazardous industries required to work in confined spaces. On successful completion of this course, candidates will recognise the hazards associated with confined space entry and the precautions that need to be taken when working in a confined space. It provides candidates with the knowledge to perform their duties safely and responsibly.

## Learning Objectives:

- LO1: Describe a confined space
- LO2: Identify examples of confined spaces
- LO3: Identify and explain the hazards associated with a confined space
- LO4: Identify the different roles and responsibilities for confined space entry
- LO5: Describe the regulations associated with confined space entry
- LO6: Describe the elements of a risk assessment for confined space entry
- LO7: Identify the elements of a safe system of work
- LO8: Describe good housekeeping practices for confined space work
- LO9: Describe the emergency procedures for confined space work
- LO10: Describe rules for entering/working in a confined space
- LO11: Describe when and how to exit a confined space

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# CONTROL OF SUBSTANCES HAZARDOUS TO HEALTH (COSHH)

**Duration:** 40 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This Control of Substances Hazardous to Health course is suitable for all candidates working with hazardous substances on a regular basis. The content in this course has been developed by qualified chemists and fully satisfies the requirements of the UK COSHH Regulations.

## Learning Objectives:

LO1: Explain what COSHH is & why we need it

LO2: Explain the COSHH Regulations

LO3: Describe the employer and employee duties under the COSHH regulations

LO4: Identify how you may come into contact with a hazardous substance

LO5: Explain what a Safety Data Sheet is

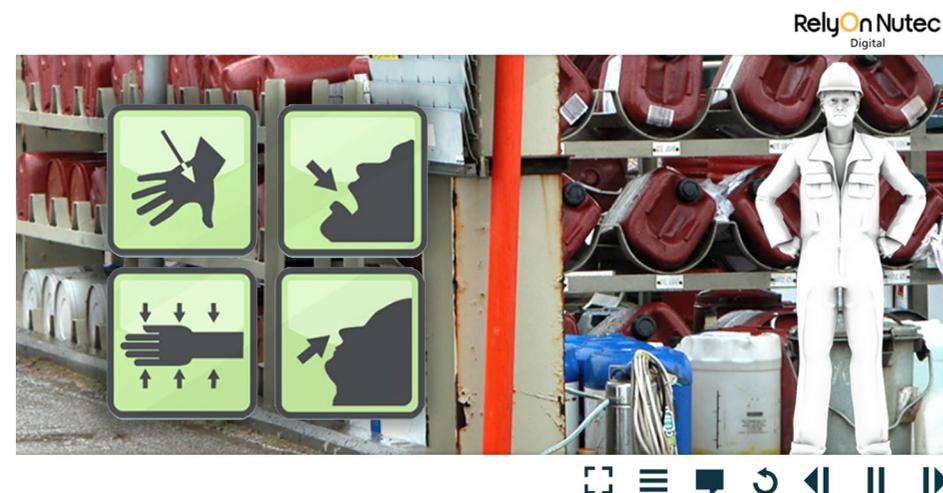
LO6: Identify the COSHH hazard symbols

LO7: Describe the different control measures that can be used

LO8: Identify the personal protective equipment specific to chemical applications

LO9: Describe a COSHH Risk Assessment

LO10: Identify good practices related to COSHH





# CONTROL OF WORK (COW)

**Duration:** 60 minutes

**Questions:** 37

**Price Band :** A

## Course Outline:

The course is split up into four modules and at the end of each module we'll test your understanding by giving you practice questions. At the end of the course your understanding of the information given will be tested and the results recorded. You need to answer

80 percent of the questions correctly to pass the course. When you pass the course, you will be issued with a certificate which is valid for 2 years. The aim of this course is to provide you with an understanding of the role of the Performing Authority.

## Learning Objectives:

- LO1: Identify the main legal requirements and guidance documents relevant to control of work
- LO2: Explain the role of the Performing Authority
- LO3: State the responsibilities of the Performing Authority
- LO4: State the purpose of Control of Work systems
- LO5: Explain the principles of work control, and how work is controlled within typical Permit to Work (PTW) systems
- LO6: Identify the main types of Control of Work documents, explain their purpose and why they are cross-referenced to each other
- LO7: Identify the main roles within a typical PTW system and the function of each role
- LO8: Define the term "hazard"
- LO9: Identify common ways of grouping oil and gas industry workplace hazards
- LO10: Identify typical effects and consequences of specific hazards
- LO11: Define the term "risk"
- LO12: Differentiate between the terms "hazard" and "risk"
- LO13: Explain the purpose of a task risk assessment
- LO14: Identify and explain the main steps of a typical task risk assessment process
- LO15: Give a brief explanation of the term ALARP
- LO16: Identify and explain the typical controls that would be put in place to eliminate or reduce risk
- LO17: Explain risks associated with work-related hazards
- LO18: Explain the typical methods for recording a task risk assessment
- LO19: Explain how to undertake a review of existing task risk assessments and why reviews are required
- LO20: Prepare a task risk assessment - Virtual practical exercise
- LO21: Identify and explain typical steps in planning/preparing for the work activity/activities
- LO22: Explain how the Performing Authority can verify isolations for the work activities
- LO23: Explain how others may be affected by the work activities
- LO24: Know how to comply with typical work control documents and PTW rules and requirements
- LO25: Explain the requirement to communicate effectively with everyone involved at the worksite
- LO26: Describe the responsibility of the Performing Authority to stop the work if they, or any other person, expresses concerns related to the work activities
- LO27: Explain why regular worksite visits and inspections are important
- LO28: Identify typical methods for controlling work activities
- LO29: Describe the PA's responsibilities to respond appropriately to unplanned changes to the work plan, changes to the workplace conditions, and how these can affect worksite safety
- LO30: Identify and explain the hazards and risks of simultaneous working at multiple worksites
- LO31: Explain the requirement for effective handovers



LO32: Explain the techniques and methods to ensure effective handovers

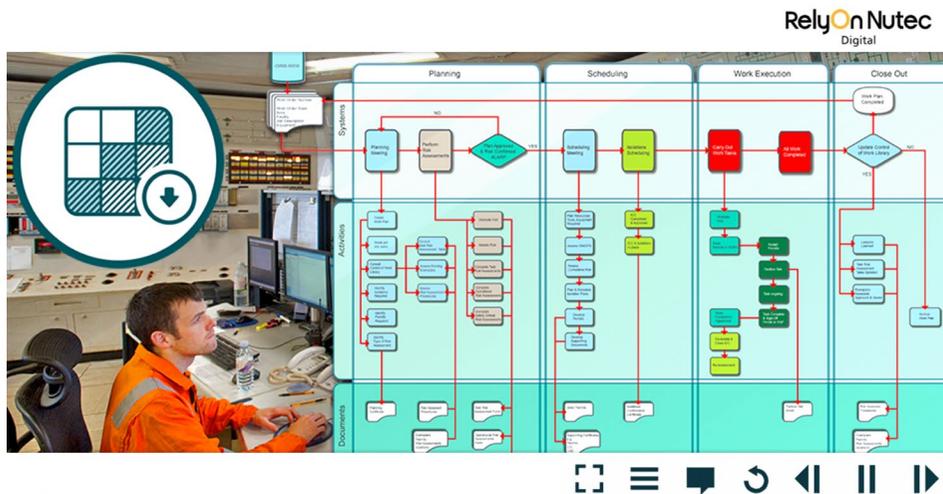
LO33: Identify typical reasons for suspension of work

LO34: Identify the typical steps in the suspension of work

LO35: Explain typical work completion requirements

LO36: Explain how lessons learned from work activities should be captured and recorded

LO37: Explain how waste from work activities can be managed according to local site rules





# CORROSION AWARENESS

**Duration:** 30 minutes

**Questions:** 14

**Price Band :** A

## Course Outline:

The aim of this course is to provide you with an awareness of corrosion, and how this specifically affects the oil and gas industry. Throughout this course your understanding of the information given will be tested and the results recorded. You need to answer 80 percent of the questions correctly to pass the course.

## Learning Objectives:

- LO1: Describe how and why corrosion occurs.
- LO2: Explain how corrosion affects the industry as a whole (cost etc.)
- LO3: Identify where corrosion is likely to occur off and onshore.
- LO4: Define the different types of corrosion.
- LO5: Explain how corrosion affects pipelines
- LO6: Explain how corrosion affects wells
- LO7: Explain how corrosion affects water systems
- LO8: Explain how corrosion affects dead leg areas
- LO9: Explain how to treat and prevent corrosion.

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# DISPLAY SCREEN EQUIPMENT

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This course contains information for the safe use of display screen equipment in the workplace and at home. It is suitable for everyone who uses this type of equipment and contains an assessment of the workstation. The assessment will give the user a full understanding of the potential hazards involved and how to assess whether or not they are at risk.

## Learning Objectives:

- LO1: Outline what is meant by Display Screen Equipment and its potential hazards
- LO2: Give an overview of common health and safety issues associated with Display Screen Equipment
- LO3: Give an overview of the laws and regulations concerning Display Screen Equipment
- LO4: Describe the Upper Limb disorders that can be associated with Display Screen Equipment
- LO5: Give an overview of good posture and the prevention of musculoskeletal disorders
- LO6: Describe the risk assessment process for a workstation
- LO7: Explain how to use a mouse correctly
- LO8: Explain how to read a screen correctly
- LO9: Explain how to correctly use a portable computer
- LO10: Discuss case studies involving health issues caused by inefficient use of Display Screen Equipment

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# DROPPED OBJECTS

**Duration:** 30 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

This course has been designed to give candidates an understanding of dropped objects, where they may occur, the associated risks, and employers and employees responsibilities for managing the risks associated.

## Learning Objectives:

- LO1: Define what dropped objects are and where they may occur
- LO2: Describe the dangers of dropped objects
- LO3: Describe how to reduce or prevent the impact of dropped objects
- LO4: Outline your employer's responsibilities for controlling dropped objects
- LO5: Understand your responsibilities for controlling dropped objects

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# DRUG AND ALCOHOL AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

The use and abuse of drugs, alcohol, and other substances create serious problems inside and outside of the workplace. The National Institute for Drug and Alcohol Abuse identifies these issues as the most preventable cause of accidents in the workplace. Employees can help prevent incidents by learning to recognize the signs of use and properly reporting and documenting these instances.

## Learning Objectives:

Understand Drug And Alcohol Awareness

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# ELECTRICAL SAFETY AWARENESS (OSHA)

**Duration:** 35 minutes

**Questions:** 10

**Price Band :** A

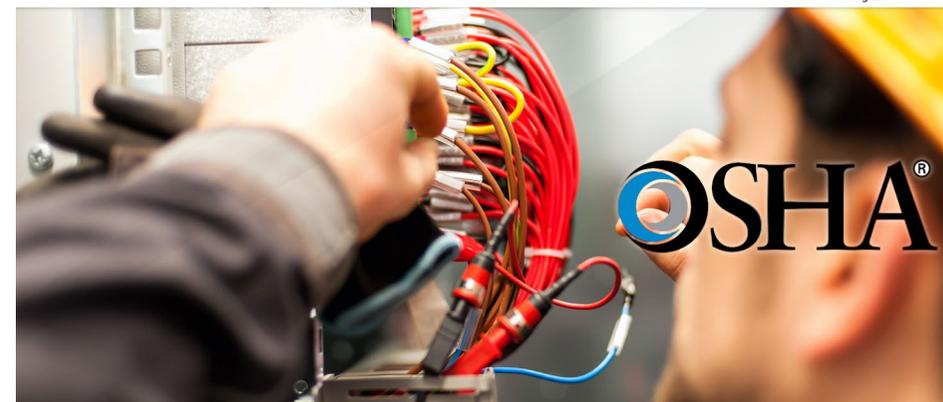
## Course Outline:

Electricity can present serious hazards in industrial work environments. All personnel must understand how to recognize electrical hazards in the workplace, as well as the safety procedures to follow when working near hazardous electrical equipment.

## Learning Objectives:

Understand Electrical Safety Awareness

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# ELECTRICAL SAFETY RULES

**Duration:** 60 minutes

**Questions:** 20

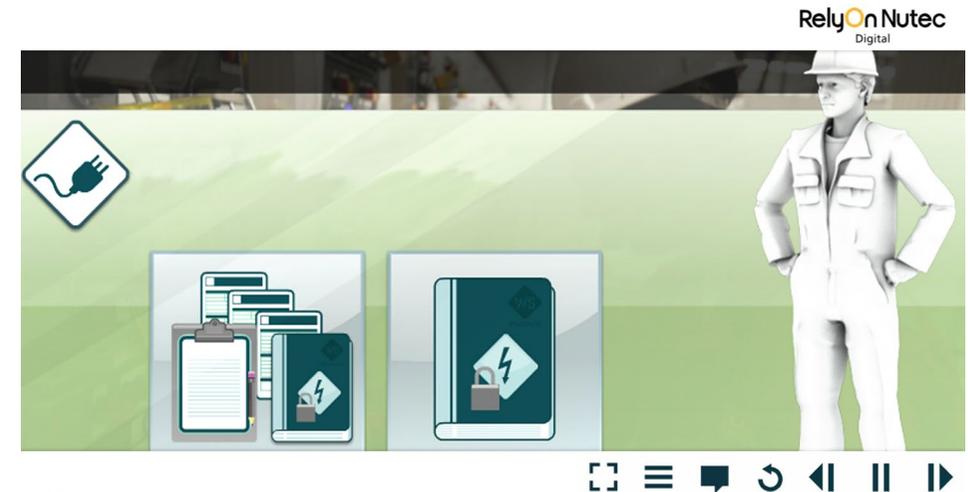
**Price Band :** A

## Course Outline:

This course addresses the dangers of working with electricity and provides guidance on the precautions required to stay safe. The course also identifies the roles and responsibilities of electrical personnel and provides instruction on procedures to be followed when carrying out electrical isolations.

## Learning Objectives:

- LO1: Describe the purpose of the Electrical Safety Rules
- LO2: Identify the roles and responsibilities of electrical personnel
- LO3: Outline the PPE to be worn for electrical work
- LO4: Explain the function of Switch Rooms
- LO5: Explain the function of a switching programme
- LO6: Describe the documentation required for electrical work
- LO7: Outline the reporting procedure for faults
- LO8: Describe the procedures to be followed when carrying out electrical isolations
- LO9: Describe the procedure for working on High Voltage Equipment
- LO10: Describe the procedure for the handling of cables
- LO11: Describe the procedure for working on Low Voltage systems
- LO12: Describe the procedure for working on telecommunications equipment
- LO13: Describe the precautions to be taken in hazardous areas
- LO14: Explain the actions to take in an emergency





# EMERGENCY RESPONSE AND EVACUATION AWARENESS (OSHA)

**Duration:** 25 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

Emergencies can happen anytime, anywhere. Responding quickly and properly to an emergency is critical to protect life and health. All employees must be familiar with general emergency response, evacuation, and abandonment procedures, as well as the specific response procedures for their location. In accordance 29 CFR 1910.38-39

## Learning Objectives:

Understand Emergency Response And Evacuation Awareness

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# ENERGY ISOLATIONS (LOTO)

**Duration:** 60 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This is an awareness course, suitable for all employees working in hazardous industries. Candidates will learn what energy isolations are and how they fit into the isolation process. Delegates will be able to demonstrate an understanding of key terminology and equipment used in the isolation process and the legislation associated with LOTO.

## Learning Objectives:

- LO1: Explain why energy isolation is required
- LO2: Explain the purpose of isolations
- LO3: Describe key terminology used in isolations
- LO4: List the legislation applicable to LOTO
- LO5: Explain who is typically involved in isolations
- LO6: Describe the training requirements for workers involved in isolations
- LO7: List the 8 steps of isolation
- LO8: Give examples of when to use lock out
- LO9: Identify the different types of isolation devices
- LO10: Describe what to do if lock out cannot be used

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# ENVIRONMENTAL AWARENESS

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

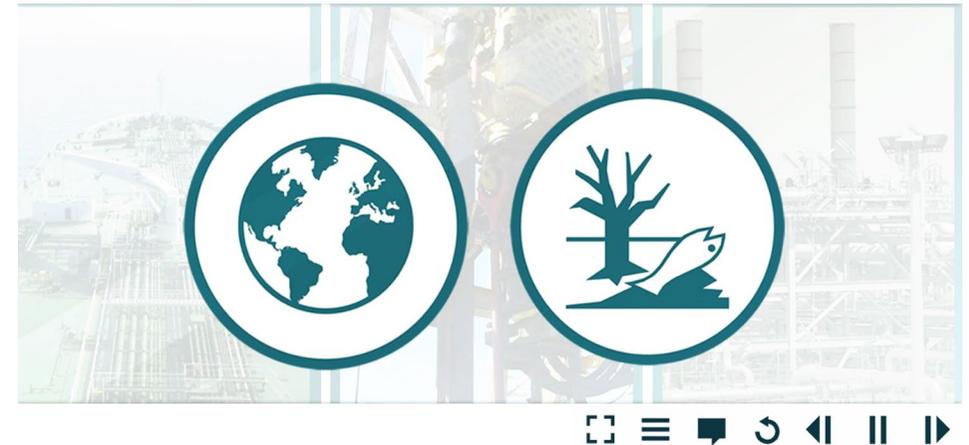
The purpose of this Environmental Awareness course is to help delegates understand the impact that company activities can have on the environment. Additionally, they will be able to identify

their role in reducing the impact that company operations can have on global environmental issues, such as global warming and ozone depletion.

## Learning Objectives:

- LO1: Give an introduction to environmental management systems and environmental impacts
- LO2: Explain what atmospheric emissions
- LO3: Explain what discharges to water are
- LO4: Explain how the chemicals we use can have an impact on the environment
- LO5: Explain how the waste we produce affects the environment
- LO6: Explain why it is so important to prevent oil spills
- LO7: Explain why and how we use data to manage environmental performance
- LO8: Give an understanding of onshore and offshore oil and gas industry interactions with the environment

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# EXCAVATION

**Duration:** 60 minutes

**Questions:** 20

**Price Band :** A

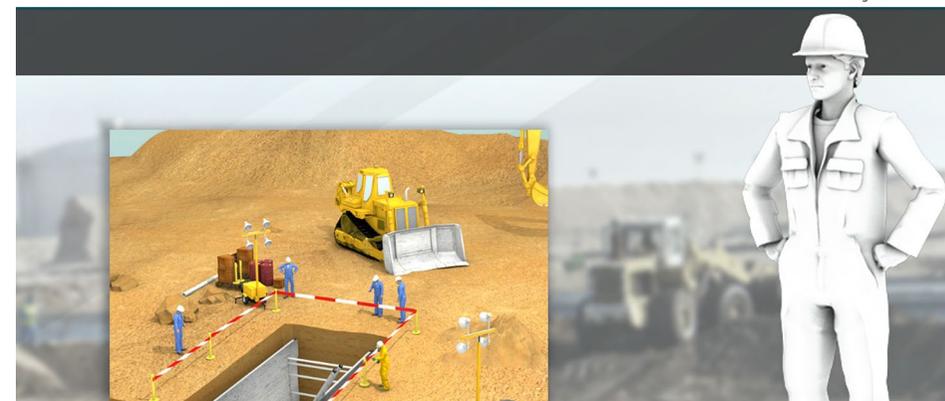
## Course Outline:

Excavations can be very dangerous places for personnel in and around the work-site. This course shows candidates how to spot the dangers associated with excavations and what controls are necessary to prevent injury.

## Learning Objectives:

- LO1: Define what an excavation is
- LO2: Identify the need for an excavation procedure
- LO3: Identify the roles and responsibilities associated with excavations
- LO4: Describe the hazards associated with excavations
- LO5: Describe how to plan an excavation
- LO6: Identify what PPE is required
- LO7: Identify and describe excavation support systems
- LO8: Describe the emergency response arrangements
- LO9: Identify the safety checks required before work can begin within the excavation
- LO10: Identify safety requirements during excavations
- LO11: Describe how to carry out an excavation
- LO12: Describe the backfilling procedure

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# EXPLOSIVES

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

The course explains what explosives are, what they are used for, why they are used and the controls in place to prevent unnecessary risk whilst working with them. The course also identifies the roles and responsibilities of those working with explosives.

## Learning Objectives:

- LO1: Identify what explosives are
- LO2: Describe some of the uses for explosives offshore
- LO3: Explain why explosives are used
- LO4: Explain the authorisation process for using explosives
- LO5: Describe how explosives are detonated and the dangers of other sources of induced currents
- LO6: Identify typical strategies to prevent accidental detonations
- LO7: Identify work to be ceased when explosives are to be used
- LO8: Identify those authorised to handle explosives
- LO9: Describe the measures taken to store explosives safely
- LO10: Identify your responsibilities before and during the use of explosives

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# FALL PROTECTION AWARENESS (OSHA)

**Duration:** 32 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

Falls are a leading cause of workplace injury. Various methods and systems are used to protect workers by preventing falls, and arresting falls as soon as possible if they occur. Identifying fall hazards and selecting the proper type of fall protection are key to keeping employees safe when working at dangerous heights. In accordance with OSHA 1926.500, 1926.501, ANSI z359.1-1992, A10.32-2004 & A14.3-1992

## Learning Objectives:

Understand Fall Protection Awareness

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# FIRE AWARENESS

**Duration:** 45 minutes

**Questions:** 12

**Price Band :** A

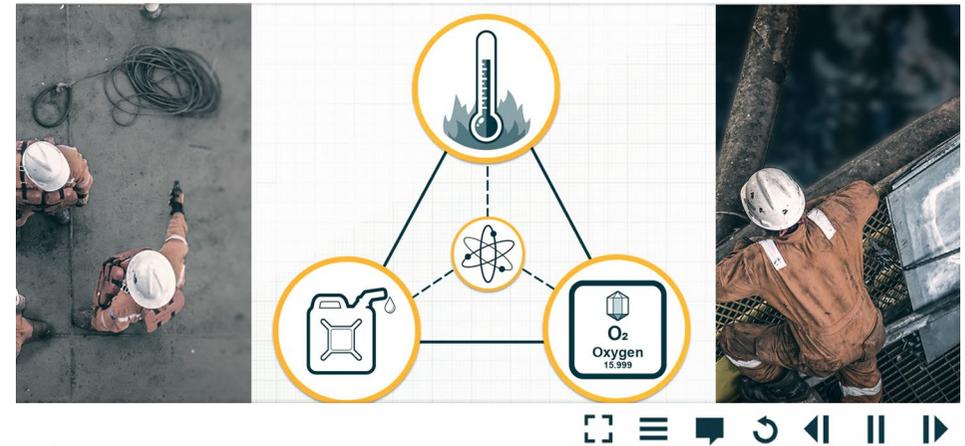
## Course Outline:

This course provides delegates with an overall understanding of fire safety in the workplace. You will learn about relevant health and safety legislation, theory on the nature of fire and how it spreads, along with practical guidance on fire prevention and workplace firefighting equipment.

## Learning Objectives:

- LO1: Identify relevant legislative requirements for fire safety in the workplace
- LO2: Recognise the key roles and responsibilities of the employer and the employee
- LO3: Explain how the Fire Tetrahedron works
- LO4: Explain the contributing factors of fire spread and intensity
- LO5: Identify the various types of fire gases
- LO6: Recognise relevant fire signage used in the workplace
- LO7: Identify potential fire hazards within the workplace
- LO8: Explain good practice for workplace fire prevention
- LO9: Describe the actions you should take in an emergency
- LO10: Identify the various classes of fire and associated means of suppression
- LO11: Explain how to safely use different extinguisher types
- LO12: Recognise the various types of fixed fire prevention equipment found in the workplace

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# FIRE PREVENTION AND EXTINGUISHING AWARENESS (OSHA)

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

Fire safety involves taking proper precautions to reduce the likelihood of a fire, and also knowing how to react if a fire should occur. All employees should be able to identify unsafe work conditions, and use aggressive fire prevention techniques to reduce or eliminate potential dangers. It is also important to know the class of fire, how to choose the correct extinguisher, proper firefighting techniques, and know when not to fight a fire. In accordance with OSHA 1926.500, 1926.501, ANSI z359.1-1992, A10.32-2004 & A14.3-1992

## Learning Objectives:

Understand Fire Prevention And Extinguishing Awareness

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# FIRST AID & BLOODBORNE PATHOGENS AWARENESS (OSHA)

**Duration:** 32 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

Employees must know how to respond properly when an accident or injury occurs in the workplace. Exposure to bloodborne pathogens is a serious concern in responding to injury because these microorganisms can cause disease. Understanding and following basic first aid and emergency action steps helps to minimize threats to life and health.

## Learning Objectives:

Understand First Aid & Bloodborne Pathogens Awareness

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# GAS MONITOR

**Duration:** 60 minutes

**Questions:** 28

**Price Band :** S

## Course Outline:

This course is accredited to the OPITO Gas Monitor standard. The course will ensure that personnel preparing to provide safety watch duties through the ongoing monitoring of hot-work sites are equipped with the relevant knowledge to safely carry out the role.

Our course has been developed in bitesize learning chunks for each topic. At the end of each module, there will be an assessment. Delegates will need to pass each module at 80 percent or above. When you pass the course, you will be issued with a certificate which is valid for 3 years.

The aim of this course is to teach you the requirements associated with providing safety watch duties for hot-work sites. On successful completion, you will have the basic knowledge necessary to allow you to carry out the role. You may however be asked to complete further workplace training before being formally appointed.

## Learning Objectives:

LO1: Hot work (any operation involving naked flames or producing heat and/or sparks or any operation that has spark potential)

LO2: Confined space criteria

LO3: The type of operations being tested for flammable and toxic gases

LO4: Roles and Responsibilities of the Fire Watch

LO5: Roles and Responsibilities of the Standby Person

LO6: Responsibilities of the Gas Monitor role

LO7: How to select, use and care for PPE

LO8: How to work within the Safe System of Work

LO9: The hazards and properties of flammable and toxic gases

LO10: The behaviour of gases

LO11: Impact of environmental changes on working conditions

LO12: The importance of checking that the controls on the equipment are as specified

LO13: Sources of assistance and specialist support

LO14: Completion of relevant documentation

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# GAS MONITOR (OPITO APPROVED)

**Duration:** 60 minutes

**Questions:** 28

**Price Band :** S

## Course Outline:

This course is accredited to the OPITO Gas Monitor standard. The course will ensure that personnel preparing to provide safety watch duties through the ongoing monitoring of hot-work sites are equipped with the relevant knowledge to safely carry out the role.

Our course has been developed in bitesize learning chunks for each topic. At the end of each module, there will be an assessment. Delegates will need to pass each module at 80 percent or above. When you pass the course, you will be issued with a certificate which is valid for 3 years.

The aim of this course is to teach you the requirements associated with providing safety watch duties for hot-work sites. On successful completion, you will have the basic knowledge necessary to allow you to carry out the role. You may however be asked to complete further workplace training before being formally appointed.

## Learning Objectives:

LO1: Hot work (any operation involving naked flames or producing heat and/or sparks or any operation that has spark potential)

LO2: Confined space criteria

LO3: The type of operations being tested for flammable and toxic gases

LO4: Roles and Responsibilities of the Fire Watch

LO5: Roles and Responsibilities of the Standby Person

LO6: Responsibilities of the Gas Monitor role

LO7: How to select, use and care for PPE

LO8: How to work within the Safe System of Work

LO9: The hazards and properties of flammable and toxic gases

LO10: The behaviour of gases

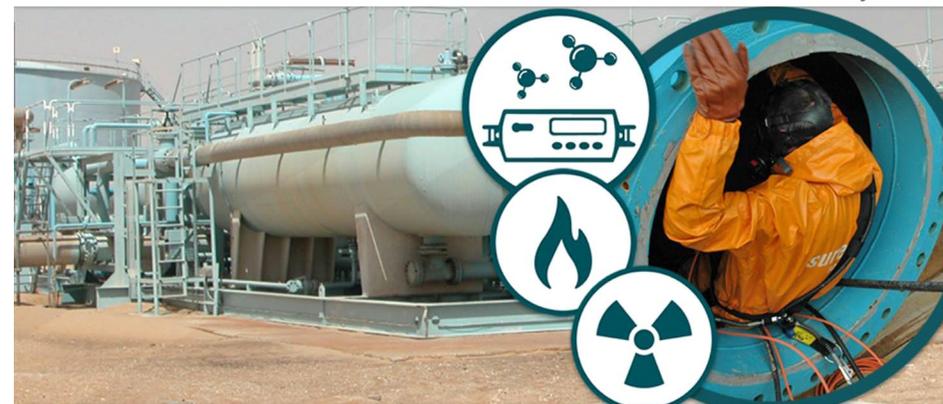
LO11: Impact of environmental changes on working conditions

LO12: The importance of checking that the controls on the equipment are as specified

LO13: Sources of assistance and specialist support

LO14: Completion of relevant documentation

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# H2S RESPIRATORY PROTECTION AWARENESS (OSHA)

**Duration:** 60 minutes

**Questions:** 20

**Price Band :** A

## **Course Outline:**

Hydrogen Sulfide Gas otherwise known as H2S can be lethal. This course will teach you the necessary information to remain safe when H2S is a possibility.

## **Learning Objectives:**

Understand H2S Respiratory Protection Awareness

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# HAND - ARM VIBRATION AWARENESS

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

You will learn about your employer's legal obligations to reduce risk and the measures that you can take to control your exposure to hand-arm vibration.

## Learning Objectives:

LO1: Define hand-arm vibration

LO2: Outline the symptoms and effects of Hand-Arm Vibration Syndrome (HAVS) and carpal tunnel syndrome

LO3: Identify the legal duties of employers and manufacturers to control vibration

LO4: Recall vibration exposure values

LO5: Explain how the risks associated with vibration are assessed and controlled

LO6: Outline the measures you can take to protect yourself from harmful vibration

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# HAND SAFETY AWARENESS (OSHA)

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

Your hands are your most used tools on the job, and are exposed to more hazards and potential injuries than any other part of the body. Preventing hand injuries begins with paying attention, as well as identifying and controlling hazards in the workplace.

## Learning Objectives:

Understand Hand Safety Awareness

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# HAZARD AWARENESS AND IDENTIFICATION

**Duration:** 60 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This course is suitable for all employees working in hazardous industries. It has been developed in accordance with the 'Step Change in Safety' initiative which promotes the establishment, maintenance and development of hazard identification and risk assessment systems to provide a safer work environment. On successful completion of this course, candidates will have an excellent appreciation of the key features of hazard identification systems used throughout the oil and gas industry.

## Learning Objectives:

- LO1: Explain what Hazard Identification is
- LO2: Identify methods of hazard identification
- LO3: Describe the different energy sources
- LO4: Identify examples of control measures for each energy source
- LO5: Identify contributing factors
- LO6: Describe how you can use your senses to detect hazards
- LO7: Explain the importance of good observation

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# HAZARD COMMUNICATION AWARENESS (OSHA)

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

Your hands are your most used tools on the job, and are exposed to more hazards and potential injuries than any other part of the body. Preventing hand injuries begins with paying attention, as well as identifying and controlling hazards in the workplace.

## Learning Objectives:

Understand Hazard Communication Awareness

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# HEARING CONSERVATION AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

Every year, 30 million workers are exposed to hazardous noise levels on the job, and thousands suffer from preventable hearing loss. Since hearing loss cannot be repaired, it is important to control exposure to hazardous noise levels.

## Learning Objectives:

Understand Hearing Conservation Awareness

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# HELICOPTER SAFETY

**Duration:** 15 minutes

**Questions:** 6

**Price Band :** A

## Course Outline:

Helicopter safety has a good record in the UK, but accidents and fatalities still occur. As helicopters operate in often harsh conditions, particularly in the North Sea, safety is a top priority. Therefore, strict laws and regulations are in place.

## Learning Objectives:

LO1: Understand how aviation is regulated

LO2: Describe helicopter systems and equipment

LO3: Describe the basics of aircraft maintenance and inspections

LO4: Describe the different types of aircraft crew, their qualifications and training

LO5: Understand a passenger's role in helicopter safety

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# HOT WORK (OSHA)

**Duration:** 30 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

There are several hazards to be aware of in areas where hot work is taking place. Hazards associated with hot work present serious risks

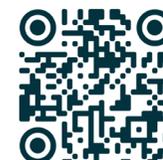
## Learning Objectives:

Understand Hot Work

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# HYDROGEN SULPHIDE (H<sub>2</sub>S) AWARENESS

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This H<sub>2</sub>S awareness course is suitable for all employees working in hazardous industries. The course outlines the principal properties of H<sub>2</sub>S, explaining why extreme caution is necessary when dealing with it and how to recognise the consequences and symptoms of H<sub>2</sub>S exposure.

## Learning Objectives:

- LO1: Explain what H<sub>2</sub>S is
- LO2: Identify where H<sub>2</sub>S can be found
- LO3: Identify the properties of H<sub>2</sub>S
- LO4: Explain how H<sub>2</sub>S levels are measured
- LO5: Identify the exposure limits of H<sub>2</sub>S
- LO6: Describe the exposure effects of H<sub>2</sub>S on body
- LO7: Identify environmental hazards of H<sub>2</sub>S
- LO8: Identify ways of detecting H<sub>2</sub>S
- LO9: Know what to do in the event of an H<sub>2</sub>S emergency
- LO10: Identify what H<sub>2</sub>S training consists of

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# IADC ONLINE RIG PASS (EXCLUDES SAFEGULF AND SAFELAND) (OSHA)

**Duration:** 480 minutes

**Questions:** 208

**Price Band :** S

## Course Outline:

IADC accredited Rig Pass course is an offshore course and is accessible on smartphones and tablets with powerful animations and interactive learning. Course duration Disclaimer: This course is self-paced for the average person to complete in 8 hours. IADC requires a Picture ID and legal name for identification.

## Learning Objectives:

### Chapter 1 GENERAL SAFETY

- 1.1 Principles
- 1.2 Alcohol and Drug Policies
- 1.3 Firearms, Weapons and Other Prohibited Items
- 1.4 Personal Conduct
- 1.5 General Worksite Safety
- 1.6 Manual Hand Tool and Power Hand Tool Safety
- 1.7 Housekeeping
- 1.8 Walking Working Surfaces
- 1.9 Reporting and Investigating Incidents
- 1.10 Land Transportation

### Chapter 2 PERSONAL PROTECTIVE EQUIPMENT (PPE)

- 2.1 PPE Overview
- 2.2 Respiratory Protection
- 2.3 Fall Protection

### 3.1 Chapter 3 HAZARD COMMUNICATION AND MATERIALS HANDLING

### 4.1 Chapter 4 OCCUPATIONAL HEALTH

### 5.1 Chapter 5 SPECIALIZED WORK PROCEDURES

### 6.1 Chapter 6 FIRE SAFETY

### 7.1 Chapter 7 MATERIALS HANDLING

### 8.1 Chapter 8 HEALTH & FIRST AID

### 9.1 Chapter 9 RIG/PLATFORM ENVIRONMENT

### 10.1 Chapter 10 RESPONSE EMERGENCY

### 11.1 Chapter 11 WELLSITE ENVIRONMENTAL PROTECTION

### 12.1 Chapter 12 TRANSPORTATION

### 13.1 Chapter 13 WATER SAFETY

### 14.1 Chapter 14 MARINE DEBRIS





# INCIDENT PREVENTION AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

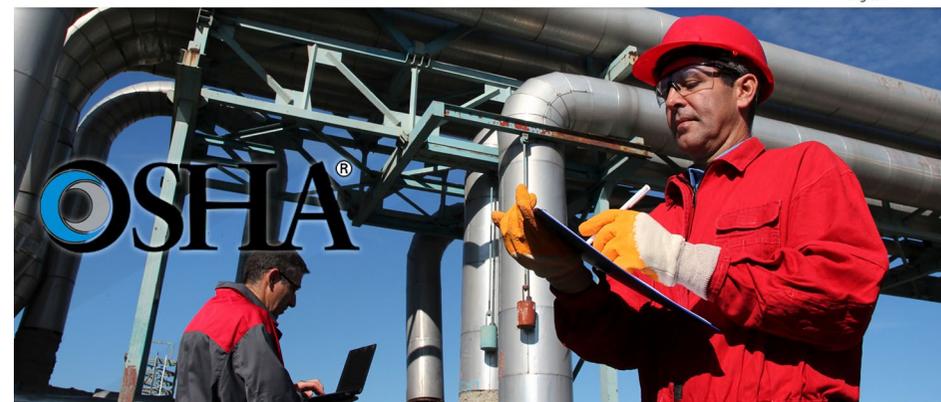
## Course Outline:

Millions of workplace incidents occur every year, and almost all are preventable. Understanding the causes of incidents, following safety procedures, identifying hazardous conditions, and using Stop Work Authority all help to minimize incidents and protect life, health and property.

## Learning Objectives:

Understand Incident Prevention Awareness

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# INCIDENT REPORTING AWARENESS (OSHA)

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

Incidents are unplanned, undesired events that adversely affect the completion of a task. Even if there were no injuries or property damage, it is the responsibility of all employees to report all Incidents so they may be properly investigated and analysed.

## Learning Objectives:

Understand Incident Reporting Awareness

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# INTRODUCTION TO CONTROL OF WORK (COW)

**Duration:** 20 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This course is suitable for all members of the work party. Real life examples of failures within Control of Work systems and their consequences will demonstrate why following procedures within Control of Work systems is essential. Candidates will also learn about Planning, Risk Assessment, Permit to Work, Lock Out Tag Out, Sub-Systems, Toolbox Talks and the responsibilities of every person under the Control of Work system.

## Learning Objectives:

- LO1: Describe the Control of Work system
- LO2: State the purpose of the Control of Work system
- LO3: Identify the elements within the Control of Work system
- LO4: List the five steps within the Control of Work system
- LO5: Explain how to plan within the Control of Work system
- LO6: Explain the Risk Assessment process within the Control of Work system
- LO7: Explain how work is controlled under a Permit to Work
- LO8: Explain the life cycle of the Permit to Work
- LO9: Describe the communication processes within the Control of Work system
- LO10: Summarise Lock Out Tag Out
- LO11: Describe sub-systems within the Control of Work system





# JOB SAFETY ANALYSIS AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

Job Safety Analysis (JSA) is a structured process that focuses on the relationship between the worker, the task, the tools, and the work environment. The JSA then introduces steps to eliminate or reduce hazards to an acceptable risk level. When a JSA is performed correctly, it can be an effective accident prevention tool that increases workplace safety. In accordance with ANSI Z10-2012

## Learning Objectives:

Understand Job Safety Analysis Awareness

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# LEGIONELLA AWARENESS

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

Legionella is found in natural water courses and artificial hot and cold-water systems, meaning this course is suitable for all members of staff. The course explains what legionella is, how you can identify its exposure, and the systems used to prevent exposure in the first place.

## Learning Objectives:

- LO1: Explain what legionella is and where it can be found
- LO2: Identify systems which present a risk of legionella increasing
- LO3: Explain how legionella multiplies
- LO4: Identify the temperatures that affect legionella
- LO5: Explain what Legionnaires' disease is and how it is contracted
- LO6: Describe who can be affected by Legionnaires' disease
- LO7: Identify when the symptoms of Legionnaires' disease can begin
- LO8: Describe mild symptoms of Legionnaires' disease
- LO9: Describe severe symptoms of Legionnaires' disease
- LO10: Describe how the risk of legionella is controlled in potable water systems
- LO11: Describe how the risk of legionella is controlled in all water systems
- LO12: Explain how water is treated
- LO13: Describe cleaning and disinfection procedure

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# LIFTING OPERATIONS AND LIFTING EQUIPMENT REGULATIONS (LOLER)

**Duration:** 40 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This course explains Lifting Operation and Lifting Equipment Regulations (LOLER), the different types of lifting equipment, factors to consider when selecting equipment, the hazards of mechanical lifting activities and the roles involved in such activities.

## Learning Objectives:

LO1: Recall the key definitions and terms used for lifting operations

LO2: Define LOLER

LO3: Identify LOLER regulations in the workplace

LO4: Identify the features of planning a lift

LO5: Describe the classification of lifts – routine and non-routine

LO6: Identify the examination and testing of equipment that is required under the regulations

LO7: Identify the training that is required under LOLER

LO8: Identify which equipment is covered under LOLER

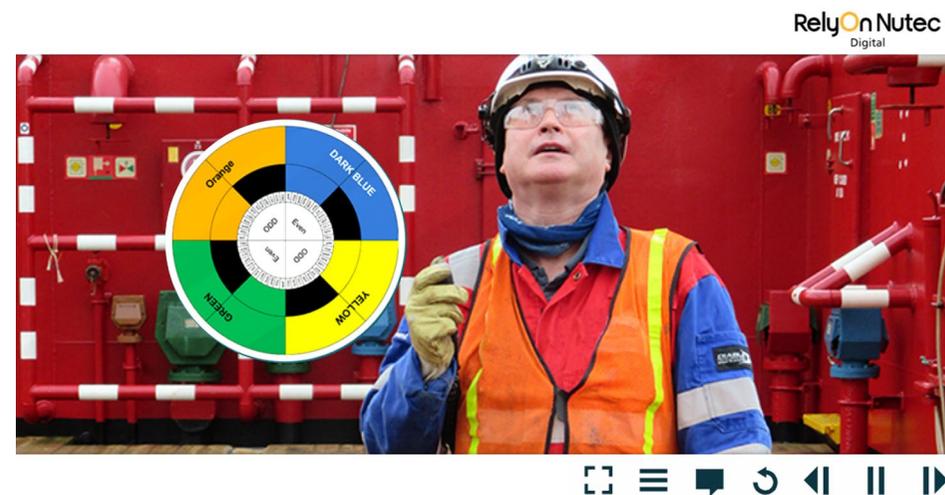
LO9: Identify the different types of lifting accessories

LO10: Identify the different roles in lifting activities offshore

LO11: Identify the hazards associated with mechanical lifting offshore, including equipment hazards

LO12: Explain the Safe Working Load and colour coding practices

LO13: Identify safe lifting practices





# LOCKOUT-TAGOUT (LOTO) AWARENESS (OSHA)

**Duration:** 35 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

During service and maintenance activities, the unexpected startup or release of stored energy in machinery or equipment can present potentially fatal hazards to employees. The Lockout-Tagout (LOTO) process is an energy control procedure that protects all employees from harmful energy. In accordance with 29 CFR 1910.147 & 29 CFR 1910.145

## Learning Objectives:

Understand Lockout-Tagout (Loto) Awareness

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# MAJOR ACCIDENT HAZARDS

**Duration:** 45 minutes

**Questions:** 14

**Price Band :** A

## Course Outline:

The course is suitable for all members of staff working in hazardous environments in the oil and gas industry. It covers the potential for major accidents and the types of hazards that might cause these to happen.

## Learning Objectives:

LO1: Describe the types of work that are carried out on offshore installations

LO2: List the different legislative framework for offshore work

LO3: Explain which major accident hazards are present while in hostile and remote offshore environments

LO4: Explain the basics of the safety case

LO5: Describe the safety critical elements in a safety case

LO6: Understand the employee's responsibilities with regards to the safety case

LO7: Describe asset integrity and its divisions

LO8: Explain the employer and employee asset integrity responsibilities

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# MANUAL HANDLING AWARENESS

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This manual handling course is suitable for all employees involved in any manual handling operation. It deals with all aspects of manual handling, including lifting, pushing and pulling, relevant safety legislation and manual handling risk assessments.

## Learning Objectives:

- LO1: Explain what manual handling is
- LO2: Describe the structure of the human spine
- LO3: Identify factors that contribute to manual handling incidents
- LO4: Identify the common causes and injuries involved in manual handling
- LO5: Identify proper lifting techniques and the importance of ergonomic design
- LO6: Identify ways to reduce manual handling incidents
- LO7: Identify the purpose, factors and responsibility of the risk assessment

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# MARINE TRASH AND DEBRIS AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## **Course Outline:**

Marine debris poses serious dangers to the environment and also presents health and safety risks. International regulations prohibit intentional dumping and require employers and employees to take precautions to prevent trash and debris from entering the waterways.

## **Learning Objectives:**

Understand Marine Trash And Debris Awareness

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# MARITIME SECURITY AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

The U.S maritime industry handles a large amount of valuable goods and services. This makes vessels and marine facilities attractive targets for piracy. This course covers Marine Security Threats, Security Plans, MARSEC Levels and Personnel Duties

## Learning Objectives:

Understand Maritime Security

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# MERCURY AWARENESS

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

This course is suitable for anyone working with or in an environment that contains mercury. The course provides candidates with an awareness of the dangers of mercury exposure, the controls used to limit the effects of it and what to do if contamination occurs.

## Learning Objectives:

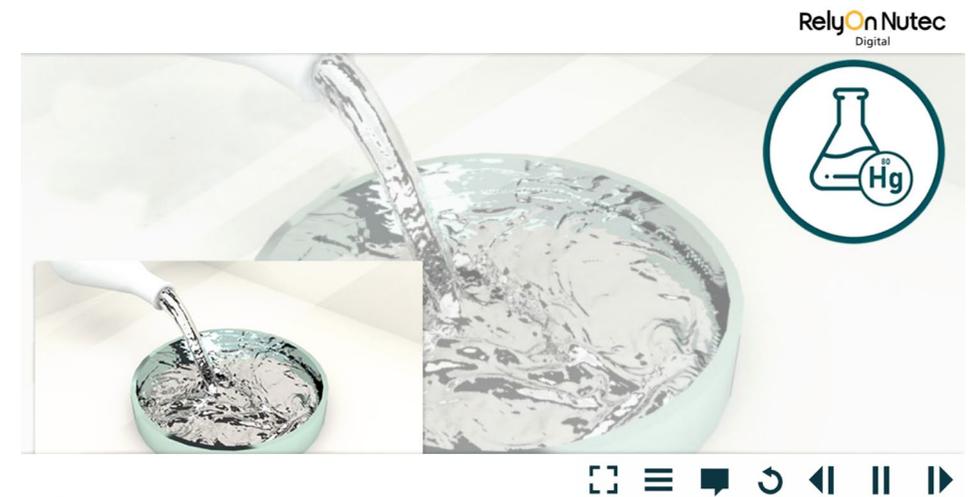
LO1: Describe what mercury is and the different forms it can take

LO2: Describe the hazards of mercury

LO3: Identify the exposure limits of mercury

LO4: Describe the control measures used to limit and control the effects of mercury exposure

LO5: Explain what to do in the event of mercury exposure or contamination





# NATURALLY OCCURRING RADIOACTIVE MATERIAL AWARENESS (OSHA)

**Duration:** 25 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

Naturally Occurring Radioactive Material (NORM) exists in low levels all around us. However, the extraction and production of oil, natural gas, and minerals may cause NORM to accumulate in hazardous concentrations. Personnel must be aware of the hazards and proper safety procedures for detecting and working around hazardous concentrations of NORM.

## Learning Objectives:

Understand Naturally Occurring Radioactive Material Awareness

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# NATURALLY OCURRING RADIOACTIVE MATERIAL (NORM)

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

**Course Outline:**

This course has been designed to give candidates an understanding of the legal requirements, methods and responsibilities for managing NORM waste from operations in the oil industry, both on and offshore.

## Learning Objectives:

LO1: Give an overview of radioactivity

LO2: Describe NORM

LO3: Give an overview of the health and safety issues relating to NORM

LO4: Explain where NORM is found

LO5: Give an overview of legislation and employer responsibilities with regard to NORM

LO6: Explain how NORM is detected

LO7: Outline the precautions that should be taken when working in an environment where NORM may be found





# NITROGEN AWARENESS

**Duration:** 30 minutes

**Questions:** 7

**Price Band :** A

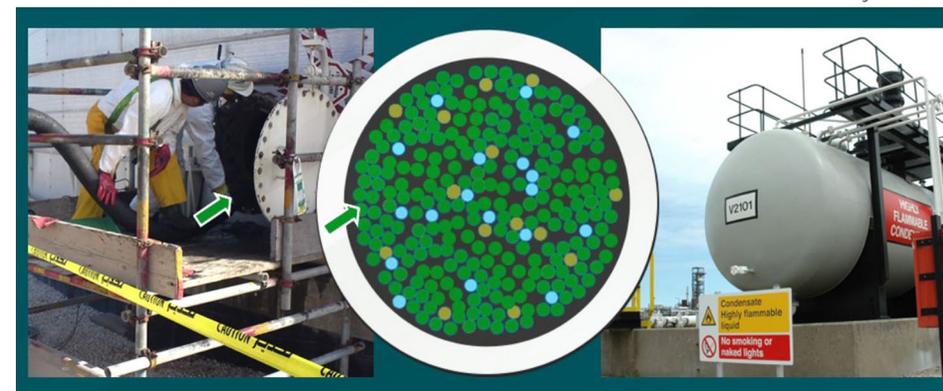
## Course Outline:

This course is suitable for anyone working with nitrogen and the inerting process in the oil and gas industry. The course will give you an understanding of the dangers that nitrogen poses, and the measures and processes used to control it.

## Learning Objectives:

- LO1: Describe the properties of air and nitrogen
- LO2: Explain why inert environments are dangerous
- LO3: Explain the inerting process & when nitrogen is used
- LO4: Describe draining, purging, venting
- LO5: Explain who is at risk
- LO6: Understand why multiple fatalities are more common
- LO7: Identify typical control measures for inert environments

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# NOISE AWARENESS

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This course has been developed in conjunction with industry experts and provides an awareness of noise and vibration regulations, different noise levels found in industry, the human ear, the hazards associated with noisy environments and how we can control these.

## Learning Objectives:

- LO1: Identify common noise hazards
- LO2: State the Noise at Work regulations
- LO3: Describe the human ear and the different noise exposure warning signs
- LO4: State the different recommended noise limits
- LO5: Identify the risks of noise exposure
- LO6: Describe the different noise control measures that can be used
- LO7: Describe the different types of hearing protection

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# OFFSHORE BASIC SPILL RESPONDER

**Duration:** 90 minutes

**Questions:** 20

**Price Band :** B

## Course Outline:

The course is suitable for all offshore employees and looks at how, why and where spills occur. The programme describes a safe step by step approach to spill response and explains how to assess the risk, identify the substance and select the correct PPE. Delegates can then put theory into practice using a range of interactive exercises and real-life scenarios in preparation for dealing with a variety of basic spills offshore.

## Learning Objectives:

- LO1: Describe the Working Environment
- LO2: Explain Spills and How We Can Prevent Them Occurring
- LO3: Identifying Spills
- LO4: Describe Adsorbents
- LO5: Describe Spill Kits
- LO6: Identify the Steps of Spill Response
- LO7: Interactive Exercise 1 - Responding to a Small Oil Spill
- LO8: Explain the Control of Substances Hazardous to Health (COSHH)
- LO9: Interactive Exercise 2 - Responding to a Small Chemical Spill
- LO10: Explain the Risk Assessment
- LO11: Interactive Exercise 3 - Placing Spill Kits

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# ONSHORE BASIC SPILL RESPONDER

**Duration:** 90 minutes

**Questions:** 20

**Price Band :** B

## Course Outline:

The course is suitable for all onshore employees and looks at how, why and where spills occur. The programme describes a safe step by step approach to spill response and explains how to assess the risk, identify the substance and select the correct PPE. Delegates can then put theory into practice using a range of interactive exercises and real-life scenarios in preparation for dealing with a variety of basic spills onshore.

## Learning Objectives:

- LO1: Describe the Working Environment
- LO2: Explain Spills and How We Can Prevent Them Occurring
- LO3: Identifying Spills
- LO4: Describe Adsorbents
- LO5: Describe Spill Kits
- LO6: Identify the Steps of Spill Response
- LO7: Interactive Exercise 1 - Responding to a Small Oil Spill
- LO8: Explain the Control of Substances Hazardous to Health (COSHH)
- LO9: Interactive Exercise 2 - Responding to a Small Chemical Spill
- LO10: Explain the Risk Assessment
- LO11: Interactive Exercise 3 - Placing Spill Kits

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# OPEP LEVEL 1 - ON SCENE RESPONDER

**Duration:** 120 minutes

**Questions:** 24

**Price Band :** S

## Course Outline:

The UK On-Scene Responder Course is suitable for Offshore Installation Managers and company representatives. This course has been accredited by the Nautical Institute on behalf of the UK Department of Business, Energy and Industrial Strategy (DBEIS)\*, as meeting the statutory training requirements, stipulated in the Offshore Installation (Emergency Pollution Control) Regulations. 2002.

The course looks at how and why spills occur, assessing environmental impact, emergency pollution planning and how to respond to a spill correctly including reporting requirements. Included in the course are a range of interactive exercises and real-life scenarios to put theory into practice. A good understanding of your Oil Pollution Emergency Plan (OPEP) is an integral part of this course and time should be spent reading and understanding the plan before taking this course.

\*Previously the Department of Energy and Climate Change (DECC)

Delegates receive a maximum of two attempts for this course. If a delegate fails after the second attempt then they will be required to order another licence to resit the course.

## Learning Objectives:

- LO1: Identify potential hazards that could lead to a spill
- LO2: Identify potential locations of a spill
- LO3: Assess potential environmental impacts
- LO4: Explain the purpose of an oil pollution emergency plan
- LO5: Implement response strategy
- LO6: Assess the danger to human health
- LO7: Identify the properties of the spilled oil
- LO8: Report the spill to MRCC
- LO9: Report the spill using the PON1
- LO10: Quantify spill using measured or calculated data from operational or production losses
- LO11: Measure the oiled area
- LO12: Allocate appearance coverage
- LO13: Apply thickness band for allocated appearance
- LO14: Calculate minimum volume
- LO15: Calculate maximum volume
- LO16: Explain the use of aerial surveillance
- LO17: Explain the use of oil modelling
- LO18: Describe the concept of tiered response
- LO19: Decide on the preferred response option
- LO20: Monitor and review the situation
- LO21: Explain what dispersants are and when to use them
- LO22: Identify the areas where approval from the licensing authority is required
- LO23: Describe how to contain and recover oil
- LO24: Describe oil sampling and the guidelines available
- LO25: Explain the purpose of the shoreline protection plan
- LO26: Describe the Emergency Pollution Control regulations





# PERMIT TO WORK AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

Work in industrial settings presents serious risks to employees. Permit to Work systems are important safety tools that help protect all personnel from hazards by accounting for and controlling the hazards of individual jobs. In accordance with 29 CFR 1910.147

## Learning Objectives:

Understand Permit To Work Awareness

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# PERSONAL PROTECTIVE EQUIPMENT (PPE)

**Duration:** 25 minutes

**Questions:** 11

**Price Band :** A

## Course Outline:

This course will help you to understand the importance of PPE used in hazardous workplace environments. You will learn about the responsibilities that you and your employer have in relation to PPE, and about suitable types of PPE that can help keep yourself and others safe in the workplace.

## Learning Objectives:

- LO1: Explain the role of PPE in relation to the Hierarchy of Controls
- LO2: Describe you and your employers responsibilities relating to PPE
- LO3: Identify suitable types of PPE for specific tasks
- LO4: Describe the types of PPE used to protect various parts of the body
- LO5: Identify signage associated with PPE
- LO6: Describe how to correctly use, store and dispose of PPE

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# PERSONAL PROTECTIVE EQUIPMENT (PPE) AWARENESS (OSHA)

**Duration:** 32 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

Personal protective equipment, or PPE, is any barrier worn to reduce exposure to hazards or injuries. Selecting the appropriate PPE for a job, wearing PPE correctly, and properly maintaining PPE are vital to keeping employees safe from workplace hazards.

## Learning Objectives:

Understand Personal Protective Equipment (Ppe) Awareness

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# PERSONNEL TRANSFER AND EVACUATION AWARENESS (OSHA)

**Duration:** 35 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

Personnel transfers are a daily occurrence in offshore environments, but each method presents potentially serious hazards. Employees must know the proper procedures to follow for each transfer method, as well as how to respond in the event of an offshore emergency or evacuation.

## Learning Objectives:

Understand Personnel Transfer And Evacuation Awareness

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# PRESSURE TESTING

**Duration:** 60 minutes

**Questions:** 24

**Price Band :** A

## Course Outline:

This course will give candidates an overall awareness of pressure and how it is measured. It will explain why pressure testing is required, how it is carried out, the hazards of pressure testing and the controls that should be in place to ensure the process is carried out safely.

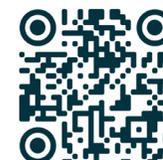
## Learning Objectives:

- LO1: Explain the concept of pressure
- LO2: State the units of measurement most often used in the industry and the difference between psi and bar
- LO3: Explain the need for, and objectives of, pressure testing
- LO4: Explain the concepts of operating pressure and test pressure, and the relationship between them
- LO5: Describe the sequence of steps involved in a pressure test and the medium used
- LO6: Be aware of the Task Risk Assessment process and its role in providing a safe working environment in the pressure testing sequence
- LO7: Describe and identify safety measures typically involved in pressure testing
- LO8: Explain the tasks they can expect to undertake when participating in a pressure test following successful completion of this course

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# PROCESS ISOLATIONS

**Duration:** 90 minutes

**Questions:** 30

**Price Band :** A

## Course Outline:

This course emphasises that the purpose of Process Isolations is to prevent harm to personnel, plant and the environment from the unintended or unplanned release of energy and/or hazardous products from systems during service or maintenance activities.

## Learning Objectives:

- LO1: Explain the purpose of a process isolation
- LO2: Identify the main reasons for isolating
- LO3: Describe what a process isolation is
- LO4: Describe key terminology used in the isolation process
- LO5: Identify the central roles and responsibilities involved in isolations
- LO6: Identify the fundamental stages of process isolation
- LO7: Describe the different process isolation methods
- LO8: Identify the different types of isolation security
- LO9: Describe isolation monitoring
- LO10: Identify examples of human errors in the isolation process
- LO11: Identify examples of isolation controls
- LO12: Describe the training requirements for workers involved in isolations
- LO13: Describe the compliance and auditing required for the isolation process

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# PROVISION AND USE OF WORK EQUIPMENT REGULATIONS (PUWER)

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

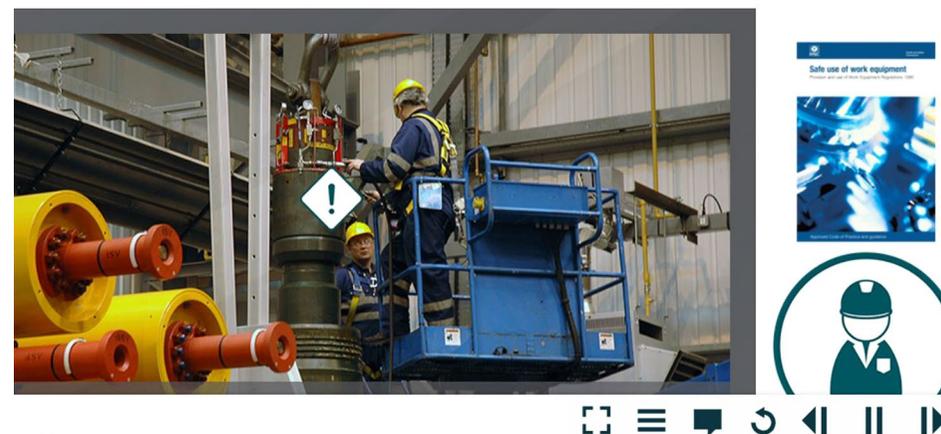
## Course Outline:

This course is for anyone working with equipment in the workplace. The Provision and Use of Work Equipment Regulations detail the different responsibilities surrounding the use of equipment, and the protections that employers should provide from the hazards caused by machinery and control systems.

## Learning Objectives:

- LO1: Identify employee responsibilities under PUWER Regulations
- LO2: Describe the equipment covered under PUWER Regulations
- LO3: Identify employer responsibilities for specific risks and protection against specific hazards under PUWER Regulations
- LO4: Identify employer responsibilities for dangerous parts of machinery and temperature under PUWER Regulations
- LO5: Identify employer responsibilities for controls and control systems under PUWER Regulations
- LO7: Identify employer responsibilities for safety controls under PUWER Regulations

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# RESPIRATORY PROTECTION AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

Industrial work settings contain many hazards that can endanger the health of employees. When the potential for exposure to atmospheric hazards exists, employees must be protected. It is vital that workers understand the safety procedures, hazard controls, and PPE that protect them from dangerous atmospheres.

## Learning Objectives:

Understand Respiratory Protection Awareness

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# RESPIRATORY PROTECTIVE EQUIPMENT (RPE)

**Duration:** 25 minutes

**Questions:** 16

**Price Band :** A

## Course Outline:

This course will help you to understand the importance of proper Respiratory Protective Equipment (RPE) use in hazardous workplace environments. You will learn about legislation, maintenance, and fit of various types of RPE, and be able to select adequate and suitable RPE for a given task or situation.

## Learning Objectives:

- LO1: Explain the legislation, roles and responsibilities relating to RPE
- LO2: Explain how to select appropriate RPE for a given task
- LO3: Identify the various types of filters and their associated use
- LO4: Identify the various types of RPE used offshore
- LO5: Describe the factors to be aware for ensuring properly fitting RPE
- LO6: Explain how to correctly maintain, store and dispose of RPE

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# RISK MANAGEMENT

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

A hazard is anything that has the potential to cause harm. This could mean harm to you or others, damage to property or harm to the environment. Risk is the likelihood of that harm occurring.

## Learning Objectives:

- LO1: Define risk assessment, hazards, controls and risks
- LO2: Explain and describe the hierarchy of controls
- LO3: Describe the concepts and techniques of risk assessment
- LO4: Describe the steps of a typical risk assessment
- LO5: Explain how to use a risk matrix
- LO6: Describe additional elements of the risk assessment process
- LO7: Explain how management of change can cause and prevent injury in the industry
- LO8: Understand the purpose of risk intervention systems
- LO9: Explain how to safely carry out an intervention
- LO10: Explain the importance of reporting and lessons learned

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# SCAFFOLD SAFETY AWARENESS (OSHA)

**Duration:** 22 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

Scaffolds are a common method used to perform work in elevated areas. While generally safe, scaffolds can still present serious risks. Understanding and following safe work practices during the construction, use, and disassembly of scaffolds can prevent injuries and damage to equipment. In accordance with 29 CFR 1926-subpart L

## Learning Objectives:

Understand Scaffold Safety Awareness

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# SCAFFOLDING AWARENESS

**Duration:** 60 minutes

**Questions:** 20

**Price Band :** A

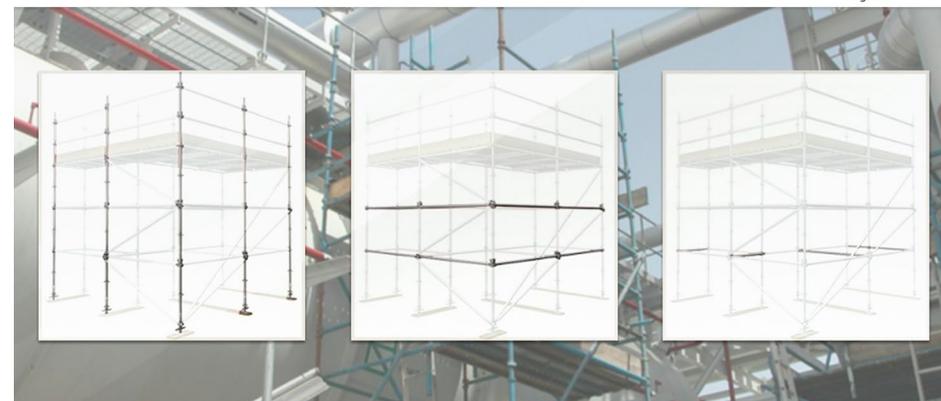
## Course Outline:

The course includes information on the basic tools used to construct scaffolds, the personal protective equipment required, the roles and responsibilities associated with scaffolding work, and the importance of inspections.

## Learning Objectives:

- LO1: Describe what a scaffold is and why it is used
- LO2: Define the key terms used in the construction of scaffolds
- LO3: Recognise the basic components of a scaffold
- LO4: Describe the key elements of a scaffold
- LO5: Identify the different types of scaffolding structures
- LO6: Identify hazards associated with the use of scaffolding
- LO7: List the basic tools used in the construction of a scaffold
- LO8: Describe the PPE requirements for scaffolding
- LO9: List the requirements for access to scaffolds
- LO10: Identify the responsibilities of key personnel involved with scaffolding
- LO11: Describe the use of the scafftags system
- LO12: Describe the importance of scaffold inspections

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# SEMS II AWARENESS ONLINE COURSE (OSHA)

**Duration:** 22 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

SEMS II Awareness is a nontraditional, performance-focused tool for integrating and managing offshore oil and gas operations/ activities regulated by BSEE. In accordance with 30CFR Part 25 As of November 6, 2013 SEMS updates have been made resulting in SEMS II awareness.

## Learning Objectives:

Understand Sems Ii Awareness Online Course

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# SLIPS, TRIPS AND FALLS

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

Slips, trips and falls are the most common cause of major injuries at work and can happen almost anywhere. They are the leading cause of work related injuries and fatalities.

## Learning Objectives:

- LO1: Outline the legislation and guidance that refers to slips, trips and falls
- LO2: Outline the impact of slips, trips and falls on accidents statistics
- LO3: Give an overview of slips, trips and fall hazards
- LO4: Give an overview of slips, trips and fall hazards offshore
- LO5: Give an overview of slips, trips and fall hazards in the office and at home
- LO6: Give an overview of the importance of good housekeeping
- LO7: Outline the typical hazards involved in work at height
- LO8: Describe the prevention of falls from height
- LO9: Give an overview of ladder safety
- LO10: Explain the trailing hand technique





# SLIPS, TRIPS, AND FALLS AWARENESS (OSHA)

**Duration:** 22 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

Slips, trips, and falls can happen anywhere on the work site, and constitute the majority of all general industry accidents. By following safe work practices and taking preventative measures, workers can reduce the risk of injury from slip, trip, and fall hazards.

## Learning Objectives:

Understand Slips, Trips, And Falls Awareness

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# SOCIAL RESPONSIBILITY AWARENESS (OSHA)

**Duration:** 30 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

Social responsibility refers to the accountability of every person for his or her actions, and how they affect others in the workplace. Being responsible involves following safe work practices and procedures, as well as being professional and respectful to all personnel.

## Learning Objectives:

Understand Social Responsibility Awareness

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# STOP WORK AUTHORITY AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

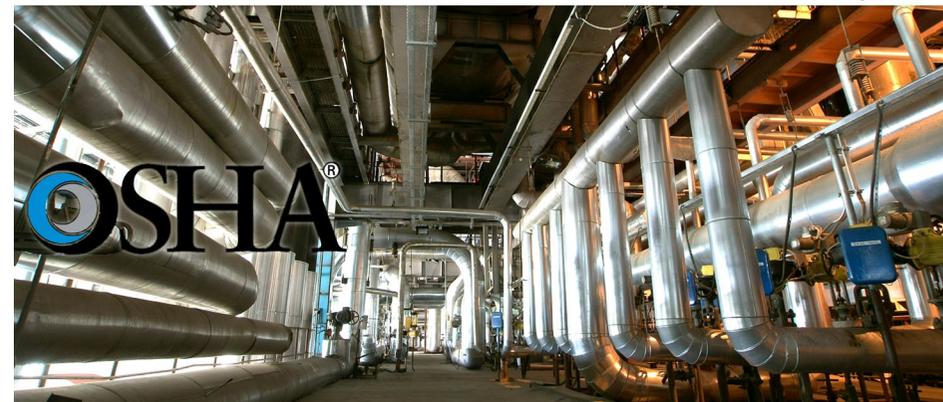
## Course Outline:

Stop Work Authority refers to the authority and obligation of all personnel to suspend a work task or operation if they observe an imminent danger that could result in serious injury, damage to property, or loss of life. It is important to learn when and how to exercise Stop Work Authority.

## Learning Objectives:

Understand Stop Work Authority Awareness

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# STRESS MANAGEMENT

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

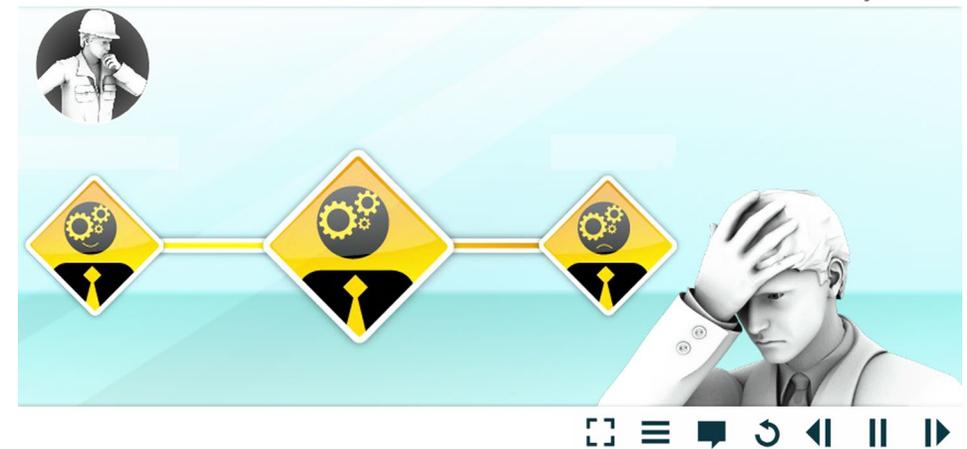
## Course Outline:

This course details the Management Standards Approach for work related stress management and each of the six standards: Demands, Control, Support, Relationships, Role and Change.

## Learning Objectives:

- LO1: Define stress and work-related stress
- LO2: Explain why stress needs to be tackled
- LO3: Identify the signs of stress
- LO4: Explain what you can do when you notice signs of stress
- LO5: Explain what you can do to deal with mental illness
- LO6: Explain the management standards approach to dealing with work related stress
- LO7: Explain each of the six standards: demands, control, support, relationships, role, change
- LO8: List the steps in the management approach to risk assess work-related stress

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# STROKE AWARENESS

**Duration:** 30 minutes

**Questions:** 23

**Price Band :** A

## Course Outline:

The course includes information on the prevention and awareness of strokes. Also covering the symptoms of a stroke and how you can help if you recognise that someone is having a stroke. According to The Stroke Association, there are more than 100,000 strokes in the UK each year and over 1.2 million stroke survivors. Stroke is the fourth biggest killer in the UK.

## Learning Objectives:

LO1: What are strokes and why do they occur?

LO2: Causes and types of stroke

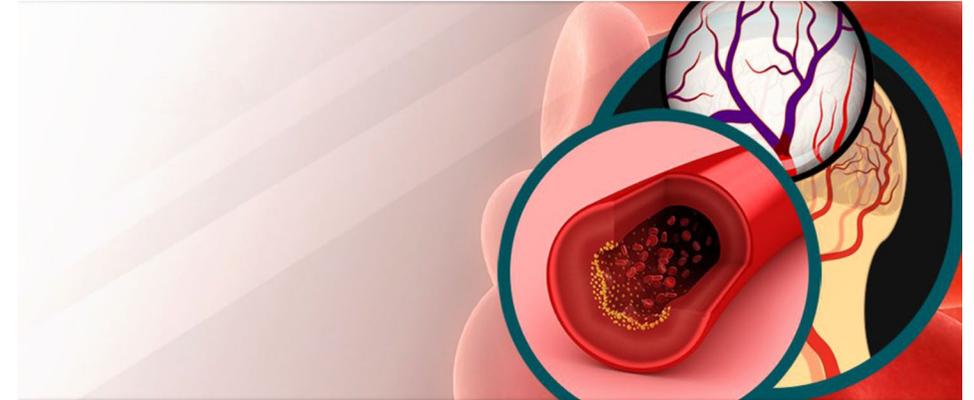
LO3: Symptoms of a stroke

LO4: How you can help if you recognise that someone is having a stroke

LO5: Stroke treatment and recovery

LO6: Stroke prevention

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# TASK RISK ASSESSMENT (TRA)

**Duration:** 60 minutes

**Questions:** 20

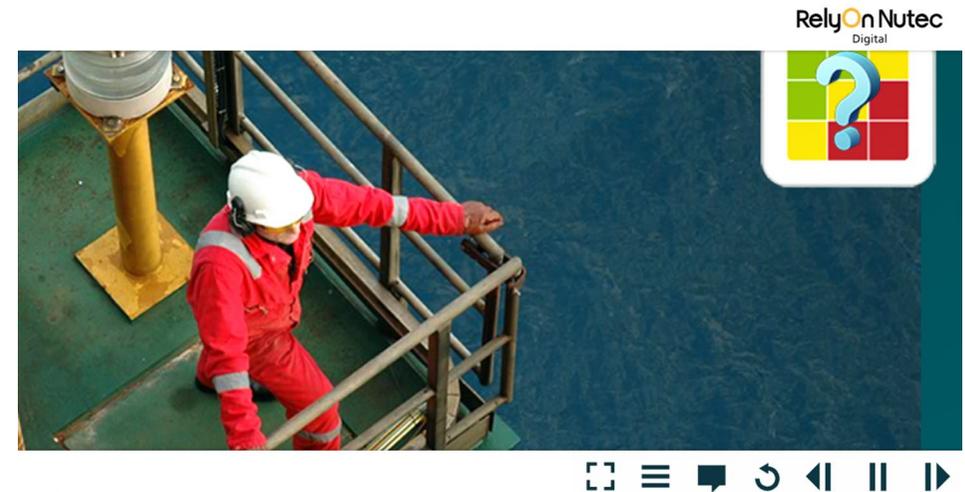
**Price Band :** A

## Course Outline:

This task risk assessment course is suitable for all current or potential members of task risk assessment teams. The course includes information identification of all hazards associated with the work, what a TRA is, how and when it should be carried out and the responsibilities of each person within the process.

## Learning Objectives:

- LO1: Define key terminology associated with task risk assessment
- LO2: Define the purpose of a task risk assessment
- LO3: Describe hazard identification
- LO4: Describe the terms hazard and risk
- LO5: Recall when a task risk assessment should be carried out and what work categories need to be covered
- LO6: Describe what makes an effective task risk assessment
- LO7: Identify the roles and responsibilities of a task risk assessment team member
- LO8: Describe the steps of a task risk assessment
- LO9: Describe the identification of control measures
- LO10: Explain the importance of lessons learned
- LO11: Identify the general requirements for training in task risk assessment
- LO12: Recall what data/findings from task risk assessments should be recorded
- LO13: Describe the purpose of a toolbox talk
- LO14: Explain the importance of communication for the success of a task risk assessment





# TRANSPORTATION OF DANGEROUS GOODS BY AIR

**Duration:** 60 minutes

**Questions:** 30

**Price Band :** C

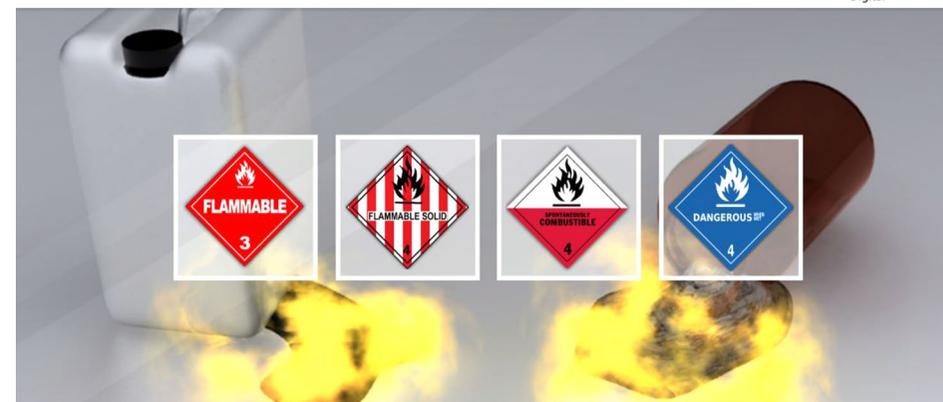
## Course Outline:

This course is suitable for anyone involved in the transportation of dangerous goods by air. The course includes information on the legal responsibilities for transportation of dangerous goods or hazardous materials via air and the special considerations that need to be taken. This course is a suitable pre-requisite for OPITO approved Helideck Operations Initial Training (HOIT) courses.

## Learning Objectives:

- LO1: Define dangerous goods and legalities for the carriage of dangerous goods
- LO2: Identify the different characteristics, classes and types of dangerous goods
- LO3: Recognise the effects of air travel upon the transportation of dangerous goods
- LO4: Describe the different methods and types of packaging which are appropriate to the safe transportation of each type and class of dangerous goods
- LO5: Describe the correct storage methods of dangerous goods
- LO6: Identify the recognised standards for labelling and marking required to distinguish each class of dangerous goods
- LO7: Define the correct documentation requirements
- LO8: Define the loading and handling requirements
- LO9: Define the safe handling and emergency information

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# TRANSPORTATION OF DANGEROUS GOODS BY SEA

**Duration:** 90 minutes

**Questions:** 20

**Price Band :** C

## Course Outline:

This course is suitable for anyone involved in the transportation of dangerous goods by sea. It includes information on the legal responsibilities for transportation of dangerous goods or hazardous materials via sea and the special considerations that need to be taken.

## Learning Objectives:

- LO1: Define dangerous goods and explain how to identify them
- LO2: Describe the legislation for the transportation of dangerous goods
- LO3: Describe the classes and types of dangerous goods
- LO4: Describe packing and safe methods of storage
- LO5: Explain the transportation of dangerous goods by sea
- LO6: Describe the marking and labelling requirements
- LO7: Identify the documentation requirements
- LO8: Describe the loading and handling requirements
- LO9: Explain the safe handling and emergency information





# TUBERCULOSIS AWARENESS COURSE (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

This course will give you an overview of defining tuberculosis and its symptoms. The testing for tuberculosis and the treatment of tuberculosis will also be covered along with stating how to prevent the contracting of tuberculosis.

## Learning Objectives:

Understand Tuberculosis Awareness

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# USCG APPROVED MARINE SECURITY AWARENESS (OSHA)

**Duration:** 325 minutes

**Questions:** 30

**Price Band :** S

## Course Outline:

USCG Approved Marine Security Awareness. This course is USCG approved.

Please note that an on-site assessment at our training facility(RelyOn Nutec) is required to gain certification.

## Learning Objectives:

Any applicant who has successfully completed Maritime Security Awareness (HOUSTM-846) course will satisfy the security awareness requirement 46 CFR 12.627(a) (1) ad paragraphs 1-4 of Section A-VI/6-1 and Table A-VI/6-1 of the STCW Code, as amended 2010, for an STCW endorsement for Security Awareness. Please Note: Additional fees will apply if proctoring is conducted at any non-RelyOn Nutec training center. Proctoring MUST be conducted at any of these facilities at no additional charge.

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# WASTE MANAGEMENT AWARENESS

**Duration:** 30 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

This course explains the legal requirements and the methods for managing waste produced by operations in the oil and gas industry. Minimising waste can deliver both business and environmental improvements. If our resources can be used more efficiently, then less waste will be produced, significantly reducing the harm to the environment.

## Learning Objectives:

- LO1: Describe the importance of waste management
- LO2: Identify the legislative controls relating to waste
- LO3: Explain the importance of a Waste Management Plan
- LO4: Explain the waste management hierarchy
- LO5: Identify the types of waste that are generated offshore
- LO6: Outline the alternatives to disposing of waste
- LO7: Describe waste reduction techniques
- LO8: Describe the importance of waste segregation
- LO9: Explain the importance of recycling
- LO10: Outline the waste management considerations when planning a job

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# WATER MANAGEMENT - AWARENESS

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

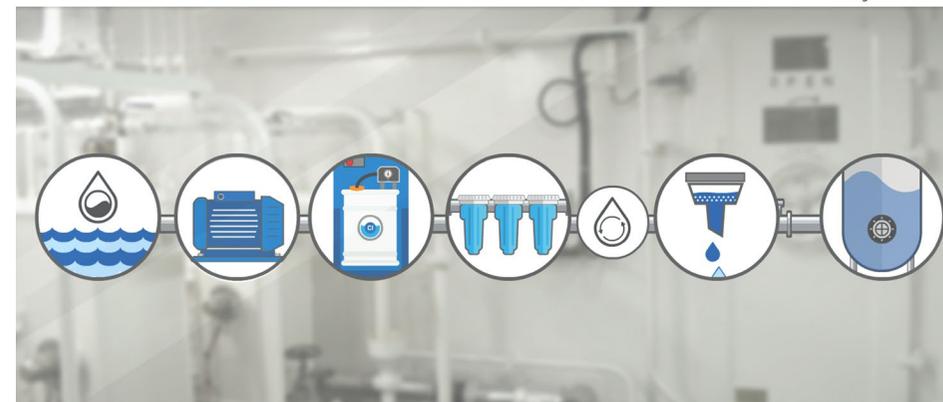
## Course Outline:

This awareness course is aimed at Medics, 2nd Engineers, Chief Officers or similar. Candidates will be able to identify basic components of water management systems. Significantly reducing the harm to the environment.

## Learning Objectives:

- LO1: Explain what wholesome water and potable water is
- LO2: Receiving water alongside (ex-pipe, road tankers)
- LO3: Receiving water from other vessels or barges
- LO4: Reverse Osmosis
- LO5: Evaporation
- LO6: Explain the various water treatment options (disinfection) available, including Chlorination, UV filtration, Silver Ionisation, Ultra-filtration
- LO7: Identify legislation applicable to water management
- LO8: Describe water management responsibilities for key job roles

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# WATER MANAGEMENT - DOSING, SAMPLING, CLEANING AND MAINTENANCE

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

This course is aimed at 2nd Engineers, Chief Officers, Medics or similar.

This module – Sample, Dosing, Cleaning and Maintenance – is part of a comprehensive Water Management programme. There are four modules in total which can also be completed separately by job role. This module will guide candidates through how to correctly dose potable water, conducting sampling of potable water through various methods and the cleaning and maintenance methods required to reduce hazards.

## Learning Objectives:

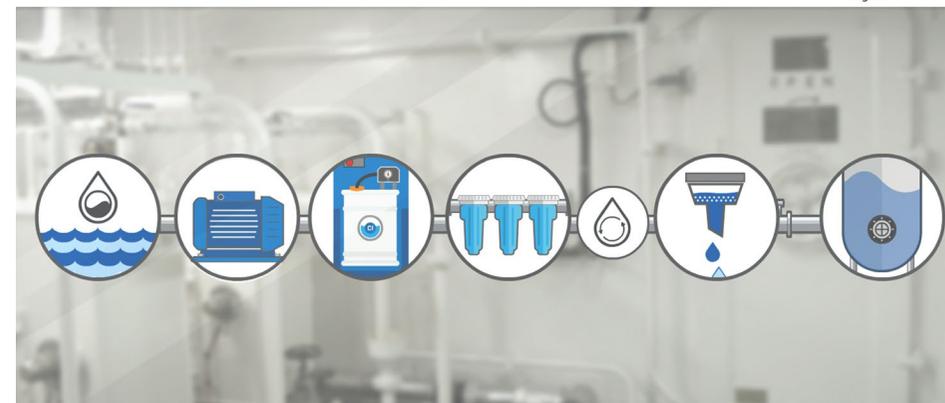
LO1: Describe how to correctly dose potable water with disinfectant

LO2: Describe how to conduct potable water sampling to reduce potable water hazards

LO3: Describe the cleaning and maintenance of a potable water system to reduce potable water hazards

LO4: Describe the additional control measures employed to reduce potable water hazards

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# WATER MANAGEMENT - HAZARD AND RISK MITIGATION

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

This awareness course is aimed at 2nd Engineers, Chief Officers, Medics or similar.

This module – Hazards and Risk Mitigation – is part of a comprehensive Water Management programme. There are four modules in total which can also be completed separately by job role. This module describes key hazards affecting potable water, the potential health risks as a result of these hazards and additional risk mitigations to prevent illness.

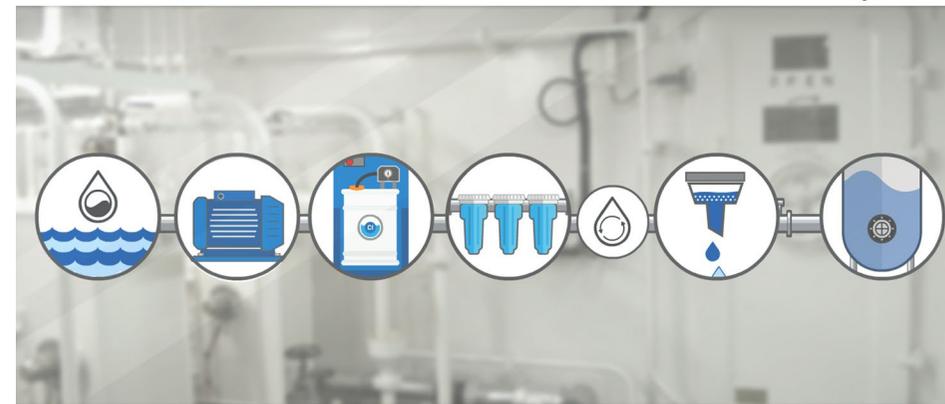
## Learning Objectives:

LO1: Identify the key hazards that can affect potable water

LO2: Explain the health risks that can arise from the poor management of water and why they happen

LO3: Additional Risk Mitigation

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# WATER MANAGEMENT - MONITORING, TROUBLESHOOTING, REPORTING AND DOCS

**Duration:** 30 minutes

**Questions:** 10

**Price Band :** A

## Course Outline:

This course is aimed at Chief Engineers, Masters, 2nd Engineers, Chief Officers or similar.

This module – Monitoring, Troubleshooting, Reporting & Documentation – is part of a comprehensive Water Management programme. There are four modules in total which

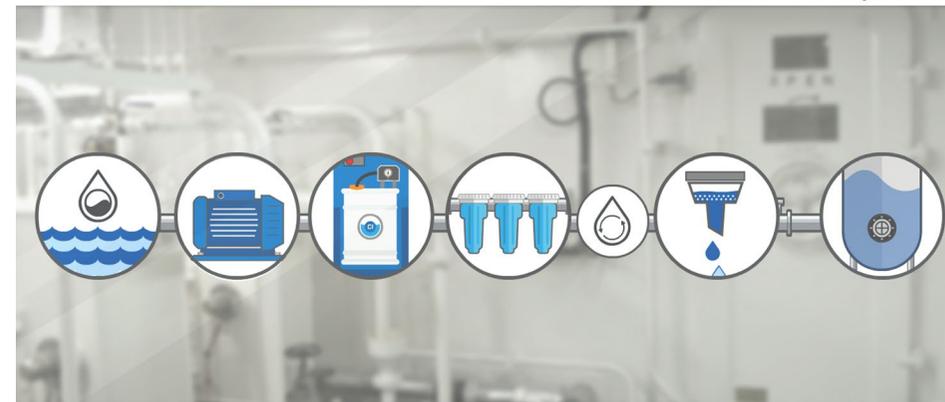
can also be completed separately by job role. This module provides candidates with a clear understanding of the monitoring regimes and troubleshooting methods relevant to potable water, reporting requirements and an understanding of the necessary documents.

## Learning Objectives:

LO1: Describe the trouble shooting methods for testing potable water

LO2: Identify the documentation used, the reporting requirements and the process to follow for recording information

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# WORKING AT HEIGHT

**Duration:** 60 minutes

**Questions:** 20

**Price Band :** A

## Course Outline:

The aim of this course is to provide you with the knowledge to work at height safely. You will learn about the hazards of working at height, the controls that must be in place to help keep you safe and the Personal Protective Equipment, or PPE, that you must wear whilst you are working at height.

## Learning Objectives:

- LO1: Describe what working at height is
- LO2: State the risks associated with working at height
- LO3: Explain the steps for assessing the safest way to work at height
- LO4: Describe considerations when choosing safe access to work at height
- LO5: List the equipment that could be used to access work at height and their safety implications
- LO6: Identify the responsibilities of each person working at height
- LO7: Describe some of the controls that should be put in place when working at height
- LO8: Identify Personal Protective Equipment (PPE) requirements for working at height
- LO9: Describe equipment inspection requirements
- LO10: Describe a dropped object and how to prevent it
- LO11: Find examples of controls that must be in place

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# WORKPLACE HARASSMENT AND RESPECT AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## **Course Outline:**

Harassment in the workplace is a serious problem that undermines productivity and can create a hostile work environment. All personnel must understand what constitutes harassment and discrimination, how to be respectful of other's personal beliefs and perspectives, how to communicate effectively, and know how to properly respond should they observe or be involved in an incident.

## **Learning Objectives:**

Understand Workplace Harassment And Respect Awareness

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# WORKPLACE HAZARDS AND PERSONAL SAFETY

**Duration:** 60 minutes

**Questions:** 28

**Price Band :** A

## Course Outline:

Welcome to this module on workplace hazards and personal safety. This module will inform you about the general hazards you will find offshore.

## Learning Objectives:

- LO1: Describe the hazards and controls of confined spaces
- LO2: Describe the hazards and controls of working at height
- LO3: Describe the hazards and controls of suspended loads
- LO4: Describe the hazards and controls of high-pressure systems and equipment
- LO5: Describe the hazards and controls of flammable and explosive atmospheres
- LO6: Describe the hazards and controls of moving and energised equipment
- LO7: Describe COSHH
- LO8: Describe the hazards and controls of manual handling
- LO9: Describe the hazards and controls of the mechanical handling of heavy equipment
- LO10: Describe the hazards and controls of vibration
- LO11: Describe safety critical equipment and their different uses
- LO12: Describe the hazards and controls of dropped objects
- LO13: Describe noise hazards and how to control them
- LO14: Describe the hazards and controls for slips, trips and falls
- LO15: Explain process safety
- LO16: Describe how you can be affected by fatigue
- LO17: Explain the IOGP Life Saving Rules
- LO18: Understand why you should use the correct PPE
- LO19: Understand how personal actions affect work and others while on site
- LO20: Describe the importance of communication and spatial awareness
- LO21: Explain the reasons for reporting systems and the importance of stopping the job
- LO22: Understand the role of safety committees and safety representatives





# WORKPLACE VIOLENCE AWARENESS (OSHA)

**Duration:** 20 minutes

**Questions:** 5

**Price Band :** A

## Course Outline:

Violence in the workplace is a serious problem that can have consequences both inside and outside of the work environment. It is important to understand the causes and signs of potential violent behaviour, and the proper procedures to follow should an incident occur.

## Learning Objectives:

Understand Workplace Violence Awareness

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