



COURSE OVERVIEW

We have the courses YOU need!



Opplæring Vest

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Opplæring Vest

Opplæring Vest has history since 1979 and has extensive expertise in the industry.

Opplæring Vest is a certified training programs certified by ASAS certification ATS -079.

Opplæring Vest is a training activity that adapt to customer needs and conducts courses on days and evenings.

Opplæring Vest is a leading training business in certified and documented safety training.

Opplæring Vest carries out the assessment and mapping of corporate training needs.

Opplæring Vest has a desire for close cooperation with the social partners as well as being professional at the forefront of the industry's internal HSE requirements.

Opplæring Vest is a business that continually assesses the subject content from government and industry regulations.

Opplæring Vest has a desire to focus on the human provide positive image of security in business.

Opplæring Vest meets the normative industry requirements and issues the approved documentation for all our courses.

Your course partner within:

- Big forklift
- Forklift driver/telescopic forklift
- Lift/Passenger Lift
- Hot work
- Tying
- Defibrillation
- Crane
- HSE
- Construction
- Roadwork
- Risk Analysis
- Other courses on request



Module 1.1

Working, responsibilities and consequences

Common for crane, truck and earthmoving equipment

MODULE 1.1

Common Theory

Working,
responsibilities
and consequences

8 hours

Prerequisite: There are no special prerequisites for this tutorial.

The purpose of the training: Give drivers of work equipment a good general basic training in the safe use of work equipment so that incidents and accidents associated with the use avoided. Referred to "Regulations in use of work equipment" § 49.

Review of topics:

- Why safety training
- Laws and regulations
- Working conditions, responsibilities and exterior
- Safety regulations for the use of work equipment
- Dangerous goods

The course concludes with an examination, a written theoretical test. The grading scale is used; Pass/fail.

Module 1.1 provides a basis for further courses in Module 2



Earthmoving equipment

MODULE 1.1	MODULE 2.1	MODULE 3.1	MODULE 4.1
Working , responsibilities and consequences	Machines theory	Machines practical use With Opplæring Vest	Corporate Training supervisor system 32 hours With Opplæring Vest
8 hours	24 hours	8 hours	32 hours

Requirements: The candidate must provide evidence of previously completed module 1.1. Module 1.1 is included in the context of this module.

The purpose of the training: Give drivers of earthmoving machines a good theoretical grounding in the safe use of earthmoving equipment, so that incidents and accidents associated with work operations are avoided.

The training will give candidates an understanding of the principles of earthmoving equipment construction, operation, maintenance and use.

After the course, the candidate shall be able to explain:

- Different types of accidents that can occur with the use of earthmoving equipment. Liability, causation and how accidents can be prevented.
- Current regulations related to the work performed by earthmoving equipment.
- Special safety requirements for the recognition of earthmoving machines and specify the precautions that must be taken for the driver to be able to protect themselves, the environment and other personnel against accidents.
- What requires when earth moving machine is used for lifting.

Review of topics:

- Requirements for the driver of earth moving machines.
- Applications for the various types of earth moving equipment on construction site.
- Accidents involving earth moving machines.
- Accidents in construction
- Structure of the different types of earth moving machines.
- Certification / documentation.
- Exercises.

The course concludes with an examination, a written theoretical test. The grading scale is used; Pass/fail. After passing the course the candidate must take Module 3.1 - Practical Use. Upon completing Module 4.1, the candidate must undertake a practical driving. The grading scale is used; Pass/fail.



Forklift

Lifting and stacking forklifts

MODULE 1.1 Common theory Working , responsibilities and consequences 8 hours	MODULE 2.2 Forklift Theory 14 hours	MODULE 3.2 Forklift practical Use With Opplæring Vest 6 hours	MODULE 4.2 Corporate Training Supervisor system 20 hours With Opplæring Vest 14 hours
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Requirements: The candidate must provide evidence of previously completed module 1.1. Module 1.1 is included in the context of this module.

The purpose of the training: Give forklift drivers a good theoretical grounding in the safe use of earthmoving equipment, so that incidents and accidents associated with work operations are avoided. The training will give candidates an understanding of the principles of the forklift construction, operation, maintenance and use.

**The theory of this course covers class T1 - T2 - T3 - T4 - T5 - T20,
inclusive 10 tons lifting capacity**

After the course, the candidate shall be able to explain:

- Different types of accidents which can occur with improper use of the forklift, liability, causation and how these can be prevented.
- The basic principles for forklift construction and operation, and control requirements and the importance of maintenance.
- Counterweight, outriggers forklift and side loader stability under different driving conditions and the handling of goods.
- Lifting capacity and stability altered by the use of accessories.
- The procedure by stacking and disassembly of cargo.
- The importance of cargo handling symbols.

Review of topics:

- Requirements for forklift driver.
- Material types with accessories and their application.
- The forklift design and function.
- Inspection and reporting.
- Stability and cargo handling.
- Operating and safety regulations.

The course concludes with an examination, a written theoretical test. The grading scale is used; Pass/fail. After passing the course the candidate must take Module 3.2 - Practical Use. Upon completing Module 4.2, the candidate must undertake practical driving. The grading scale is used; Pass/fail.



Large Forklift Driver Training over 10 tones lift

Theory / Practice	Theory	Practice	Practice
Prerequisites for Large Forklift Driver Training	Large forklifts	Large Forklift	Corporate Training Corporate Training buddy system 14 hours
Minimum 1st year practice of using truck class T4 -T5 possessing a driving license car B	Capacity of 10 tones	In agreement	Practice at Opplæring Vest 10 hours
	6 hours	6 hours	

T6 = Side Loading

T7 = Portal Forklift

T8 = Counterbalance forklift with forks

T8.1 = Counterbalance forklift with mast and permanently mounted container yoke

T8.2 = Counterbalance forklift with mast and permanently mounted grapple

T8.4 = Counterbalance forklift with telescopic boom and permanently mounted container yoke or grapple

T20 = Other forklifts, must be described

Requirements:

- To obtain a certificate of competence as a forklift driver Class T6, he must have had a certificate of competence in Class T5 at least one year, and practiced forklift driving class T5 in his work.
- To obtain a certificate of competence as a forklift driver Class T7 and T8, he must have had a certificate of competence in Class T4 at least one year, and practiced forklift driving class T4 in their work.
- **Possessing a driving license class B (Private cars) - applies to all three classes.**

The purpose of the training: Give large prospective forklift drivers a good theoretical grounding in the safe use of large forklifts. The training will give students a good understanding of the principles of forklift construction, operation, maintenance and use, so that incidents and accidents associated with large forklift driving avoided.

Review of topics:

- Requirements for Forklift driver.
- Material Types with accessories and their application.
- The forklift's design and function.
- Inspection and reporting.
- Stability and cargo handling.
- Operating and safety regulations.

T8.1, T8.2 and T8.4 will get extra practice and work experience.

The course concludes with an examination, a written theoretical test. The grading scale is used; Pass/fail. After passing the course the candidate must take Module 3.2 - Practical Use. Upon completing Module 4.2, the candidate must undertake practical test. The grading scale is used; Pass/fail.



G11 - Lifting Tools

MODULE 1.1 COMMON The theoretical m / sample Working , responsibilities and consequences 8 hours	MODULE 2.3 FAGDEL The theoretical sample Lifting gear G11 16 hours
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Prerequisite: Completed and passed Module 1.1. This module is reviewed before Module 2.3 started.

The purpose of the training: Give crane operators, slingers/signalers **strappers** and a good general basic training in the safe use of lifting equipment, so that incidents and accidents associated with the use avoided.

Following training, the candidate will include:

- Be able to account for different types of accidents that can occur with improper use of lifting gear in a lifting operation and how to prevent these.
- Could the rules for labeling, documentation, use, maintenance, general control and disposal of various types of lifting gear.
- Using lift tables to choose the correct lift mechanism with regard to the type of cargo, the possibility of slinging and lifting angles.
- Be able to demonstrate the proper use of various types of lifting gear.
- Be able to demonstrate the proper use of signals and signs associated with lifting operations.
- Be familiar with the proper use of radio in connection with lifting operations.

Review of topics:

- Regulations, accidents and consequences related to the slinger/signaler.
- Working environment act.
- Structure, certification, labeling, use, maintenance, storage, general control and disposal rules for different lifting gear.
- Lifting gear tables.
- Signals and signs.
- Exercises.
- Practical use of lifting gear.

The course concludes with an examination, a written theoretical test. The grading scale is used; Pass/fail. After passing the course, the student will have the opportunity to take different courses within class G1 - G8.



G4 - Bridge and Overhead Cranes

MODULE 1.1 and 2.3	MODULE 2.7	MODULE 3.7	MODULE 4.7
Must be able to document that their module 1.1 and G11	Bridge and Overhead Cranes Theory 16 hours	Bridge and Overhead Cranes Practical Use 8 hours Opplæring Vest	corporate Training Corporate Training buddy system 32 hours With Opplæring Vest 16 hours

Prerequisite: Completed and passed Module 1.1 and Module 2.3 - G11. Must documented.

The purpose of the training: Provide overhead crane operators a good theoretical grounding in the safe use of cranes, so that incidents and accidents during lifting operations can be avoid. The training will give candidates an understanding of the principles of overhead cranes construction, operation, maintenance and use.

Following training, the candidate will include:

- Be able to account for different types of accidents that can occur with improper use of overhead crane, liability, causation and how to prevent these.
- Explain the correct and safe operation, as well as knowing the hazards of tableau and radio controlled cranes.
- Be able to present special safety precautions before, during and after the use of cranes.
- Be able to explain the essential inspection and maintenance points for overhead cranes.

Review of topics:

- Requirements for the crane operator.
- Applications for overhead cranes.
- Accidents with bridge and overhead cranes.
- Structure of the different types of bridges and overhead cranes.
- Electrical system on the bridge and overhead cranes.
- Safety switches.
- Wire rope / block.
- Certification / documentation.
- Inspection and maintenance, safety precautions when using.
- Exercises.

Theory course concludes with an examination, a written theoretical test. The grading scale is used; Pass / Fail. The candidate must then take Module 3.7 - Practical Use. Upon completing Module 4.7, the candidate must undertake practical test. The grading scale is used; Pass/fail. By passing, a certificate of competence for masters of G4 Bridge and overhead cranes.



G8 - Forklift crane

MODULE 1.1 and 2.3	MODULE 2.8	MODULE 3.8	MODULE 4.8
Must be able to document that their module 1.1 and G11	Truck Crane Theory 20 hours	Truck Crane practical Use At the Training Vest 8 hours	corporate Training Buddy System 40 hours At the Training Vest 24 hours

Prerequisite: Completed and passed Module 1.1 and Module 2.3 - G11. Must documented.

The purpose of the training: Provide forklift crane operators a good theoretical grounding in the safe use of crane forklift, so that incidents and accidents during lifting operations can avoid. The training will give candidates an understanding of the principles of forklift crane construction, operation, maintenance and use. The training also covers the theoretical safety training required for the driver of the hoist.

Following training, the candidate will include:

- Be able to explain the proper use and hazards of operating the truck crane with levers and remote.
- Be able to explain the key control points on truck cranes before, during and after use.
- Understand the principles of stability of truck cranes, and have an understanding of tipping lines with respect stability and work area during use.
- Be able to use load charts to determine lifting capacities and work for truck cranes.

Review of topics:

- Requirements for the crane operator.
- Applications for hydraulic cranes.
- Accidents involving truck cranes.
- Hydraulic/electronics.
- Mechanics and stability.
- Safety/relief equipment.
- Load diagram.
- Certification/documentation.
- Exercises.

Theory course concludes with an examination, a written theoretical test. The grading scale is used; Pass/fail. The candidate must then take Module 3.8 - Practical Use. Upon completing Module 4.8, the candidate must undertake practical test. The grading scale is used; Pass/Fail. By passing, a certificate of competence for leading the G8 - Truck Cranes.



G20 - Fixed hydraulic crane

MODULE 1.1 and 2.3 24 hour Strap Course is foreknowledge of G20 Hydraulic crane Must be documented	G20 Hydraulic cranes Theory 10 hours	G20 Hydraulic cranes practical Use 6 hours	G20 corporate Training Buddy System 40 hours At the Training Vest 24 hours
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Prerequisites: Completed and passed Module 1.1 and Module 2.3 - G11. Must documented.

The purpose of the training: Give crane drivers a good theoretical basic education in the safe use of fixed hydraulic crane. The training will give the candidate a good understanding of the principles of crane construction, operation, maintenance and use, so that incidents and to avoided accidents during lifting operations.

Following training, the candidate will include:

- Be able to account for different types of accidents that can occur with improper use of fixed hydraulic crane, liability, causation and how to prevent these.
- Be able to use load charts to determine lifting capacities and work for taps.
- Could the rules and know the precautions for using cranes for loading and unloading of boats and ships at varying wave heights.
- Be able to explain the SJA - Safe Job Analysis , safety regulations for keeping fixed hydraulic crane, and the precautions to be taken for the crane operator should be able to protect themselves and other personnel against accidents.
- Be able to explain the rules regarding expert inspection of cranes, how this principle be done and what documentation must be available before taps are used.

Review of topics:

- Applications for fixed hydraulic cranes.
- Laws and regulations concerning fixed hydraulic cranes.
- Requirements for crane operator.
- Load diagram.
- Inspection and maintenance.
- Safe use of fixed hydraulic crane
- Exercises

Theory course concludes with an examination, a written theoretical test. The grading scale is used; Pass/fail. The candidate must then take practical use, 8 hours. Once this is completed, the candidate must undertake practical test. The grading scale is used; Pass/fail. By passing will be issued a certificate of competence for leading the G20 - Fixed hydraulic crane



C1 and C2 - Telescopic

<p style="text-align: center;">MODULE 2 Theory Telescopic Must have completed theory courses Module 2.1, 2.2 or 2.8</p> <p style="text-align: center;">6.5 hours</p>	<p style="text-align: center;">MODULE 3 practical Use telescopic forklift Background Material Background on machine</p> <p style="text-align: center;">At the Training Vest 8 hours</p>	<p style="text-align: center;">MODULE 4 Practical use of telescopic forklift Background on G8 Truck Crane Buddy System 16 hours At the Training Vest</p> <p style="text-align: center;">4-8 hours</p>
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Prerequisite: Previous undergone and passed theoretical and practical training certified according to module 2.1 Earthmovers, Module 2.2 Truck, or 2.8 Module Loader cranes.

The purpose of the training: Give drivers of telescopic forklift theoretical basic training in the use of telescopic forklift so that accidents can be avoided.

The training will give the candidate a good insight into the structure, risk factors and use of telescopic forklift. The training provided as well as training for forklift, earth moving machine or forklift crane.

Following training, the candidate will include:

- Be able to account for different types of accidents that can occur with improper use of telescopic forklift, liability, causation and how to prevent accidents.
- Be able to explain the basic principles of telescopic construction and operation, as well as emergency procedures, control requirements and the importance of maintenance.
- Know the important safety points on aerial forklift before, during and after use.
- Explain carrying capacity, the load impact on the stability, lift height and working height.
- Know how telescopic lifting capacity and stability changes using telescopic boom with accessories.

Review of topics:

- Applications and practical use of telescopic forklift.
- Telescopic construction and operation.
- Outriggers and stability.
- A structure and system overload.
- Load diagram and set up.

Theory course concludes with an examination, a written theoretical test. The grading scale is used; Pass/fail. By passing extension C1 and C2, theory and practice, the candidate must undertake practical test. The grading scale is used; Pass/fail. By passing, a certificate of competence for masters of G1 - G2 Telescopic.



Personnel lifts

Lift Class A	Lift A + B	Lift A + B + C
6 hours theory	8 hours theory	16 hours theory
Practice is done by Training Vest	Practice is done by Training Vest	Practice is done with a sponsor or Training Vest

Class A: Manual flow only person lifters

Class B: Self-propelled personnel lifts

Class C: Vehicle-mounted patient lifts

Prerequisite: There is no special prerequisite for this tutorial.

Purpose of training: Provide employee training, practice and instructions necessary to ensure safety at work and employee familiar with accident and health hazards that may be associated with the work.

Review of topics:

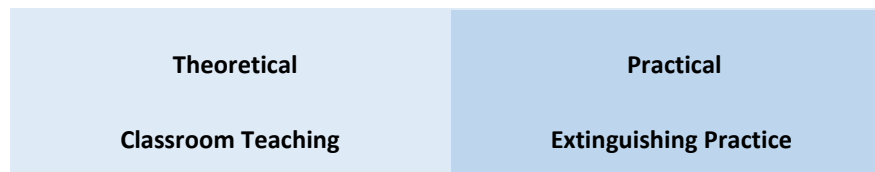
- Introduction - types of lift.
- Principles - buildup.
- Security - use.
- Safety - up.
- Lifts in traffic.
- Accidents - accidents.
- Classes - final test.

Students awarded hoist certificate after passing the theory test and practical use of the lift on the current class A, B and / or C. Practical test conducted with Training Vest. By passing awarded Lifts certificate, registered in the approved register



Hot work

7.5 hours training



Definition: All work involving the use of open flame, heat or appliances which produce sparks. Typical examples include welding, cutting, punching, soldering and grinding equipment, roofing, open flame or hot air tools and other uses of fire or heat tools.

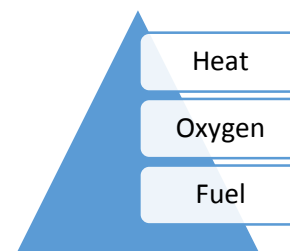
It is primarily those who perform their work responsibilities to ensure that security measures are adequate and in compliance with regulations.

Prerequisite: There are no special prerequisites for this tutorial.

Purpose of training: Increase awareness of participants with respect to the risk of fire hot work awareness of how perform the work in such a way prevent fires and put participants able to implement appropriate measures to limit the damage knows of an accident .

Review of topics:

- Certification Scheme.
- Review of applicable laws.
- Understanding risk.
- Risk assessment.
- Visibility of responsibility.
- Safety regulations for hot work.
- Fire Theory.
- Dangers of Hot Work: before, during and after work.
- Extinguishing Practice.



The validity is 5 years.

They came early in the scheme should check the expiration date considering the renewal of the certificate.

The course concludes with an examination, a written theoretical test and extinguishes exercise. The grading scale is used; Pass/fail. By passing the course certificate is issued for hot work from Norwegian Fire Protection Association.



Defibrillation



Prerequisites: There is no previous knowledge of the course. The course takes approx. Four hours, and are less extensive than first aid course.

Purpose of the course: Participants should feel safer in emergencies where there is a need for a defibrillator. Participants will learn to follow the same priorities as paramedics and doctors use, to give the person the best chance of survival.

This course focuses on CPR and using a defibrillator, and helps participants to deal with life threatening emergencies. Participants will acquire skills to help adults and children who is not breathing or has a pulse.

It is laid out with a minimum of theory, as we spend most of the time for practical training. We have a maximum of 3 people per manikin, so that all participants receive adequate training in first aid

First hour: Introduction, objectives, theory, first aid, foreign aid, bleeding

Second hour: Theory, damage assessment,

Theory, CPR with a defibrillator, heart attack, cardiac arrest, stroke, blocked airways, shock, neck and back injuries. Introduction to how the defibrillator works.

Third hour: Practical CPR and using a defibrillator.

Fourth hour: Practical use CPR and defibrillator. - Scenario - Summary.

After completing the course, participants will be awarded a diploma for completed AED courses.



Roadwork

- On and beside the road

For all that shall
regularly carry out
work on the road

6 hours

Prerequisites: There are no previous knowledge of the course

Purpose of the course: Participants will be able to apply the relevant provisions of Handbook 051 in work tasks involving stay in places where it must be approved roadwork safety plan. Have knowledge about their own and others' safety when working on or near the road, and the considerations to be taken. Have knowledge of the formal procedures to be followed before commencing work and during the work.

Review of topics:

- Introduction.
- Laws and regulations.
- Personal security.
- Responsibility for warning and protection.
- Physical laws in traffic.
- Notification.
- Fuse.
- Deliverability.
- Stop traffic.
- Guiding the logbook.

Opplæring Vest also has courses for advanced within

- The agent 12 hours
- Manual traffic control 3 hours + exercise

Those who have passed the course one can have jurisdiction responsible for overseeing the warning and protection on single work places.

The course concludes with an examination, a written theoretical test. The grading scale is used; Pass/Fail. By passing the course are issued proof of completed roadwork courses.



Health, safety and environment

Basic training in working 40 hours

Working Environment Act § 6 states that all entities qualifying under this Act shall be elected safety representatives. This means that any business that has 10 or more employees must have safety representatives. The elected to the role of the safety delegates are therefore required to take a basic course in Health, Safety and Environment (HSE).

Prerequisite: None

Purpose of the course: Provide safety representative knowledge and information to safeguard the interests in matters affecting the work environment about the role, duties and rights.

Following training, the candidate will include:

- Know the safety delegate role, duties and rights
- Know the Working Environment Act
- Know how to perform a risk assessment
- Know how to make good plans for safety and safeguard good working
- Know the "Regulations relating to systematic health, environment and safety work in enterprises" (Internal Control Regulations)

Review of topics:

- What is the HSE?
- Safety Regulations.
- Working Environment Act.
- Role, rights and obligations.
- Working.
- HSE.
- Conflict.
- Tasks.

After completing the course, participants will get a diploma for completed course.



Mandatory Safety Training for Managers

The Working Environment Act § 3-5, states that the employer shall undergo training in health, environment and safety. The obligation cannot delegate and is personal. The employer means any person who has hired the employee to perform work in their favor. What this Act is specific to the employer shall apply mutatis mutandis to in the employer managing the enterprise.

Employers According Employment Act responsibility for the working environment in the company is fully justified.

Prerequisite: None

Purpose of the course: Provide employer knowledge of the basic principles of systematic health, environment and safety and on the Working Environment Act. The employer shall have knowledge of the requirements that apply to get a good working environment and systematically environmental, health and safety in the business.

The candidate will, after following training:

- Provide knowledge about systematic health, environment and safety work and how to perform in accordance with applicable requirements of laws and regulations.
- Provide knowledge of how organizational, physical and mental conditions affecting the work environment and the positive and negative consequences.
- Provide knowledge about how to achieve a good working environment and good working relationships
- Provide knowledge about inclusive workplace

Review of topics:

- Introduction to the Working Environment Act, content and structure.
- Presentation of the Working Environment Act regulations.
- Working Environment Act and its regulations that have particular relevance to business and industry.
- The employer's duties.
- The employee's right and obligation to participate.
- The safety representative function and tasks.
- Working environment functions and tasks.
- Company Health Function
- Tasks

After completing the course, participants will get a diploma for completed course.



Contactinformation

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Do you need other types of courses? Please contact us!

