

*Occupational
Risks Management*

2023 TRAINING CATALOG



La certification qualité a été délivrée au titre de la catégorie d'action suivante :
ACTIONS DE FORMATION

www.aegide-international.com

“Concern for man and his fate must always form the chief interest of all technical endeavours.”

A. Einstein



2023 Training Courses Catalog

Contents

| | |
|--|-----------|
| Training Certifications | 6 |
| Nebosh | 7 |
| International General Certificate | 8 |
| International Oil & Gas Certificate | 9 |
| Certificate in Process Safety Management | 10 |
| Certificate in Manual Handling Risk Assessment | 11 |
| Environmental Management Certificate | 12 |
| Health and Safety at Work Award | 13 |
| Introduction to Incident Investigation | 14 |
| Nebosh HSE Award | 15 |
| IOSH | 16 |
| Managing Safely | 17 |
| Working Safely | 18 |
| IRCA | 19 |
| ISO 9001 Quality Audit Manager | 20 |
| ISO 14001 HSE Audit Manager | 21 |
| ISO 45001 Environment Audit Manager | 22 |
| IEMA | 23 |
| Foundation Certificate in Environmental Management | 24 |
| ISM | 25 |
| Internal safety / security auditor ISM | 26 |
| Technical Risks Training | 27 |
| Confined Space | 28 |
| Work at Height | 29 |
| ATEX | 30 |
| SST | 31 |
| Musculoskeletal Disorders | 32 |
| Lifting | 33 |
| Fire-fighting | 37 |
| Oil & Gas | 38 |
| Wind energy | 41 |
| HSE Management Training | 42 |
| Hunting out anomalies | 43 |
| Job Safety Analysis | 44 |
| BowTie | 45 |
| Incident XP | 46 |
| Root Cause Analysis | 47 |
| Train the trainer | 48 |
| Driving Training LV / 4x4 / HV | 50 |
| LV Driving | 51 |
| 4X4 Driving | 52 |
| HV Driving | 53 |
| New Tech & Events | 54 |
| Virtual Reality | 55 |
| E-learning | 56 |
| Safety Day | 57 |
| Workshops | 58 |



More than **25**
years of experience

20000+
trainees

1000+
Companies,
Communities
& States

Training

- *Inter-company*
- *In-Company*
- *Tailor-made*



Dear Sir/Madam,

This catalog presents the HSE programs that are requested the most internationally and in various activity sectors in France.

It is divided into 5 sections:

- Training Certifications
- Technical Risks Training
- HSE Management Training
- Driving Training
- New Tech & Events

We can always adapt program content to meet your objectives and requirements.

We aim to:

- help you to refine the objectives specified on the sheets: "to make someone capable of..."
- determine content based on the profiles of your participants, key introductory stages, acquisition of knowledge, appropriation and validation exercises;
- offer you follow-up support concerning the application of knowledge acquired during training and an assessment several months after completion of training.

We are able to run most of these programs in French, English, Spanish, Italian, Arabic and other languages.

Our trainers are able to run different programs as part of one trip by an effective schedule management system.

Lastly, and perhaps most importantly, our trainers have significant experience in the field, speak at least two languages and have experience of international travel. They know how to listen and to offer the best solutions.

Julien TREBAULT & Elise MARIN
Training Department

CERTIFICATIONS

- ✓ Nebosh
- ✓ IOSH
- ✓ IRCA - ISO
- ✓ IEMA
- ✓ ISM





Training **NEBOSH**

(National Examination Board
in Occupational Safety and Health)

- ✓ IGC
- ✓ IOGC
- ✓ PSM
- ✓ Manual Handling
- ✓ EMC
- ✓ HSA
- ✓ INV
- ✓ HSE Award



International General Certificate (IGC)

Target audience

Everyone who have health & safety roles and responsibilities in their job and wants to be worldwide recognized for their broad knowledge and understanding of these issues. Also suitable for those embarking on an HSE career.

Objectives

- Understand the fundamentals of an Occupational Health and Safety Management System.
- Understand their role and responsibilities in an Occupational Health and Safety Management System.
- Understand the hazards of your industry and workplace.
- Understand the principles and preventive measures of Health and Safety at Work.

COURSE CONTENTS

NEBOSH IGC the training is divided into two units: IG1 and IG2
Each unit will be evaluated separately

WEEK 1

IG1: Management of international health and safety (5 days)

Syllabus:

- Why we should manage workplace health and safety
- How health and safety management systems work and what they look like
- Managing risk – understanding people and processes
- Health and safety monitoring and measuring

WEEK 2

IG2 : Risk assessment (5 days)

Syllabus:

- Physical and psychological health
- Musculoskeletal health
- Chemical and biological agents
- General workplace issues
- Work equipment
- Fire
- Electricity

Examination

IG1: Open book remote questionnaire (OBE-Open book examination) - 24 hours to give the exam - approx. 4 hours of personal work. Approx. 10 (open) questions that can be broken down into several sub-questions.

IG2: practical risk assessment: to be carried out no later than 7 days after the OBE. Part IG1 must also have been followed.

Registration:

No later than 15 days before the start of the training



Duration
10 days



Languages
French
English



Price
In French
3490 € VAT
incl.



Modalities
Face-to-face
or remote

International Oil & Gas Certificate (IOGC)

Target audience

People from all around the world who work in Oil and Gas and the connected industries. Managers, supervisors, offshore and onshore workers need specialist skills and know-how to fulfil their health and safety responsibilities. Students should already have an underpinning knowledge of safety issues and may already have studied one of NEBOSH's qualifications.

Objectives

- Understand the fundamentals of an Occupational Health and Safety Management System.
- Understand their role and responsibilities in an Occupational Health and Safety Management System.
- Evaluate and manage potential risks at onshore and offshore sites.

COURSE CONTENTS

The NEBOSH IOG training is divided into 5 elements:

Element 1 : Health, safety and environmental management in context

- Learning from accidents
- Hazards inherent in Oil & Gas
- Risk management techniques used in the Oil & Gas industries
- Safety cases and safety reports

Element 2 : Hydrocarbon process safety - 1

- Contractors management
- Process Safety Management (PSM)
- Role and purpose of a permit-to-work system
- Key principles of shift handover
- Plant operation and maintenance

Element 3 : Hydrocarbon process safety - 2

- Failure modes
- Safety critical equipment controls
- Safe storage of hydrocarbons
- Furnace and boiler operations

Element 4 : Fire protection and emergency response

- Fire and explosion risk in the Oil & Gas industries
- Emergency response

Element 5 : Logistics and transport

- Marine transport
- Land transport

Examination:

Assessed by a two-hour written exam consisting of ten 'short-answer' compulsory questions and one 'long-answer' question.

Registration:

No later than 15 days before the start of the training



 **Duration:**
5 days

 **Languages**
English

 **Price**
1790 € VAT incl.

 **Modalities**
Face-to-face

Certificate in Process Safety Management (PSM)

Target audience

This qualification is for anyone who wants to carry out incident investigations effectively. Employers, supervisors, SHE champions, union and safety representatives will benefit.

Objectives

Provide a sound breadth of knowledge that will allow you to contribute to the effective management of process safety risks. The qualification aims to provide holders with the knowledge and understanding of Process Safety Management to ensure that they can contribute to the effective management of process safety risks.

COURSE CONTENTS

PSM1 : Process Safety Management

1.1 Process safety leadership

- Process safety Management meaning
- Process safety leadership
- Organisational learning
- Management of change
- Worker engagement
- Competence

1.2 Management of process risk

- Establishing a process safety management system
- Risk management techniques used within the process industries
- Asset management and maintenance strategies
- Role and purpose and features of a permit-to-work system
- Safe shift handover
- Contractor management

1.3 Process safety hazard control

- Operating procedures
- Safe start-up and shut-down
- Safety critical performance standards
- Utilities
- Electricity/static electricity
- Dangerous substances
- Reaction hazards
- Bulk storage operations

1.4 Fire protection and emergency response

- Fire hazards
- Fire and explosion control
- Dust explosions
- Emergency preparedness

Assessment:

Students are assessed by a 90 minutes, 40 Multiple choice questions examination. There is no practical evaluation to this qualification.

Registration:

No later than 15 days before the start of the training



 **Duration**
4 days

 **Languages**
English

 **Price**
1430 € VAT incl.

 **Modalities**
Face-to-face



HSE Certificate in Manual Handling Risk Assessment

Persons concerned:

The qualification is suited to employers and employee representatives who want to start assessing manual handling risk in their organisation, and implement effective control measures. It will also help those already involved in managing manual handling risk, to deepen their understanding of the subject, and train in the use of specific HSE manual handling assessment tools.

Objectives:

The NEBOSH HSE Certificate in Manual Handling Risk Assessment will help you to:

- Have confidence as your team will be trained in HSE's current approach to manual handling risk assessment
- Ensure your organisation has valuable in-house manual handling risk expertise
- Upskill your teams so they can carry out manual handling risk assessments to the right standard, and identify where specialist input is required
- Create a safe and healthy work environment

COURSE CONTENTS

Element 1: Principles of manual handling

- Key terms & the scale of the issue
- Moral, legal and business reasons
- Managing manual handling in the workplace
- The spine
- Common tasks and common injuries

Element 2: Managing manual handling risk: identification and assessment

- Hierarchy of duty to reduce risk
- Risk factors (TILE)
- Interaction of risk factors
- Risk assessment – who, when and how
- Levels of assessment
- Simple filters
- Introduction to MAC and RAPP tools and guides
- Risk assessment for specific types of risk

Element 3: Management of manual handling risk – Control of risk

- Mechanical lifting aids
- Workplace and job design factors
- 11 key principles of good manual handling, team handling

Examination:

Complete a manual handling assessment case study which identifies a range of hazards and meets best practice standards ('suitable and sufficient'). 1 hour

Registration:

No later than 15 days before the start of the training



Duration:
1 day



Languages
English



Price
550 € VAT incl.



Modalities
Face-to-face or
remote

Environmental Management Certificate

Persons concerned:

This qualification is designed for anyone who has responsibilities for managing environmental issues as part of their work. The qualification is designed to be globally relevant and benefit companies in all industry sectors who are seeking to implement effective environmental management systems, increase positive environmental impacts, and reduce negative environmental impacts.

Objectives:

The Environmental Management Certificate (EMC) will allow you to:

- Understand a range of environmental issues in order to improve performance and reduce harm;
- Work with an environmental management system and contribute to continual improvement;
- Recognise environmental aspects and evaluate current controls;
- Support decision-making with ethical, legal, and financial arguments;
- Understand the links between your organisation's activities and wider environmental issue

CONTENU DE LA FORMATION

- Foundations in environmental management
- Environmental management systems
- Assessing environmental aspects and impacts
- Planning for and dealing with environmental emergencies
- Control of emissions to air
- Control of environmental noise
- Control of contamination of water sources
- Control of waste and land use
- Sources and use of energy and energy efficiency

Évaluation :

Unit EMC1: Environmental management Open book examination

Unit EMC2: Assessing environmental aspects and associated impacts Practical assessment

Inscription:


Au plus tard 15 jours avant le début de la formation.



 **Durée :**
5 jourS

 **Langue :**
Anglais

 **Tarifs :**
1890 € TTC

 **Modalités :**
Présentiel
Distanciel

Health and Safety at Work Award (HSA)

Target audience

- Anyone who needs to understand the basic principles of health and safety as part of their job. In the modern workplace, this can mean just about anyone.
- The qualification is particularly relevant to: Team leaders and supervisors, High level operators/skilled workers, HR management and staff, Facilities managers

Objectives

- Understand why health and safety needs to be managed, ensuring effective processes are in place;
- Inspect the workplace, recognising a range of common hazards, evaluating risks (taking account of current controls), recommending further control measures and assigning actions; and
- Understand why incidents happen and how to investigate them.

COURSE CONTENTS

HSA1 :

- Element 1 - Why and how do you manage health and safety?
Understand why health and safety needs to be managed, ensuring that effective processes are in place
- Element 2 - Dealing with common workplace hazards
Inspect the workplace, recognize a series of common hazards
- Element 3 - Stop incidents and health problems before they happen
Evaluate the risks (taking into account the control measures already in place), and recommend additional measures by identifying 3 actions
- Element 4 - Learning from incidents
Understand why incidents occur and how to investigate them.

Assessment:

A practical assessment of around 3 hours, corresponding to a health and safety visit to the workplace which is made up of 3 parts:

- 1/ Information
- 2/ Management & process
- 3/ Incidents and Actions

Registration:

No later than 15 days before the start of the training



Duration
3 days



Languages
French
English



Price
790 € VAT incl.



Modalities
Face-to-face



Introduction to Incident Investigation (INV)

Target audience

This qualification is for anyone who wants to carry out incident investigations effectively. Employers, supervisors, SHE champions, union and safety representatives will benefit.

Objectives

Attending the course will enable you to:

- Independently investigate simple incidents
- Gather evidence including conducting witness interviews
- Produce an action plan to prevent a recurrence of an incident
- Contribute to team investigations for large scale incidents
- Positively impact the safety culture in your organization

COURSE CONTENTS

INV1 : Introduction to Incident Investigation

Syllabus:

1.1 Incident terminology, the moral, legal and financial arguments for investigations and management system requirements.

1.2 Human and organisational factors

1.3 Investigating incidents

1.4 Positive strategies for and the barriers to successful interviews

1.5 Advanced incident investigation techniques

Assessment:

A practical assessment is completed at the end of the course. You will be provided with a pack of evidence and shown a video of three witness interviews. You will be asked to review the evidence, evaluate each interview and produce an action plan that will help prevent a recurrence of an incident.

Registration:

No later than 15 days before the start of the training



Duration
1 day



Languages
English



Price
550 € VAT incl.



Modalities
Face-to-face
or remote

Nebosh HSE Award

Target audience

Anyone involved in managing workplace health and safety risks including those who undertake risk assessments. The content will be particularly useful to employers, managers, supervisors, SHE champions and union and health and safety representatives.

Objectives

Attending the course will enable you to:

- Identify hazards and be aware of some of the resources that can help
- Assess risks in low to medium risk premises using simple HSE tools
- Evaluate risks in a proportionate and sensible manner
- Identify suitable control measures

COURSE CONTENTS

Why manage health and safety risks?

- Understand risk assessment terminology, moral, legal and business reasons for managing health and safety risks.
- An introduction to the steps for managing risk
- Competence in health and safety
- The value of worker consultation

Managing risk: Identification, understanding & control

- The application of risk management steps for health and safety at work
- This ensures that a risk assessment is appropriate and sufficient
- The meaning and application of dynamic risk assessments for unforeseeable hazards
- The distinction between prevention, mitigation and application of risk control principles

Assessment tools

- Sources of information that can be used to identify hazards and risks
- Introduction to HSE risk assessment tools and where to find them

Evaluation:

1 hour written assessment.

Referencing, after watching a short video, the control measures that can be implemented and make recommendations

Registration:

No later than 15 days before the start of the training



Duration
1 day



Languages
French



Price
550 € VAT incl.



Modalities
Face-to-face
or remote



Approved
training
provider
4081

Training
IOSH

(Institution of Occupational Safety and Health)

Managing Safely Working Safely

Managing Safely

Target audience

Managing Safely is a training for the Manager and Supervisors of all organizations and all sectors.

Objectives

This training will help you improve the safety awareness culture in your organization, increase your productivity, and strengthen your reputation in your supply chain by integrating safety and health across the organization.

COURSE CONTENTS

1. Introducing managing safely

- Why is it important to manage safely?
- What influence can you have on safety management?

2. Assessing risks

- What is a risk?
- What is risk assessment?
- How are risk assessments performed?

3. Controlling risks

- How to reduce risk?
- How to choose the risk control measure to be used?

4. Understanding your responsibilities

- What does the law require of you?
- How does the law work?
- What are the key elements of a health and safety management system?

5. Identifying hazards

- What are the common dangers?
- What can you do against common dangers?

6. Investigating accidents and incidents

- Why investigate incidents?
- How do incidents occur?
- How to conduct an incident investigation?

7. Measuring performance

- Performance measurement, what is it?
- How to measure health and safety performance?
- What is audit?

Assessment:

On-site Risk analysis (On-site when In-company)
MCQ examination at the end of the 3rd day

Registration:

No later than 5 days before the start of the training

OPTION

IOSH Standard combined with your company's HSE standards

In collaboration with your company, we develop and deliver additional training content specific to your company's HSE management system.



Duration
3 days



Languages
French
English



Price
890 € VAT incl.



Modalities
Face-to-face
or remote



Working Safely

Target audience

Working Safely is for people at any level, in any sector worldwide, who need a grounding in the essentials of safety and health. It gives everyone at work an understanding of why they must 'work safely' – and does it in an enjoyable way.

Objectives

At the end of the training course, employees will:

- Understand the importance of working safely.
- Be able to differentiate between common hazards & risks.
- Be competent at identifying and controlling hazards & risks.
- Understand the importance of safety performance within the workplace and how to improve it.

Completing the course will also ensure that employees as individuals and the company as a whole have the knowledge to comply with HSE legislation.

COURSE CONTENTS

The IOSH Working Safely course content is split into 4 main modules.
The course covers:

- **Module 1:** Introducing working safely
- **Module 2:** Defining hazard and risk
- **Module 3:** Identifying common hazards
- **Module 4:** Improving safety performance

Assessment:

The IOSH Working Safely course assessment is two-fold. There is a 10 question multiple-choice test and a practical hazard-spotting exercise, each of which lasts 15 minutes. Successful delegates are awarded an IOSH Working Safely certificate.



Duration
1 day



Languages
English



Price
420 € VAT incl.



Modalities
Remote



IRCA Training

- ✓ ISO 9001 Quality Audit Manager
- ✓ ISO 45001 Quality Audit Manager
- ✓ ISO 14001 Quality Audit Manager

ISO 9001 QUALITY AUDIT MANAGER

Target audience

Anyone working in a quality management system, in all sectors of activity. Prerequisites: knowledge of principles and concepts in Quality.

Objectives

Develop your ability to detect, formulate and return gaps,
To deepen the knowledge of the standards of the ISO 9000 series,
Refine your audit methodology,
Have followed a training recognized by the IRCA and making it possible to become Auditor or Certification Audit Manager

COURSE CONTENTS

DAY 1: CONCEPTS

- The principles of quality management systems
- Define accreditation, certification, organizations involved and different types of audits
- Understand the structure and requirements of the standard
- Understand context and methods for analysis
- Understand the process approach and develop knowledge about their representation

DAY 2: PREPARATION

- Establish the audit program
- Plan and prepare an audit

DAY 3: CONDUCTION

- Conduct the audit
- Master the audit techniques
- Scenario by case studies on the various stages of the audit
- Master the writing of nonconformities

DAY 4: CONCLUSION

- Return audit results
- Check corrective actions
- Set up follow-up audits
- Decide on corrective actions and improvement
- Prepare the audit report

DAY 5:

REVISION QUIZ AND IRCA REGISTRATION (½ DAY)

- Review of previous days
- IRCA and registration of Auditor / IRCA Audit Manager

CERTIFICATION EXAMINATION (½ DAY)

The certification exam is a test that is held without a document except the non-annotated ISO 9001: 2015 standard.

It lasts 2 hours and is composed of 4 parts:

- 5 questions about knowledge of ISO 9001 and quality
- 4 questions about ISO 9001, quality, ISO 9000, ISO 19011
- 3 questions about ISO 9001 and audit
- 3 questions about audit situation analysis

TO GO FURTHER

- OHSAS 18001 -> ISO 45001 Transition Training
- Internal Auditor Training



Duration
5 days



Language
French



Price
1980 € VAT incl.



Modalities
Face-to-face

ISO 45001 HSE AUDIT MANAGER

Target audience

Anyone working in an OHSAS 18001: 2007 occupational health and safety management system or an integrated QSE system wishing to update their knowledge of the requirements of the ISO 45001: 2018 standard and develop the transition plan for their SMS & ST.

Objectives

Understand the new structure of management systems based on Annex SL and the audit implications

Know how to audit new requirements relating to the organization and its context, leadership, risks and opportunities, documented information

Understand communication and worker participation requirements and how to audit them

Adapt your audit techniques to new or modified requirements

Maintain your registration with the IRCA if you are registered in version OHSAS 18001

Prerequisites:

Participants will have to show that they have knowledge of management principles and concepts by completing a questionnaire on:

The Plan, Do, Check, Act (PDCA) cycle

The essential elements of a management system and the interrelationship between management responsibility, policy, objectives, planning, implementation, measurement, review and continuous improvement.

The expected results of an occupational health and safety management system

Knowledge of the requirements of ISO 45001 and commonly used OSH management terms and definitions, as defined in ISO 45001

Training management certified CQI-IRCA ISO 45001 or equivalent

Knowledge of management system audits

COURSE CONTENTS

DAY 1: STANDARDS, PRINCIPLES AND DEFINITIONS, THE ISO 45001 STANDARD

DAY 2: PROCESS, AUDIT PLANNING, AUDIT CHECKLIST, PREPARATION, REALIZATION

DAY 3: AUDIT, REALIZATION, REVISION QUIZ, IRCA REGISTRATION AND REVIEW ACTIVITIES

CERTIFICATION EXAMINATION (½ DAY)

This exam takes place on a table in the training room



Duration
3 days



Language
French



Price
1680 € VAT incl.



Modalities
Face-to-face

ISO 14001 ENVIRONMENT AUDIT MANAGER

Target audience

Anyone working in an environmental management system. This training is aimed at experienced environmental management professionals wishing to benefit from international recognition and an environmental auditor status.

Objectives

Pass the IRCA end of training exam
 Develop your skills to detect, formulate and restore deviations
 Deepen your knowledge of the ISO 14000 series standards
 Improve your audit methodology
 Have followed a training course recognized by the IRCA and allowing to become Auditor or Audit Manager of certification

Prerequisites:

Participants will have to show that they have knowledge of management principles and concepts by completing a questionnaire on: The Plan, Do, Check, Act (PDCA) cycle, The relationships between the fundamental elements of management systems, The expected results of "an environmental management system, Knowledge of the requirements of ISO 14001, Knowledge of management system audits

COURSE CONTENTS

Standards, principles, and definitions, ISO 14001

- environmental standards
- terms and definitions
- context and leadership
- planning relating to risks and opportunities o environmental aspects and their impacts regulatory and legal obligations
- operational control supports
- performance evaluation improvement

Process, audit schedule, checklist, preparation and implementation

- audit of environmental management systems
- planning checklist
- prepare and carry out the audit
- identify and write down non-conformities
- regulatory obligations

Audit activities, performance (continued)

- check corrective actions
- set up follow-up audits
- decide on corrective actions and improvement o prepare the audit report
- case study

Review quiz, IRCA registration and exam



Duration
3 days



Language
French



Price
1440 € VAT incl.



Modalities
Face-to-face



IEMA Training **Foundation Certificate in Environmental Management**

Foundation Certificate in Environmental Management

Target audience

Learners who are starting out in environmental management, and want a solid foundation of environment and sustainability knowledge to build on.

Those who would like to gain Associate membership of IEMA.

Objectives

Gives learners a solid foundation in environment and sustainability with which to build their knowledge on.

Covers a wide range of environment and sustainability principles.

On completion the learner becomes eligible for Associate membership, giving them the AIEMA suffix and the benefits of IEMA membership.


COURSE CONTENTS

- Implications of global trends for the environment, society, the economy and for organisations
- Sustainable business/governance principles
- Environmental principles
- Major policy and legislation
- Major tools, techniques, systems and practices to improve sustainability performance
- The role of innovation in developing sustainable products, services and solutions
- Data collection, analysis and evaluation
- Research and planning for sustainable solutions
- Effective communications and feedback
- Stakeholder engagement
- Tools and techniques to identify opportunities and risks
- Environmental and sustainability performance improvement

CERTIFICATION EXAMINATION (½ DAY)

A 1 hour open-book online multiple-choice exam, taken at the end of the course.



 **Duration**
5 days

 **Language**
English

 **Price**
1790 € VAT incl.

 **Modalities**
Face-to-face



ISM training

Internal safety / security auditor ISM

Internal safety / security auditor ISM

Target audience

Staff intended to be involved in the management of safety within a shipping company: officers, safety / quality managers, technical executives, etc.

Objectives

- Master the ISM code and associated regulations
- Acquire audit techniques
- Be able to perform ISM internal audits

This training aims to acquire the knowledge and skills required to perform internal audits according to the ISM codes and in accordance with ISO 19011 (Guidelines for auditing management systems).

COURSE CONTENTS

Master the ISM code and associated regulations

- ISM code requirements
- Other associated regulations

Acquire audit techniques

- Establishment, planning and preparation of an audit
- Conduct, audit technique and identification of non-conformities
- Restitution-report, improvement and follow-up

Be able to perform ISM internal audits

- Application of audit techniques relating to ISM codes

EXAMINATION

Multiple choice questions
Certificate of completion of the training action



Duration
3 days



Language
French



Price
1300 € VAT incl.



Modalities
Face-to-face or
remote

TECHNICAL RISKS

- ✓ Confined Space
- ✓ Work at Height
- ✓ ATEX
- ✓ SST
- ✓ MSDs
- ✓ Lifting
- ✓ Fire-fighting
- ✓ Oil & Gas



CONFINED SPACE

Target audience

Anyone wishing to intervene or supervise an intervention in a confined space.

Objectives

At the end of the training the candidate will be able to intervene and supervise a safe operation in a confined space.

COURSE CONTENTS

Theoretical:

- Presentation of the module and objectives
- Definitions, identifications
- Accident
- Regulation, Actors, their roles and responsibilities.
- Danger and risks generated by confined space operations
- The main gases, the associated hazards and their effects
- Work permit and rules of good practice and safety
- Insulation, logging and locking
- Ventilation
- Tagging, signaling and cleaning
- Atmosphere analysis
- Emergency management - Provisions and procedures (alert-alarm-security, intervention)
- Self Rescue Presentation / Assisted Rescue / Entry Rescue
- Analysis to intervene safely in a confined space
- Binomial Case Study and Review

Practice:

- Presentation of the equipment of the site associated with interventions in confined spaces
 - Demonstration of atmospheric analysis procedures
 - Presentation of the operating mode before / during / after a confined space intervention
- Before:
- Permit to work and consignment, pre-job meeting, communication, emergency instructions, preparation of the operation, identification of the prerequisites
 - Insulation and consignment (LOTO procedures, register and permit to enter)
 - Ventilation (material and method)
 - Signage, signalling and cleaning - Secure access
 - Atmosphere analysis (material, method, procedure and permit to penetrate)
 - Implementation of on-site safety equipment for confined space intervention
- During:
- Penetration, evolution and supervision in confined space
 - Communication between the actors involved (Speaker - Supervisor - Rescue)
 - Identification of failures (alarm, loss of communication, material malfunction, psycho-physiological problem, deterioration of the environment / working environment)
 - Procedures and instructions in the event of an accident (alert, alarm, security, intervention)
 - Auto rescue / Assisted rescue / Rescue with entry * (* Enhanced first aid / Stretcher - Not integrated into the trainer training)
 - Work permit and consignment, pre-job meeting, communication, deposit
- After:
- Securing
 - Verification of equipment
 - Documentary finalization and REX
 - Practical Assessment
 - Presentation of the certificate «Intervenant - Confined Space Supervisor» (Validation theory + practice)



Duration
1,5 day



Languages
French
English



Price
On demand

WORK AT HEIGHT

Target audience

Any person required to perform work at height.

Objectives

At the end of the training, the candidate will be able to carry out work operations at height in safety.

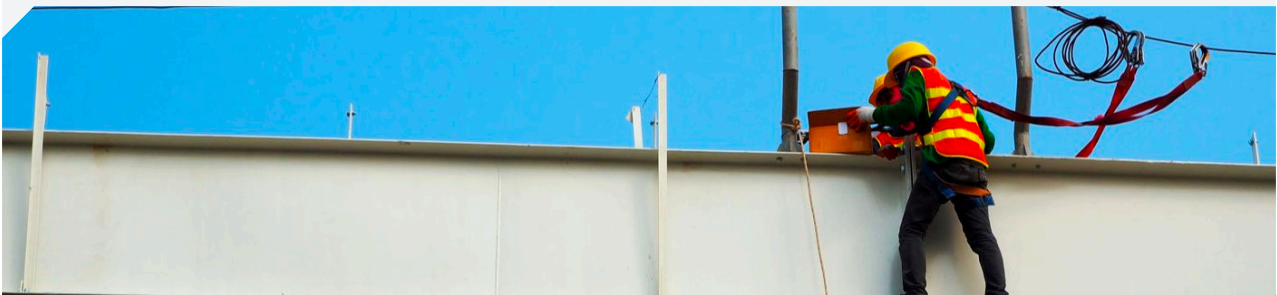
COURSE CONTENTS

Theoretical: 0,5 days

- Definitions, Identifications, Accidentology
- Regulation, the actors, their roles and responsibilities.
- Hazards and risks generated by working at heights
- Work permit and rules of good practice and safety
- Presentation and principle of safety regarding collective and individual protective equipment
- Emergency Management - Provisions and Procedures
-

Practice: 0.5 days

- Presentation of the equipment of the site associated with interventions at height
- Presentation of the operating mode before / during / after an intervention at height
- Verification and safe use of platforms / scaffolding
- Verification and safe use of ladders
- Verification and safe use of fall arrest systems (harnesses, lanyards, connectors)



Duration
1 day



Languages
French
English



Price
On demand

EXPLOSIVE ATMOSPHERES (ATEX)

Target audience

All people who work in or who are required to intervene in explosive atmosphere zones.

Objectives

- To be familiar with the risks of explosion risk atmospheres.
- To be able to define ATEX zones.
- To be familiar with possible ignition sources and inspection means.
- To be familiar with the different types of electrical equipment used and be able to check its certification.
- To be able to check the explosibility of the atmosphere using an explosimeter.
- To be able to implement the work permit system in ATEX zones.

COURSE CONTENTS

Part 1: General

1. Introduction

- What is an explosion?
- Accidentology linked to explosive atmospheres: several examples
- Regulations governing the ATEX

2. Characteristics of explosive mixtures

- Terminology
- Classification of flammable gases and vapours
 - Labor Law
 - Regulations governing installations classified for environment protection
 - Rules governing the management and use of hydrocarbon deposits
 - Transport regulations - road, rail, sea and air
- Flammability and explosibility of mixtures
- Effects of explosions - overpressure

Part 2: assessment of explosion risks

1. Obligations and responsibilities of the company manager

2. Zoning of hazardous zones

3. Monitoring of the explosibility of an atmosphere - explosimeter

Part 3: Prevention of explosion risks


1. Action on flammable gases and vapours


2. Removal of flammable sources

3. Devices used in ATEX zones

4. Limitation of the effects of explosions



 **Duration**
2 days

 **Language**
French
English

 **Price**
On demand

FIRST AID LEVEL 1

Target audience

All persons who would like to make themselves useful in the event of an accident in the workplace. Member of staff who must have received the training necessary to give first aid in an emergency.

Objectives

To know how to give first aid in an emergency. The training is validated by continuous assessment of knowledge by the instructor throughout the course.

COURSE CONTENTS

Workplace first aid

- What is a workplace first-aid representative?
- The emergency contingency plan "How to behave in the event of an accident": protect, examine, raise the alert, provide help.

Look for continuing risks to provide protection

- Is there a continuing risk of crushing, fire, explosion, electrification, suffocation?
- Try to eliminate the risk, isolate the victim from the risk without exposing yourself to danger..

Rapidly examine the victim and raise the alert

Is the victim...

- Bleeding heavily?
- Suffocating?
- Answering questions?
- Breathing?

Raise the alert

- Organization of first aid/emergency services in the company
- Organization of the public emergency services
- Public alarms/sirens
- Issuing and spreading an alert message.

Provide help

Appropriate action to take if:

- The victim is bleeding heavily
- The victim does not answer you, but is breathing
- The victim does not answer you and is not breathing
- The victim is suffering from burns
- The victim is talking, but cannot make certain movements
- The victim is suffering from specific wounds
- The victim is complaining.

Information on the risks that exist within the company

- Basic information on the official Risk Assessment Document
- The workplace first-aid representative, a preventer



Duration
2 days



Language
French
English



Price
On demand

FIGHT AGAINST MSDs (HANDLING AND LOAD PORT)

Target audience

All persons required to carry out handling and load port.

Objectives

Discover and assimilate concrete tools to prevent or reduce muscle and joint pain related to the constraints of professional activity.

COURSE CONTENTS

Day 1 (Theory + Practice)

- Presentation of the training
- Increase your recovery by improving the quality of your sleep.
- Work on the concept of balance
- Discovery of the functional movements of the spine
- Learn to lean forward
- Stretching methods

Day 2 (Theory + Practice)

- Revision of the functional movements of the spine
- Revision of the technique to lean forward
- Demonstration of the load port. Individual practice.
- Repetition of the gesture in real case by each trainee, in the company, on the workstation
- General stretching exercises new movements specifically adapted to pathologies
- Coping with stress
- Debriefing



Duration
2 days



Language
French



Price
On demand

SAFE DRIVING OF FORK-LIFT TRUCKS

Target audience

All persons required to use a self-propelled industrial truck.


Objectives

To be able to perform loading and unloading operations safely.

COURSE CONTENTS

- Safety: workplace accident, responsibility, prevention
- Texts relating to the operation of self-propelled trucks
- Self-propelled truck technology
- Capacity plates
- Operating methods: suitability of truck, checks at start of shift, operating empty/load truck, different surfaces, lifting and setting down loads off/on ground, stacking and unstacking, storage/removal from storage at all levels of a pallet rack, unloading of a lorry, lifting, transportation and setting down of a long load, level 1 maintenance, check at end of shift.
- Practical and theoretical assessment



 **Duration**
2 days

 **Language**
On demand

 **Price**
On demand

SAFE DRIVING OF MOBILE HUMAN PLATFORM LIFTS

Target audience

All persons required to use mobile human platform lifts.

Objectives

To know and master the operating and safety rules relating to human lifts.

COURSE CONTENTS

- Safety: workplace accident, responsibility, prevention
- Texts relating to mobile human platform lifts
- Mobile human platform lift technology
- Operating and safety rules relating to mobile human platform lifts
- Signs and markings on construction sites
- Operating training
- Practical and theoretical assessment



 **Duration**
2 days

 **Language**
On demand

 **Price**
On demand

SAFE DRIVING OF MOBILE CRANES

Target audience

All persons required to use a mobile crane.

Objectives

To know and master the operating and safety rules relating to mobile cranes.

COURSE CONTENTS

- Safety: workplace accident, responsibility, prevention
- Texts relating to mobile cranes
- Mobile crane technologies
- Mobile crane load chart: stability and resistance
- Operating and safety rules relating to mobile cranes
- Signs and markings on construction sites
- Operating training
- Practical and theoretical assessment



 **Duration**
2 days

 **Language**
On demand

 **Price**
On demand

DRIVING OF CONSTRUCTION SITE MACHINERY

Target audience

All persons required to use construction site machinery.

Objectives

To know and master the operating and safety rules relating to construction site machinery.

COURSE CONTENTS

- Safety: workplace accident, responsibility, prevention
 - Analysis of risks related to the use of construction site machinery
 - Texts relating to construction site machinery
 - Construction site machinery technologies
 - Implementing machinery
- Safety rules related to: the operation and servicing of machinery, the construction site environment
 - Safety rules during shut-downs and at the end of a shift
- Transfer of construction site machinery by road
- Operating training
- Practical and theoretical assessment



Duration
2 days



Language
On demand



Price
On demand

@ SITE FIRE RISK ANALYSIS

Target audience

Anyone who works in a workplace with a high risk of fire.


Objectives

Reinforce the level of fire prevention on the site. Trainees will be able to establish and follow a fire risk assessment methodology.

COURSE CONTENTS

1. On-site engagement training session (objectives, statistics, fire hazards)
2. Fire risk assessment methodology, including the collection of documents (plans and drawings / organization / list of fire-fighting equipment / fire losses, etc.)
3. On-site visit with trainees to:
 - Assess likely causes of ignition (electrical installations, heating installations, treatment facilities, other technical facilities and equipment, hot work management, smokers' management, flammable products handled on site and segregation, external environment.)
 - Estimate the propagation possibilities according to the construction provisions of each zone (automatic fire detection, compartmentalisation, interior design, storage conditions, retentions, smoke extraction, etc.)
 - Take into account the existing provisions on the site in case of fire (alarm, alert, general instructions, special instructions, fire brigade, fire extinguishers, fire hoses, other means of fire-fighting).
 - Take into account external resources that can be mobilized (external assistance, other means of fighting fire that can be mobilized on other sites, etc.)
4. Use of the TOBII pro Eye Tracking solution to «test» certain points of special procedures with the volunteers.
5. Debriefing on site with trainees.
6. Training report including an action plan with recommendations to reduce the risk of fire on the site.



 **Duration**
5 days

 **Language**
On demand

 **Price**
On demand

WELL CONTROL EQUIPMENT AND REGULATION

Target audience

Junior Drilling Engineers or Junior Supervisors.

Objectives

Being prepared to successfully pass the equipment module of the well control courses.

COURSE CONTENTS

Syllabus:

DAY 1

- Well control procedures
- Equipment testing frequencies
- Applicable Regulations and standards
- Review of FAQ on procedures and regulations

DAY 2

- BOP equipment
- Choke and Kill lines
- Choke manifold and remote control
- Connections and Gaskets
- Review of FAQ on equipment.

DAY 3

- Accumulator unit
- Remote control
- Failure detections and interventions

DAY 4 - SUBSEA (optional)

- Regulation and specificities (test frequency, response time, pressure accumulators, etc.)
- Equipment (Connectors, BOP stack, LMRP, Riser elements, Diverter)
- BOP Accumulators and control systems
- Introduction to the MPD



Duration
4/5 days



Language
English



Price
On demand

RIG INTEGRITY WORKSHOP

Target audience

Drilling engineers, drilling supervisors, HSE engineers & Advisors, Drilling Supervisors, Maintenance engineers & supervisors (Electrical & Mechanical).

Objectives

- Introduction to International Standards with regards to drilling equipment.
- Improve your knowledge regarding drilling equipment.
- Improve your ability to identify hazards at the worksite.
- Improve HSE at Rig site.
- Be able to advise on maintenance performance of the Drilling Equipment.

COURSE CONTENTS

Syllabus:

DAY 1

- Entrance Questionnaire
- Drilling Industry standards (API, ASTM, NACE, ASME, ANSI, CE Marking, ISO etc.)
- Rig Documentation review (COC, CATIII, CATIV, Register, etc.)
- Contractor's PMS audit (PM tasks, spare parts, etc.)

DAY 2

- Structural (Mast/Derrick, CSB, substructure, etc.)
- Drill floor equipment (Iron roughneck, rotary table, DCR, etc.)
- Hoisting & Rotating (Crown Block, TDS, travelling block, etc.)

DAY 3

- Marine system (Ballast, bilge, mooring, communications, etc.)
- Power Plant & Utilities (Generators, Water makers, compressors, etc.)
- Electrical equipment (AC motors, VFD, SCR, Ex equipment, etc.)

DAY 4

- Well control (BOPs, Choke&kill, Diverter, Accumulator unit, etc.)
- Mud System (Mud pumps, shakers, agitators, etc.)

DAY 5

- Control systems (ACS, Communication, CCTV, etc.)
- HSE (Safety devices, HSMS, Fire system etc.)
- Lifting (DROPS, crane, winches, etc.)
- Final evaluation test
- Electrical equipment (AC motors, VFD, SCR, Ex equipment, etc.)



Duration
5 days



Language
English



Price
On demand

DRILLING RIG INTAKE

Target audience

Drilling Managers and Drilling Superintendents

Objectives

This course will give a complete understanding of the challenges associated to the management of costs and schedule of a rig intake program.

COURSE CONTENTS

DAY 1

Staked rig inspections and evaluation of equipment status (duration, conditions of the stacking, revue of rigs last certifications, management of obsolescence)

DAY 2

Building a WBS for rig reactivation based on IADC equipment list and inspection reports

DAY 3

Evaluate duration and a budget for reactivation, start up and running including necessary documentation and operational procedures.



Duration
3 days



Language
English



Price
On demand

AEOLUS WINDPASS

Introduction to occupational safety in the wind turbine industry

Target audience

Anyone working in the wind industry.

Objectives

- Ensure the safety of personnel during activities related to wind turbines.
- Ensure control of hazards and adopt good behavior.

COURSE CONTENTS

Syllabus:

1. General principles

- The individual, attitude and behavior
- Personal considerations
- Alcohol and drugs, medication
- Knowing how to communicate and the means of communication
- Event reports and investigations
- Emergency procedures
- Signaling
- Land transportation
- Staff facilities
- Site maintenance

2. Access and ergonomics

- Slip and trip
- Workstation and ergonomics
- Work at Height
- Restricted spaces and confined spaces

3. Control of energy sources

- Electrical energy
- mechanical energy
- Potential energy
- Hazardous materials
- Management of energy sources

4. Personal Protective Equipment

5. Health and Hygiene

- Biological and chemical risk
- Hygiene
- Weather and extreme temperatures
- FIRST AID

6. Environmental protection and fire safety

- Environmental Protection
- Fire safety

7. Land transportation

- Travel management
- Construction steps
- Climatic conditions
- Road signs
- Communication means

8. Sea and air transport

- Sea and air transport management
- Weather situation



 **Duration**
1 day

 **Language**
French

 **Price**
On demand

HSE MANAGEMENT

- ✓ Hunting out anomalies
- ✓ Job Safety Analysis
- ✓ BowTie
- ✓ Incident XP
- ✓ Root Cause Analysis



HUNTING OUT ANOMALIES

Target audience

Site management personnel/HSE-production-intervention supervisor/Foreman/Supervisory personnel (technicians/officers)/Operating personnel (operators/officers).

Objectives

- To master a practical method for detecting anomalies in the workplace.
- To be capable of proposing appropriate solutions for the situations detected.

COURSE CONTENTS**1. Generalities**

- The notions of hazards, risks, anomalies, incidents, near-miss accidents, accidents, prevention, etc.
- The stakes involved in prevention
- National accident statistics
- Bird's triangle
- Hazardous actions, hazardous situations, anomalies
- "Risk behaviour".

2. Legislative and regulatory aspects

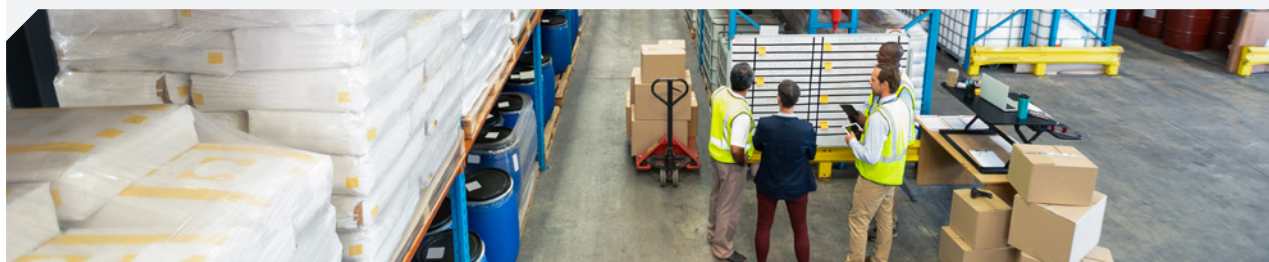
- General principles of prevention
- French Labor Law texts relating to professional risks.

3. Methodology for hunting out anomalies

- The genesis of accidents
- The "cause tree" analysis tool (usual occurrences, unusual occurrences)
- What can be hazardous? (hazard identification table)
- What could happen to me? (the main risks)
- For what reasons would it happen?
- The hazard-risk-causes relationship plus examples
- Identification of critical points
- Determining corrective and preventive actions
- Follow-up of actions.

4. Principle of a planned inspection/visit of one's work sector

- The schedule and implementation of safety inspections/visits
- The Anomaly Report Sheet
- The Critical Points Check-list
- The Corrective and Preventive Action Sheet
- The Action Follow-up Sheet.

5. Communication, a key factor in a safety strategy**6. Practical examples**

Duration
2 days



Language
French
English



Price
On demand

ASSESSING RISKS - JOB SAFETY ANALYSIS

Target audience

Intermediate management/Operations personnel/Design Department/HSE engineers/Production-maintenance-safety superintendents/Site management personnel/HSE-production-intervention supervisor/Foreman/Supervisory personnel (technicians/officers).

Objectives

- To master a practical method for identifying and assessing risks in the workplace, and then integrating them into the official Risk Assessment Document.
- To propose prevention measures.

COURSE CONTENTS**1. Notions of hazard, risk, damage, etc.****2. Legislative and regulatory aspects**

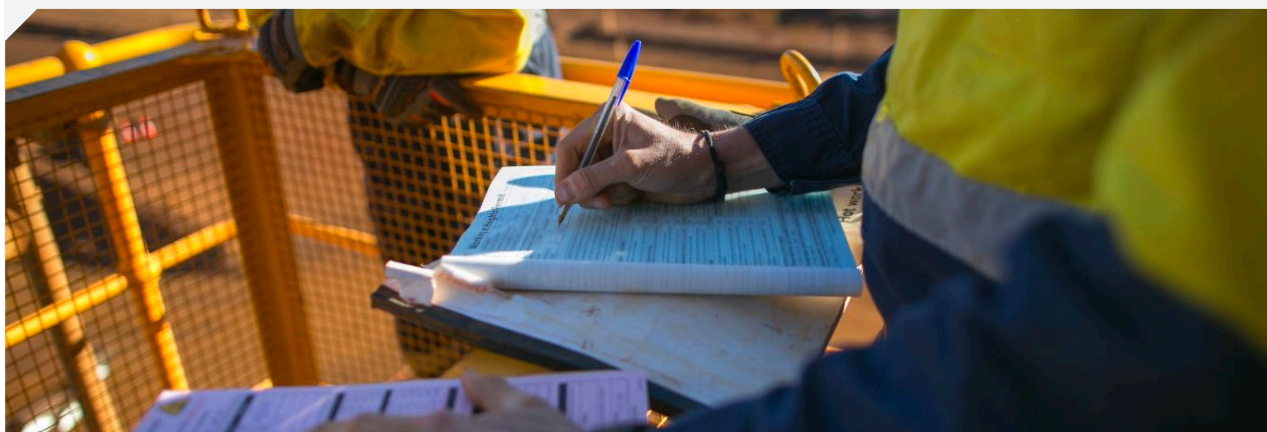
- Regulations and standards in force.

3. Risk assessment methodology

- Technical knowledge of risks
- Presentations, examples and implementation of an identification method
- Importance of group work and group work techniques for the study of risks
- Assessment of probability and potential seriousness
- Determining prevention, protection and intervention measures
- Communication and motivation in the overall strategy for the detection of risks and associated situations.

4. Applications of risk analysis

- Work situations
- Concurrency/interference with other tasks (Prevention Plan and PPSPS - Special Safety and Health Protection Plan)
- Ergonomic approach
- Basis for an HSE management system or a Safety Management System (SMS) and hazard study.



Duration
2 days



Language
French
English



Price
On demand

RISK ANALYSIS IN BOW TIE BOWTIE XP Software

Target audience

Management (Managers, Heads of Department, etc.)/Site HSE Managers (RSEs)/Designers/ Intermediate management (Supervisors – HSE, maintenance, production and operations superintendents)/HSE engineers/ Site management personnel/ Foremen.

Objectives

- To be able to identify Top Events/Loss of Control
- To be able to make Bowtie diagrams (using the BowTieXP software)
- To be familiar with Bowtie method and to use it to define the specifications (manage the prevention/mitigation measures and controls).

COURSE CONTENTS


1. General presentation of bowtie method


- Terminology: Risk, Hazard, Threat, Control, ALARP
- Qualitative and quantitative risk management

2. Interactive bowtieXP workshop with an actual case

- Risk identification (Identify hazard, define top-event and possible causes)
- Risks evaluation
- Risk reduction measures (Define proactive and reactive controls)
- Define Escalation Factors
- Define Escalation Factor controls
- Define Tasks
- Define “Who – What – When”
- Define verification method
- Demonstration of ALARP.



 **Duration**
2 days

 **Language**
French
English

 **Price**
On demand

ACCIDENT ANALYSIS BY INCIDENT XP

Root cause, Barrier failure, Tripod

Target audience

Site or establishment managers, HSE managers, all heads of department, HSE engineers and technicians, supervisory staff in production/maintenance/safety.

Objectives

- To become acquainted with methods of accident analysis using the causal tree and Incident XP.
- To be able to use Incident XP software.

COURSE CONTENTS

1. Introduction

- Accidents: generation
- Terminology: danger, risk, consequence, cause, latent failure, etc.
- Analysis of accidents/incidents: the issues at stake

2. introduction to the triPoD beta and causal tree methods

3. Using Incident XP software – Practical exercise

- Presentation of an example of accident analysis performed using the software
- Compilation of basic information (details of the accident/incident, detailed description, persons involved, etc.)
- Creation of the chronological scenario of the accident/incident (storyboard)
- Creation of the diagram (graphic representation) of the accident/incident in the form of a causal tree or TRIPOD tree
- Definition of the recommendations to be made



Duration
2 days



Language
French
English



Price
On demand

ANALYSING ACCIDENTS

Cause Tree

Target audience

All Staff: Management, RSES, Intermediate Management / Personnel Operations / Studies / HSE Engineers / HSE Supervisor / Foreman, Masters Staff, Executing Personnel.

Objectives

- To discover the “cause tree” method
- To be able to participate in an accident-analysis group.

COURSE CONTENTS

1. Generalities

- Definitions
- Bird's triangle
- The genesis of accidents
- The stakes involved in analysing accidents
- Presentation of the method.

2. Basic principles

- The notion of fact
- The difficulties of objectivity
- The notions of fault and liability.

3. Collecting information / investigation process

- The investigation group
- The difficulties of an investigation
- The investigator's approaches
- The principles of an investigation.

4. Constructing the “cause tree”

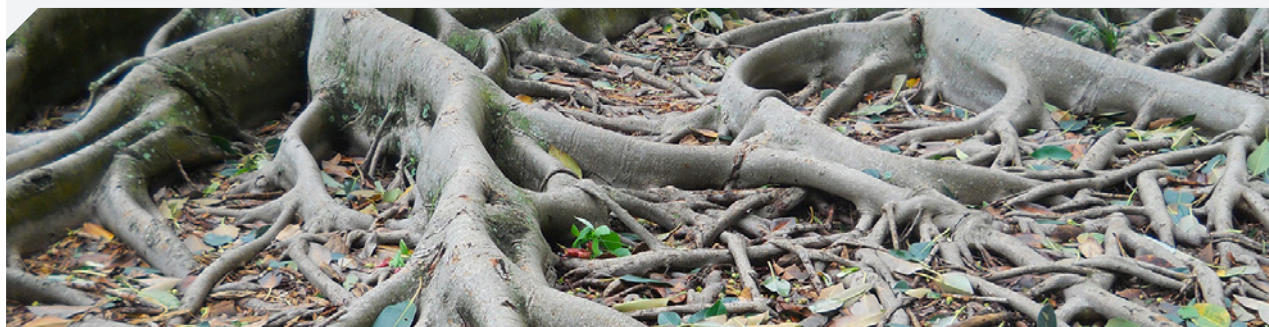
- The construction methods
- Checking the logical coherence.

5. Formulating curative and preventive measures

- Searching for potential factors in the cause of accidents
- Methodology for searching for solutions..

6. Accident report

7. Other methods of analysis



Duration
5 days



Languages
French
English



Price
On demand

TRAIN THE TRAINER - COMMON COURSE - LEVEL 1

Prerequisites

Site or establishment managers, HSE managers, all heads of department, HSE engineers and technicians, supervisory staff in production/maintenance/safety.

Objectives

- Develop effective and motivating trainings
- Animate and elicit a positive group dynamics
- Awake and maintain the interest of participants, facilitate understanding and memorization
- Use the appropriate teaching techniques
- Assess the achievements and regulate its intervention

COURSE CONTENTS**Appropriate the fundamentals of adult professional training**

- A identify role of the Trainer
- Identify training development stages
- Choose teaching methods and techniques – advanced
- Develop effective training material (general)
- Structure its intervention, debriefing, consolidate, assess

Develop a training and perform it

- Analyze training request
- Build andragogic progression
- Sharing practices: identify different teaching methods and optimal conditions of use
- Create effective teaching materials
- Identify different teaching materials and create adapted materials
- Practical exercise: create a trainer manual
- Perform a training sequence using appropriate teaching technique
- Role games: perform training using different teaching techniques
- Manage complex training situation
- Practical exercise: appropriate tools and management methods
- Assess the training
- Practical exercise: develop a learning assessment sheet

Develop a «pedagogical leadership»

- «Pedagogical leadership» factors
- Appropriate space: make a strong point of its training
- Practical exercise - filmed: strengthen its capacity
- Use effective gesture, manage
- Alternate styles: silence, questions
- Practical exercise - filmed: strengthen its «pedagogical leadership»

How to be more efficient to manage a group of trainees

- Stages of group life: sensitive stages and how recognize them.
- Types of trainees: how to identify and manage different skills
- Preserve group progression.
- Manage all kind of problem: complex situations, systematic critics, non-cooperation during training, conflicts.
- Practical exercise: live inside the group during training progression

Assessment

- He/she will be evaluated on the basis of their performance on the theoretical and practical elements.



Duration
5 days



Language
English



Price
On demand



Group:
8 persons max.

TRAIN THE TRAINER - COMMON COURSE - LEVEL 2

Prerequisites

- Train the Trainer Common course Level 1
- Excellent communication skills
- Team work and motivation
- Fluency in the language in which the training is provided.
- Adequate level of educational attainment and computer skills.

Objectives

- At the end of the training participants must be able to:
- Identify and create an assessments in order to measure the knowledge and skills of a training group
 - Develop effective and motivating trainings
 - Animate and elicit a positive group dynamics
 - Awake and maintain the interest of participants, facilitate understanding and memorization
 - Use the appropriate teaching techniques
 - Assess the achievements and regulate its intervention

COURSE CONTENT**Introduction and Kirkpatrick Method Overview**

- Kirkpatrick Method Levels

Why Measure Training Effectiveness?**Using Assessment to prove and improving training****How to identify keys points to be assessed – knowledge, skills, and attitude**

- Theory and practice

How to create appropriate assessments according to keys points

- Theory and practice

Pre- training assessment**Post – training assessment****On the Job assessments****Other assessment methods****Measurement and analysis:**

How to establish reliable, clear scoring and measurements

- Theory and practice

Assessment

- He/she will be evaluated on the basis of their performance on the theoretical and practical elements.



Duration
5 days



Languages
English



Price
On demand



Group:
8 persons max.

LV / 4x4 / HV DRIVING

- ✓ LV Driving
- ✓ 4x4 Driving
- ✓ HV Driving



Training courses only available
in Intra-company



BEHAVIOURAL DEFENSIVE DRIVING LV

Target audience

Any person holding a driving license, using his personal or professional vehicle for commuting and / or business trips.

Objectives

- Know the risks and factors on the road
- Understand the importance of physical fitness in road safety
- Apply the methods of Behavioural Defensive Driving
- Know road signs and applicable rules

COURSE CONTENTS

1. Introduction

- Customer's security rules
- Accidentology in France - key figures

2. Driving methods

- The vision and its limits
- The man, the vehicle and the environment
- Perception and inattention - becoming aware of «bad» habits
- Vigilance, speed, safety distances, braking, stopping
- The risk of fatigue and the reaction time

3. Ecological and economical driving

- The essentials of economic and ecological driving - theory and practice

4. Updated knowledge of the French Highway Code

- General rules of the French Highway Code
- Specificities
- Signalling
- Reminder of the rules for completing a report in the event of an accident

5. Vehicle - General Inspection

- Type of vehicle
- General condition of the vehicle: verification
- Pneumatic: condition / type
- Passive safety / airbag / ABS / seatbelt / headrest

6. Practical part - Commentary Driving in real situation

- Evaluation of each participant
- Commentary Driving demonstration - trainer's method of conduct
- Commentary Driving - 1 hour per participant
- Evaluation and debriefing per participant



Duration

2 days

Possibility of making a lighter version over 1 day



Language

On demand



Price

On demand

BEHAVIOURAL DEFENSIVE DRIVING 4X4

Target audience

Anyone holding a driving license, executive, manager, driver, employee using a 4x4 in the context of mission or journey to the workplace, long-term contract ...

Objectives

- To be able to predict potential traffic accident situations.
- Respond to the urgency of situations.
- Develop vehicle observation and control skills effectively.
- Demonstrate low risk techniques in driving.

COURSE CONTENTS**1. Defensive driving for all-terrain vehicle**

- Ability and ability to drive
- Hazard identification and analysis of the road
- Safety cushion
- Driver's ability
- Revision of the rules

2. Pre-trip inspection

- External inspection
- Lead a general inspection
- Driving position
- Internal Inspection
- Brakes
- Rims and wheels

3. Mechanical system of 4X4

- Transmission
- Wheel hub
- Constant speed
- Transfer box
- Limited slip differential (LSD)

4. Tire pressures

- Types of rims
- Pneumatic
- Deflate a wheel

5. Recovery vehicle and associated equipment

- Towing points
- Towing techniques
- Troubleshooting equipment
- Security equipment

Training types: 4x4, sand, all terrain, snow, mud



Duration
2 days



Language
On demand



Price
On demand

BEHAVIOURAL DEFENSIVE DRIVING HV

Target audience

Anyone involved in heavy vehicle transport.

Objectives

- Anticipate the potential situations of road accident.
- Respond to the urgency of driving situations.
- Develop vehicle observation and control skills effectively.
- Demonstrate low risk techniques in driving.

COURSE CONTENTS**1. Defensive driving for heavy vehicles**

- Driving capacity and proficiency
- Identification and analysis of road hazards
- Drivers' capacities

2. Inspection before departure

- General, Internal and External inspection
- Driving position
- Brakes
- Wheels and wheel rims

3. Use of chocks

- Placement
- Safety precautions
- Movement of chocks

4. Vehicle maneuvers

- Reversing procedure
- The ten key points
- Guidance on the ground
- Urban environment

5. Breaking techniques

- Traction
- Emergency braking
- Wheel locking
- Cadence braking
- Slow-down system
- Fading
- Emergency procedure

6. Loading

- Load securing
- Anchoring points
- Stowage instructions
- Strain criterion



Duration
2 days



Language
On demand



Price
On demand

NEW TECH & EVENTS

- ✓ Virtual Reality
- ✓ E-learning
- ✓ Safety Day



HSE VIRTUAL REALITY

Target audience

All employees

Objectives

Involve the learner through action and sustainably influence your teams!

Opt for an innovative pedagogical approach in virtual reality

Do you want to innovate with an immersive virtual reality workshop during your Safety Day? Enjoy a turnkey animation on ½ day or 1 day to raise your employees' awareness of risks and safety. An innovative and fun approach to spread your safety culture to your teams, all generations.

Accompanied by our experts for the duration of your safety day, your employees are immersed in turn in a virtual environment close to reality and built from real accident situations.

Available themes

- HSE awareness
- Pallet handling
- Work permit
- Risk Hunt - Warehouse
- Eco-gestures
- Circulation and Coactivity - Public Works
- Behaviours driving a garbage dumpster
- Risk Hunting - Offices
- Electrical logging / decommissioning
- Risk Hunting - Domestic
- Work at Height - Viaduct
- Driving behaviour
- Driving Behaviour - Forklift
- Circulation and Co-activity - Industrial Site
- Test HOBOMO
- Loading / Unloading - Truck
- Major risks (10 golden rules)
- Risk Hunting - industrial site



Duration
On demand



Language
French
English



Price
On demand

HSE E-LEARNING

Target audience

All employees

Objectives of the e-learning system

- Meet the regulatory imperatives of occupational health and safety training
- Promote the appropriation of knowledge by trainees
- Streamline the efficiency and cost of information and training actions.

E-LEARNING TRAINING COURSE: PREVENTION OFFICER

A comprehensive e-learning course to assist the employer in the management of health and safety at work.

OBJECTIVES:

To acquire the necessary knowledge to take care of the activities of protection and prevention of the occupational risks of the company.

TARGET AUDIENCE:

All those who have responsibilities in the process of health, safety and sustainable development of the company.

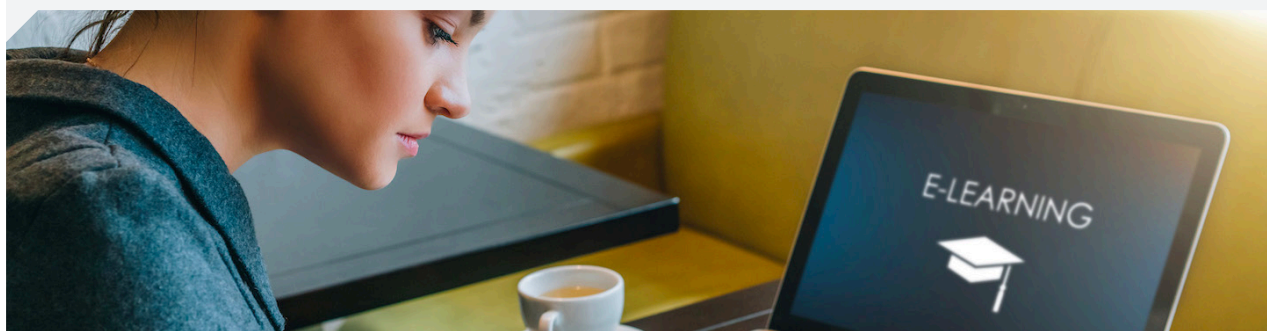
All those who assist the employer with health and safety at work.

Course in details : <https://www.aegide-international.com/online-shop/charge-de-prevention-hse.html>

All available themes

- General Safety
- Safety Management
- Fire risk
- Musculoskeletal Disorders
- Electrical Risk
- Lifting / Handling / Machines
- Road Risk
- Chemical Risk / CMR / Asbestos
- Psychosocial Risks and Quality of Life at Work
- Work-life Balance - personal life
- Biological Risk
- Sustainable Development
- Stress at Work
- Awareness of Computer Security
- Security

Themes in details : <https://www.aegide-international.com/online-shop/e-learning.html>



Duration
See online



Language
French
English



Price
See online

SAFETY DAY

Target audience

All employees

Objectives

Put prevention at the heart of the company's priorities for a day.

Aegide International helps you to organize the Safety Day that suits you.

The main idea is to take advantage of a casual approach to pass security messages.

We intervene directly in your company or in an external environment that we can choose together according to your expectations and objectives.

Available Workshops

- Escape Game - The mistake
- Risk perception
- Vigilance - Live my life
- The Exemplary - Video Shooting
- HSE Virtual Reality
- Risk Quiz - Estimate Your Priority
- Quiz - Road safety
- Barrel car
- In the shoes of a victim
- Mobile climbing wall
- H2S
- Self esteem - The positive rain
- Vigilance - The importance of the gaze
- Designing a Bowtie
- Direct communication: The Tribunal
- First aid - Defibrillator
- The 7 Hazardous energies
- Psychosocial risks
- IT security
- Media Crisis Management - Smart Talk
- Gestures and postures - Kine - Smart Move
- Theater Company
- Slip Simulator

DOWNLOAD THE BROCHURE

Duration
On demand



Language
French
English



Price
On demand

RISKS OF VIOLENCE AND AGGRESSION - SEXISM

Target audience:

All employees

Prerequisites:

- Mixed group (parity)
- Gender equality index data (company with more than 50 employees)
- PA status #stOpE commitment charter

Objectives:

- Knowing how to recognize sexism
- Become aware of the legal framework and the consequences of acts committed
- Free speech to act better
- Bring tools to avoid / thwart ordinary sexism at work and overcome his astonishment

CONTENTS

Introduction

- Test yourself - gender bias
- Discussion around the theme: what is sexism for you?
- Definition: sexism vs. discrimination
- Definition of sexism in business and consequences
- The legal framework and some figures

Liberate speech

- Let's play cards - role play
- Photo gallery: your reactions
- Sharing experiences

How to (re)act

Practical workshops - let's make the tools to act and react (STOP to astonishment)

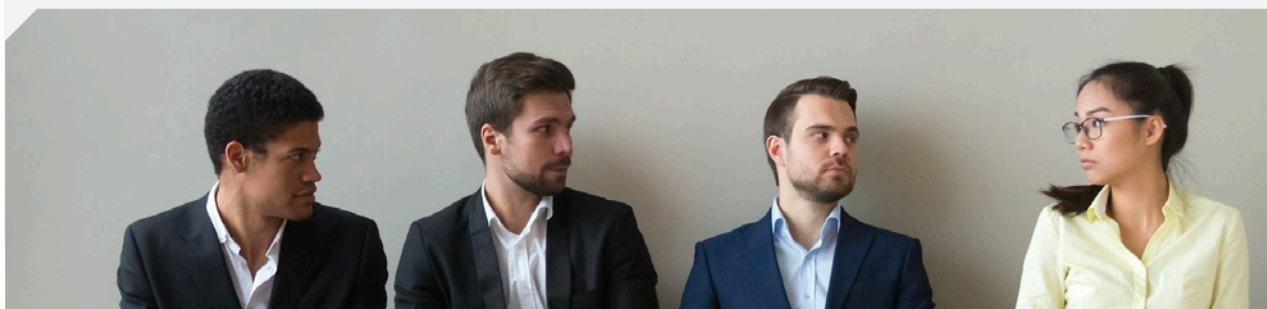
Creation of a comic book - how to react to situations (4 groups)

- An illustrator invites you to put into images some of the situations and experiences shared on the morning
- Together, we think about the best way to act or react in order to complete the comic
- Your employees are actors of the illustrated situations and the speech to be held
- Tomorrow, faced with a similar situation, you will be able to draw inspiration from these illustrations and respond to try to thwart the situation, to regain your self-confidence.

Creation of a short film - exemplarity (4 groups)

- During the morning discussion session, the beginnings of scripts and storyboards are written in a session / group
- Together we think about scripts version «exemplary» vs «not exemplary»
- Your employees are actors in the staged situations and the speech to be held (a good short film and a bad speech)
- Tomorrow, the short films can be used as an introduction to seminars or other

Who should I contact if I am a victim or witness of a risky situation?



 **Duration**
See online

 **Language**
French

 **Price**
On demand

 **Group :**
5/6 people

QUALITY OF LIFE AT WORK - KEYS TO ACTION

Target audience:

All employees

Objectives:

- Développer la communication, l'esprit d'entraide dans l'entreprise et le mieux vivre ensemble
- Connaître les points de vigilance
- Développer la vigilance partagée

CONTENTS

Introduction

- Discussion - What do you associate with Quality of Life at Work and Psychosocial Risks
- Stereotypes
- Video
- Definition of Quality of Life at Work, Psychosocial Risks and Spheres of Influence

What about you?

- How you feel at work - extract from the SUMER KARASEK questionnaire

Some keys to act

- 9 keys to daily individually and collectively act
- Who to contact or how to react if I am the victim or witness of a risky situation

Learn more - a theme, a story!

The right to make mistakes - accept that there is a mistake, don't judge your customers
Escape game

- Present in a fun way, an incident / accident investigation
- Determine, through a practical case, the elements influencing behavior
- Understand the error process
- Identify the human factors influencing behavior.

Positive rain - when the cat discovers the lion hiding in him

- Round table - discussions on a positive vision of oneself and others.
- Identify your positive points and those of others
- Develop a positive outlook on oneself and others

Deconstruct stress to boost your qualities

- Dynamic workshop
- Breaking down the mechanics of stress
- Understanding the contributing factors to "good" and "bad" stress
- Suggest strategies to better control stress
- Reflect on your personal performance



Duration
On demand



Language
French



Price
On demand



Group :
10 people



We can also do training engineering based on your specific needs and standards. Our training experts are at your disposal to help you achieve your pedagogical and operational goals.

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for a safer workplace.*

“



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