

# HSE TRAINING Guide 2024



 RÉPUBLIQUE FRANÇAISE

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

[www.aegide-international.com](http://www.aegide-international.com)

## Occupational Risk management

## EDITO

*Our guide has been carefully designed to meet your HSE training needs, offering a diverse range of programs to suit all levels.*

*It is structured into 5 families:*

- Generic training
- Specific training courses
- Road risk training
- E-learning courses
- Event training

*Whether it's safety standards, risk management, accident prevention or environmental responsibility, our programmes cover all aspects of managing the health and safety of workers.*

*We are proud to be able to rely on a team of experienced trainers, able to combine a modern pedagogical approach in the training room and in the field.*

*Flexible, customised solutions to suit your business needs.*

*Browse our guide, choose the training courses that match your needs, and take a proactive approach to building a safer working environment.*

*It's your commitment that will drive long-term success by improving your performance in a systemic way.*

*Thank you for choosing AEGIDE INTERNATIONAL as your partner.*

*See you soon!*

**Elise MARIN**

*Business Line Manager  
Training Department*

“ *Building together  
sustainable safety practices  
and cultures* ”

Interactive PDF!



## TABLE OF CONTENTS

### **INTRODUCTION**

Presentation of Aegide International's training department activities

**04**

### **GENERIC TRAINING**

QHSE management systems, risk assessment, risk prevention, post-accident analysis

**11**

### **SPECIFIC TRAINING**

Oil & Gas, working at height, confined spaces, site machinery, ATEX, wind turbine specific, chemicals

**38**

### **ROAD RISK TRAINING**

Light vehicles, 4x4, heavy vehicles, Bus

**55**

### **E-LEARNING TRAINING**

A wide range of e-learning modules adapted to your operational needs

**60**

### **TRAINING EVENTS**

Safety days, virtual reality

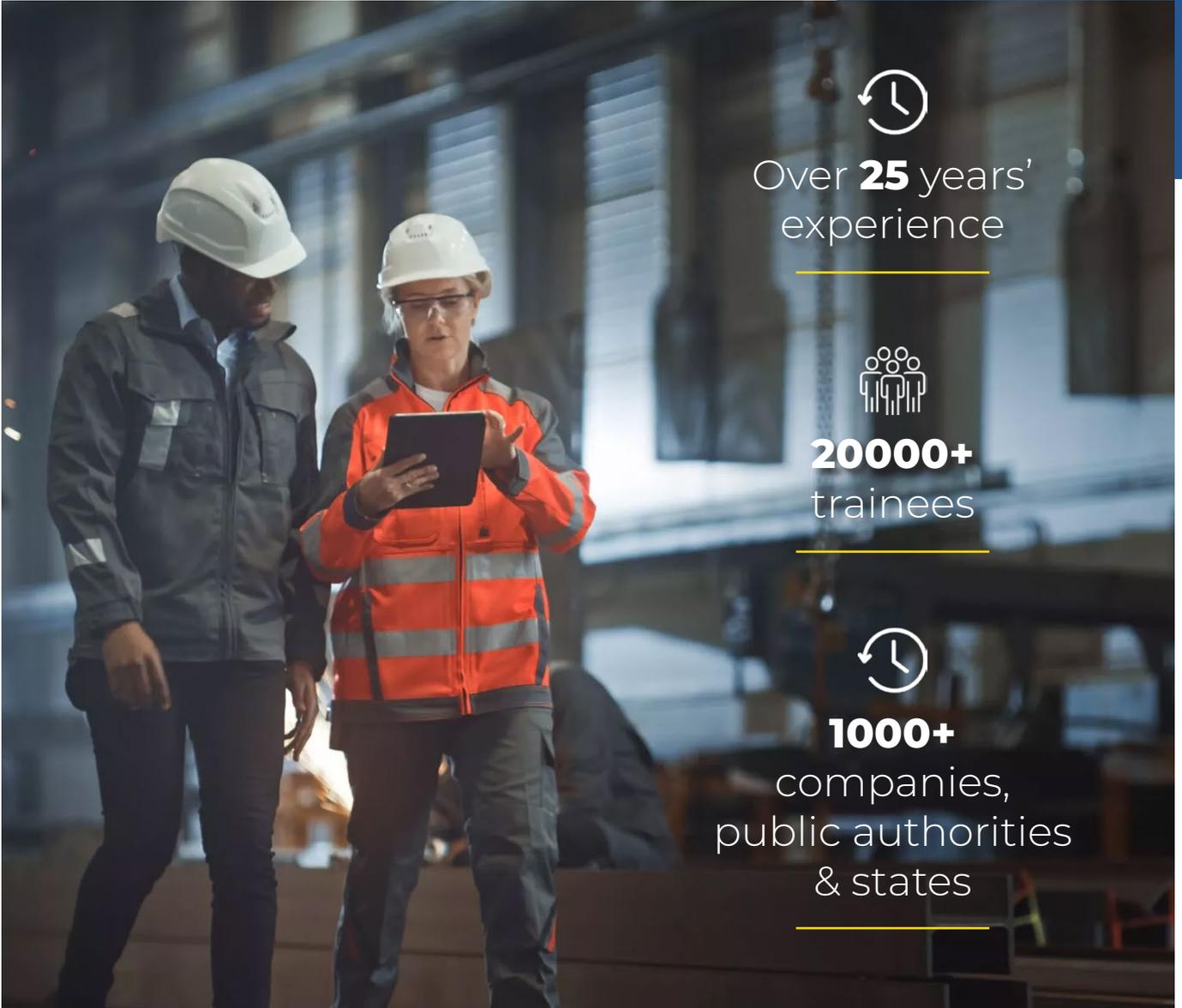
**67**



From training specific to **HSE management** to training on **technical risks**, including **specific risks to road travel**, our HSE training programs make it possible to:

## HSE TRAINING, A LEVER FOR OPERATIONAL PERFORMANCE.

- ✓ Raising your teams' awareness of occupational hazards
- ✓ Assessing skills and knowledge
- ✓ Developing risk management skills
- ✓ Improve and perfect staff safety practices
- ✓ Promote the development of a Safety Culture
- ✓ Protecting the lives of your employees



Over **25** years'  
experience



**20000+**  
trainees



**1000+**  
companies,  
public authorities  
& states

**We offer health, safety and environmental qualifications accredited by internationally recognized certification bodies.**

Our certified training courses are highly respected and appreciated in all industries and around the world. Whether you're looking to enhance your professional profile or are looking for a company-wide safety and environmental development program, our training courses will help you improve your personal skills and those of your employees.

Overall satisfaction rate  
**95%**

Recommendation rate  
**100%**



## Our customized training courses

Increase the impact of your training initiatives by focusing on your company's specific HSE risks and challenges. We design training programs that match your operational objectives, to ensure that these results translate into measurable behavioral change within your company.

### WHAT ARE THE ADVANTAGES OF TAILOR-MADE TRAINING?

- ▶ **Tailored** to your **specific needs**
- ▶ Organizational **flexibility**
- ▶ **Cost** optimization
- ▶ **Commitment** and **motivation**

Our training expertise has also taught us that lasting behaviour change occurs when training enables learners to apply abstract safety skills to real-life work contexts.

### STEPS

#### 1. ASSESSING NEEDS

Understand your priorities, your specific challenges and the skills you want to develop within your organization.

#### 2. IN-DEPTH ANALYSIS

Understand the specific regulations, best practices and safety and environmental issues you face.

#### 3. PROGRAM DESIGN

Define together the learning objectives, the programme sheet and develop the appropriate content.

#### 4. ADAPTING MATERIALS

Meet your specific needs: case studies, concrete examples, simulations or videos that reflect the real-life situations your employees face.

#### 5. CUSTOMER VALIDATION

We ensure through a cycle of review and validation that the content meets your expectations and is adapted to your organization and the audience concerned.



*In the guide, you will find the training courses available in the «Train the trainer» version via this badge:*

 TRAIN THE TRAINER

## Our train the trainer courses

Because being an HSE expert is not enough to be a good trainer, our team trained in pedagogical engineering will put its know-how to work for your employees, who will also become real training experts!

### BENEFITS FOR YOUR COMPANY

- ▶ **Internalize** resources.
- ▶ **Valuing** and **retaining** employees.
- ▶ Increase **freedom** and **flexibility** in your organization.
- ▶ Facilitate **skills management**.
- ▶ **Have in-house resources** enabling you to adapt training to your business.
- ▶ **Reduce** external training **costs**.

Becoming a trainer means mastering teaching techniques to share knowledge and know-how on specific HSE topics. It also means adopting the right posture and generating a positive group dynamic.

Our courses are designed for in-house trainers, occasional trainers, managers, experts and network leaders who are involved in internal company training schemes.

### WHY TRAIN YOUR EMPLOYEES?

- ▶ Increase **productivity**.
- ▶ Improve **service quality**.
- ▶ Remain **competitive**.
- ▶ Better **performance**, better **results**.
- ▶ Have **operational** employees.
- ▶ **Promote prevention** and safety within the company.
- ▶ Receive training in **technological advances** and the **latest standards**.

#### Benefits for employees:

- ▶ Stimulate team **motivation** and **satisfaction**.
- ▶ Improve employee **autonomy**.
- ▶ Support your employees in their **careers**.

## OUR TYPICAL TRAINING PATH





### 1. Teaching techniques (E-learning)

Knowledge assessment quiz



### 2. Presentation and validation of the theoretical part of the training module (face-to-face)

Knowledge assessment quiz.



### 3. (If there is a practical part) Presentation and validation of the practical part of the training module

Practical assessment according to the validation grid.



### 4. Theory presenter Practice assessor

Evaluation «theory presenter».  
Evaluation grid «presenter».

Evaluation «Practical part assessor»  
Grid «Practical part assessor».



### 5. TRAINING MODULE INSTRUCTOR CERTIFICATION (VALID FOR 3 YEARS)



## Our road risk training courses

We can help you improve your road safety performance and enhance your company's road risk management practices. Adopt responsible driving for safer roads!

**Our Master Trainers have experience of training drivers on all types of vehicles** (available for light vehicles, heavy vehicles or 4x4), **in all types of contexts** (snow, mountains, deserts, tropical forests, urban, on and off road), **in various cultural contexts.**

We have coached and trained hundreds of participants around the world to become better drivers using **our «ESPACE»© driving method.**

## OBJECTIVES OF OUR DRIVING COURSES

- ▶ Contribute to safe road practices where you operate.
- ▶ Reduce the number of accidents and deaths on the road.
- ▶ Manage and optimise fleet operating costs.
- ▶ Protect the value of your fleet and associated assets.



## FINDING YOUR WAY

### Captions

#### CERTIFYING

Training courses accredited by national or international certification bodies, with certification issued on successful completion of the exam. A certificate of completion is also issued by Aegide International for all training courses.

#### ADVANCED

#### INTERMEDIATE

#### BEGINNER

Level of difficulty of the course. Some courses require knowledge or regulatory obligations necessary to follow the course. Please refer to the section on prerequisites for each course for more information.

#### FRANCE TRAVAIL

Courses eligible for funding by Pôle Emploi (excluding CPF).

#### TRAIN THE TRAINER

Training courses can be delivered in «Train the trainer» format. Please contact us for more details on how these courses can be run, depending on the subject chosen.

#### SEE ONLINE

Consult the information sheet directly on our website to access the inter-company calendar and request a quote.

## GENERIC TRAINING

### QHSE management system

|   |    |
|---|----|
| Nebosh IGC - International General Certificate .....          | 13 |
| IOSH Managing Safely .....                                    | 14 |
| IRCA ISO 9001 Quality Audit Manager .....                     | 15 |
| IRCA ISO 45001 Audit Manager .....                            | 16 |
| IRCA ISO 14001 Environmental Audit Manager .....              | 17 |
| IEMA Foundation Certificate in Environmental Management ..... | 18 |
| Nebosh EMC - Environmental Management Certificate .....       | 19 |

### Risk assessment

|   |    |
|---|----|
| DUERP - Single Occupational Risk Assessment Document .....  | 21 |
| Bowtie - Bow tie risk analysis .....                        | 22 |
| Nebosh PSM - Certificate in Process Safety Management ..... | 23 |

### Risk prevention

|  |    |
|--|----|
| Life-saving techniques .....               | 25 |
| Fire hazard .....                          | 26 |
| MDS - Musculoskeletal disorders .....      | 27 |
| QWL - Quality of life at work .....        | 28 |
| Sexism, fight against discrimination ..... | 29 |
| PSR - Psychosocial risks .....             | 30 |
| IOSH Working Safely .....                  | 31 |

### Post-accident analysis

|   |    |
|---|----|
| Root cause analysis .....                                 | 33 |
| Nebosh INV - Introduction to Incident Investigation ..... | 34 |
| 8D Method .....   | 35 |
| Topset Method .....                                       | 36 |
| Bowtie: Incident XP .....                                 | 37 |

**GENERIC TRAINING**

**QHSE MANAGEMENT SYSTEM**



Nebosh IGC - International General Certificate .....13

IOSH Managing Safely .....14

IRCA ISO 9001 Quality Audit Manager .....15

IRCA ISO 45001 Audit Manager .....16

IRCA ISO 14001 Environmental Audit Manager .....17

IEMA Foundation Certificate in Environmental Management .....18

Nebosh EMC - Environmental Management Certificate .....19

**DURATION**  
10 days (70h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Distance learning  
Intra & Inter

**PRICE**  
**2850 € VAT incl.**

**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.

**PREREQUISITES**

Basic knowledge of occupational health and safety and risk prevention in the workplace. Read and write French (for training in French) or English (for training in English).

**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 / validation:**

**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



**AVAILABLE IN E-LEARNING**

- Theoretical content in standardized French.
- Autonomy, flexibility and progress monitoring.
- Nebosh Officials Examination and Certification.

**1500€ VAT incl.**

 **DURATION**  
3 days (21h)

 **LANGUAGES**  
French  
English

 **MODALITIES**  
In class  
Distance learning  
Intra & Inter

 **PRICE**  
**890 € VAT incl.**

### TARGET AUDIENCE

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

### PREREQUISITES

There are no formal entry requirements for this course.

### OBJECTIVES

- Assess and control risks and hazards.
- Provide a full understanding of your health and safety responsibilities.
- Investigate incidents.
- Measure your own performance against best practice.

## COURSE CONTENTS

### 1. INTRODUCTION

- 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 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.



Approved  
training  
provider  
4081



## OPTION

### Customisable training - IOSH standard + Your HSE standards

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

Using the IOSH standard, this training course explains and applies your own HSE standards. Your managers will understand the need for their involvement in improving your company's safety culture. All the modules can be supplemented with examples, figures, documents, policies, charters or particularities specific to your company.

 **DURATION**  
5 days (40h)

 **LANGUAGES**  
French

 **MODALITIES**  
In class  
Intra & Inter

 **PRICE**  
**1980 € VAT incl.**

## 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

## PREREQUISITES

Knowledge of Quality principles and concepts.

## 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

### Registration:

No later than 15 days before the start of the training.



The International Register of Certified Auditors (IRCA) is the world's largest international certification body for auditors. This course leads to a certificate of competence - IRCA - recognised nationally and internationally in third-party auditing.

 **DURATION**  
3 days (24h)

 **LANGUAGES**  
French

 **MODALITIES**  
In class  
Intra & Inter

 **PRICE**  
**1680 € VAT incl.**

## 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, implementation

### DAY 3:

Audit activities, realization, review quizzes, irca registration and examination

## Certification exam (½ day)

This exam takes place on a tabletop in the training room.

## Registration:

No later than 15 days before the start of the training.



 **DURATION**  
3 days (24h)

 **LANGUAGES**  
French

 **MODALITIES**  
In class  
Intra & Inter

 **PRICE**  
**1440 € VAT incl.**

## 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 on 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

### Registration:

No later than 15 days before the start of the training.



 **DURATION**  
5 days (40h)

 **LANGUAGES**  
French

 **MODALITIES**  
In class  
Distance learning  
Intra & Inter

 **PRICE**  
**1790 € VAT incl.**

## 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.

## PREREQUISITES

There are no formal entry requirements for this course.

## 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.

### Registration:

No later than 15 days before the start of the training.



 **DURATION**  
5 days (40h)

 **LANGUAGES**  
English

 **MODALITIES**  
In class  
Distance learning  
Intra & Inter

 **PRICE**  
**1890 € VAT incl.**

## TARGET AUDIENCE

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.

## PREREQUISITES

There are no formal entry requirements for this course.

## OBJECTIVES

- 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

## COURSE CONTENTS

- 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

## Examination

Unit EMC1: Environmental management Open book examination

Unit EMC2: Assessing environmental aspects and associated impacts Practical assessment



**GENERIC TRAINING**

**RISK  
ASSESSMENT**



DUERP - Single Occupational Risk Assessment Document .....21

Bowtie - Bow tie risk analysis .....22

Nebosh PSM - Certificate in Process Safety Management .....23

**TRAIN THE TRAINER**

**DURATION**  
2 days (16h)

**LANGUAGES**  
French

**MODALITIES**  
In class  
Distance learning  
Intra & Inter  
5/6 trainees

**PRICE**  
On demand

**TARGET AUDIENCE**

All your employees..

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

- Know the main principles of risk prevention related to working conditions
- Identify and assess risks related to working conditions in the plant

## COURSE CONTENTS

- Explain what a Risk Analysis and Single Document are
- Present important definitions
- Define a risk analysis
- Defining a single document
- Present the regulatory context
- Explain risk analysis methodology
- Introduce the risk analysis process
- Identify the elements to be included in the DU
- Analyze and revise existing single documents (in-house)



**DURATION**  
2 days (16h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Distance learning  
Intra & Inter

**PRICE**  
On demand

**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.

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

- Be able to identify and organise «Top Events»;
- Be able to construct diagrams.
- Be able to use the BowTie method to define specifications.
- Be able to use BowTie XP software to design diagrams, link the management system (procedures, activities, actions, responsibilities), report, communicate, etc.

**COURSE CONTENTS**

**1. General: Introducing the Bowtie method**

- Definition: Risk, Danger, Threat, Barrier, ALARP
- A qualitative and quantitative approach to risk management

**2. Application of the Bowtie method to a concrete case (interactive workshop)**

- Identification and assessment of hazards, feared events and threats in accordance with
- Risk assessment (Risk matrix design)
- Risk reduction measures (Definition of preventive and corrective measures)
- Determining aggravating factors
- Determining how to control these factors
- Determining tasks
- Determining the Who, What, When
- Determining a verification method
- Demonstration of ALARP risk reduction.



 **DURATION**  
4 days (28h)

 **LANGUAGES**  
English

 **MODALITIES**  
In class  
Distance learning  
Intra seulement  
4 trainees min.

 **PRICE**  
**1320 € VAT incl.**

## TARGET AUDIENCE

People from all over the world who work in process industries such as oil and gas, chemicals, plastics and pharmaceuticals. Ideal for managers, safety representatives and health and safety advisors working in process industries. This course is not designed for chemical and process safety engineers experienced in the specification, design and maintenance of process plants.

## OBJECTIVES

- This 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.
- This qualification builds on the understanding already gained by studying the NEBOSH International General Certificate in Occupational Health and Safety.

## PREREQUISITES

It is recommended that learners already have a basic knowledge of health and safety issues. Reading and writing English

## COURSE CONTENTS

### PSMI: Process Safety Management

Syllabus:

#### 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 managements

#### 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



**GENERIC TRAINING**

**RISK  
PREVENTION**



|  |    |
|--|----|
| Life-saving techniques .....               | 25 |
| Fire hazard .....                          | 26 |
| MDS - Musculoskeletal disorders .....      | 27 |
| QWL - Quality of life at work .....        | 28 |
| Sexism, fight against discrimination ..... | 29 |
| PSR - Psychosocial risks .....             | 30 |
| IOSH Working Safely .....                  | 31 |

**TRAIN THE TRAINER**

**DURATION**  
2 days (14h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**TARGET AUDIENCE**

Any person who feels the need to help in the event of an accident in the workplace. A member of staff who must have received the necessary instruction to give first aid in an emergency.

**OBJECTIVES**

At the end of the course, trainees will be able to give first aid in an emergency. Validation is by continuous assessment of knowledge throughout the course by the instructor.

**PREREQUISITES**

There are no formal entry requirements for this course.

**COURSE CONTENTS**

**First aid at work**

- What is an occupational first-aider?
- The «What to do in the event of an accident» intervention plan: protect, examine, alert, rescue.

**Identify persistent risks to protect**

- Is there a risk of crushing, fire or explosion, electric shock or asphyxiation?
- Try to eliminate, isolate or remove the victim from the risk without exposing yourself..

**Quickly examine the victim and alert the emergency services**

Is the victim...

- Bleed profusely?
- Choking?
- Answer questions?
- Breathing?

**Alerting**

- Organisation of emergency services within the company
- Organisation of public emergency services
- Public sirens
- Passing on an alert message.

**Rescue**

Appropriate action if :

- The victim is bleeding profusely
- Victim unresponsive but breathing
- Victim unresponsive, not breathing
- The victim has burns
- The victim speaks but cannot perform certain movements
- The victim has particular wounds
- The victim complains

**Information on company risks**

- Notions on the Single Document
- The SST, a preventionist



**DURATION**  
5 days (35h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**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.

**PREREQUISITES**

There are no formal entry requirements for this course.

**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. On-site debriefing with trainees.
5. Training report including an action plan with recommendations for reducing fire risks on site.



**DURATION**  
2 days (14h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**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.

**PREREQUISITES**

There are no formal entry requirements for this course.

**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 en avant
- Méthodes d'étirements

**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**  
1 day (7h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra  
10 trainees max.

**PRICE**  
On demand

**TARGET AUDIENCE**

All employees

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

- Develop communication, a spirit of mutual support within the company and a better way of living together.
- Be aware of the points to watch out for.
- Developing shared vigilance.

**COURSE CONTENTS**

**Introduction**

- Exchange - What do you associate with Quality of Life at Work and Psychosocial Risks?
- Received ideas
- Video - breaking the ice
- Definition of Quality of Life at Work, Psychosocial Risks and Spheres of Influence

**How far have you got?**

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

**A few keys to action**

- 9 keys to daily action for individuals and groups
- Who to contact or how to react if I am a victim or witness of a risky situation

**Go deeper - the right to make mistakes - accept that mistakes exist, don't judge!**

- Escape game
- Present an incident/accident investigation in an entertaining way
- Use a case study to identify the factors influencing behavior
- Understanding the error process
- Identify the human factors that influence behavior



**DURATION**  
1 day (7h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra  
5/6 pers. max.

**PRICE**  
On demand

**TARGET AUDIENCE**

All employees.

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

- Recognising sexism.
- Become aware of the legal framework and the consequences of acts committed.
- Freeing people to speak out so that they can (RE)act more effectively.
- Providing tools for avoiding/overcoming ordinary sexism in the workplace and overcoming the feeling of being dumbfounded.

**COURSE CONTENTS**

**Introduction**

- Test yourself - gender bias
- Discussion: what does sexism mean to you?
- Definition of sexism vs. discrimination
- Definition of sexism in the workplace and its consequences
- The legal framework and some figures

**Let's get the word out**

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

**How to (RE)act**

**Practical workshops - let's make the tools to act and react (STOP being dumbfounded)** Comic strip and/or short film

- Creation of a comic strip - how to react to situations (4 groups)
- An illustrator invites you to put into pictures some of the situations and experiences shared that morning.
- Together, we think about the best way to act or react in order to complete the comic strip.
- Your employees are the actors in the situations illustrated and in the discourse to be used
- Tomorrow, faced with a similar situation, you can draw inspiration from these illustrations and retort to try to overcome the situation and regain your self-confidence.

**Who should I contact if I am a victim or witness of a high-risk situation?**

- Presentation of contacts (emergency-listening-support...)



- DURATION**  
1 day (7h)
- LANGUAGES**  
French  
English
- MODALITIES**  
In class  
Intra  
5/6 trainees max.
- PRICE**  
On demand

**TARGET AUDIENCE**

All employees.

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

The aim of this training course is to raise participants' awareness of Psychosocial Risks (PSR) in the workplace, to familiarise them with prevention tools, and to equip them with the skills needed to foster a healthy and balanced working environment.

**COURSE CONTENTS**

**Introduction to Psychosocial Risks (PSR)**

**Definitions and typologies of PSR**

- Identifying risk factors
- The Consequences of PSR on Health and Performance

**Impact on mental and physical health**

- Impact on productivity and job satisfaction
- Legal and regulatory framework

**Employers' obligations in terms of preventing PSR**

- The role of internal and external players
- Psychosocial risk assessment

**Prevention of PSR**

- Setting up a listening system
- Support for employees in difficulty



 **DURATION**  
1 day (7h)

 **LANGUAGES**  
French

 **MODALITIES**  
Distance learning  
Intra

 **PRICE**  
On demand

### 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.

### PREREQUISITES

There are no formal entry requirements for this course.

### OBJECTIVES

- 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.

## COURSE CONTENTS

### 4 modules

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

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

## 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.



Approved  
training  
provider  
4081

**GENERIC TRAINING**

**POST-ACCIDENT ANALYSIS**



|   |    |
|---|----|
| Root cause analysis .....                                 | 33 |
| Nebosh INV - Introduction to Incident Investigation ..... | 34 |
| 8D Method .....   | 35 |
| Topset Method .....                                       | 36 |
| Bowtie : Incident XP .....                                | 37 |

**DURATION**  
2 days (14h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Distance learning  
Intra

**PRICE**  
On demand

## 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.

## PREREQUISITES

There are no formal entry requirements for this course.

## COURSE CONTENTS

### 1. Generalities

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

### 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.

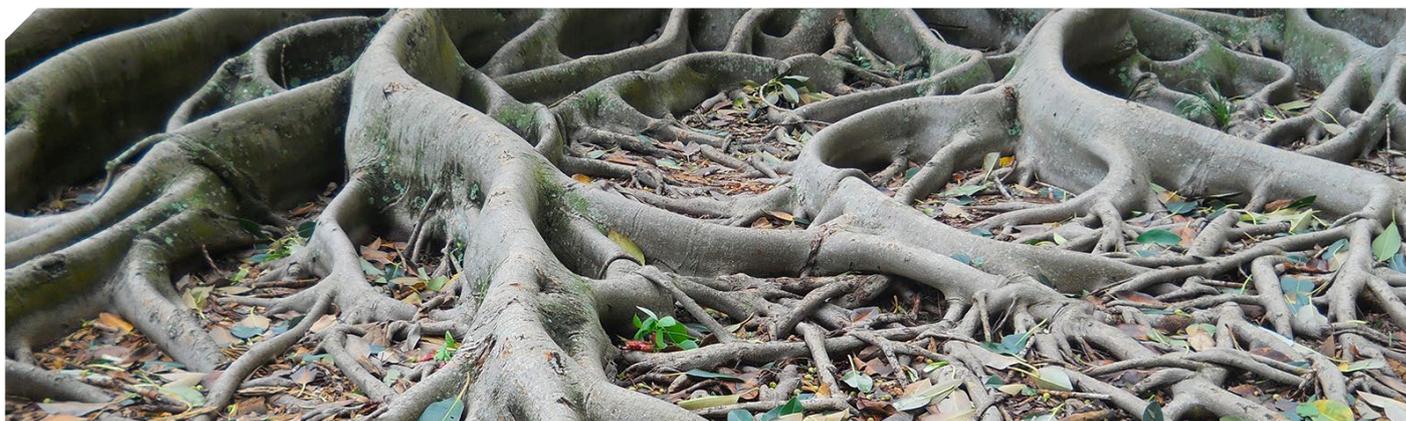
### 5. Formulating curative and preventive measures

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

### 6. Accident report

### 7. Other methods of analysis

### 8. Learning from experience



 **DURATION**  
1 day (7h)

 **LANGUAGES**  
English

 **MODALITIES**  
In class  
Distance learning  
Intra

 **PRICE**  
**790 € VAT incl.**

## 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.

## PREREQUISITES

There are no entry requirements for this qualification, but it is recommended that learners already have a basic knowledge of health and safety issues.

## OBJECTIVES

- 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

### 1. Understand why incident investigations are carried out and how human and organisational factors contribute to incidents

- Moral, legal and financial arguments for investigations.
- Human and organisational factors.

### 2. Understand how to investigate incidents and conduct investigations with confidence

- Investigating incidents
- Positive strategies and obstacles to successful interviews
- 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 (7h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Distance learning  
Intra

**PRICE**  
On demand

### TARGET AUDIENCE

This qualification is aimed at anyone wishing to carry out effective incident investigations. Employers, supervisors, trade union representatives and safety representatives will all benefit.

### PREREQUISITES

There are no entry requirements for this qualification, but it is recommended that learners already have a basic knowledge of health and safety issues.

### OBJECTIVES

- Supporting an investigation process.
- Incident investigation by 5 Whys and systematic problem solving procedure by 8Ds.
- Carry out effective problem analysis and identify specific root causes.
- Define the control measures to be implemented to prevent recurrence.
- Present the results in such a way that your reader understands all the events and arrives logically at similar conclusions.

## COURSE CONTENTS

### Introduction

- What is an incident?
- Why do we investigate incidents?

### 8D investigation method

- 8D approach
- Presentation of the analysis and results
- Example: forklift incident

### Practical applications

- Scenario 1: interface with the machine
- Scenario 2: LOTO incident

### Conclusion



 **DURATION**  
1 day (7h)

 **LANGUAGES**  
French  
English

 **MODALITIES**  
In class  
Distance learning  
Intra

 **PRICE**  
On demand

### TARGET AUDIENCE

This qualification is aimed at anyone wishing to carry out effective incident investigations. Employers, supervisors, trade union representatives and safety representatives will all benefit.

### PREREQUISITES

There are no entry requirements for this qualification, but it is recommended that learners already have a basic knowledge of health and safety issues.

### OBJECTIVES

This course is designed to introduce participants to the TOPSET method, a systematic and in-depth approach to analysing undesirable events and accidents. The aim is to provide participants with the skills needed to conduct in-depth investigations, understand the root causes of incidents, and implement effective corrective actions.

## COURSE CONTENTS

### Introduction to the TOPSET Method

#### Fundamental principles of the method

- Background and context
- Stages of the TOPSET Method

#### Identifying and defining the event

- Gathering facts and data
- Analysis of immediate causes
- Exploration of underlying causes
- Determination of corrective actions
- Use of specific method tools

#### Planning and managing investigations

- Roles and responsibilities of team members
- Case studies and practical exercises

#### Application of the method to real or simulated cases

- Feedback and discussion
- Communication of the results of the investigation

**DURATION**  
2 days (14h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Distance learning  
Intra

**PRICE**  
On demand

## 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.

## PREREQUISITES

There are no entry requirements for this qualification, but it is recommended that learners already have a basic knowledge of health and safety issues.

## COURSE CONTENTS

### 1. Introduction

- Accident: the genesis.
- 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



# SPECIFIC TRAINING

|   |    |
|---|----|
| Nebosh IOGC - International Oil & Gas Certificate ..... | 39 |
| Specific Oil and Gas training .....                     | 40 |
| Confined spaces .....                                   | 43 |
| Working at height .....                                 | 44 |
| Driving machinery .....                                 | 45 |
| Lifting (slingers, banksman, supervisors) .....         | 49 |
| ATEX .....  | 52 |
| Wind turbines.....                                      | 53 |
| Diisocyanates.....                                      | 54 |

 **DURATION**  
5 days (34h)

 **LANGUAGES**  
English

 **MODALITIES**  
In class  
Intra / Inter

 **PRICE**  
**1790 € VAT incl.**

**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.

**PREREQUISITES**

Basic knowledge of occupational health and safety and risk prevention in the workplace.

**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**  
4 days (28h)

**LANGUAGES**  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

## TARGET AUDIENCE

Junior Drilling Engineers or Junior Supervisors.

## OBJECTIVES

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

## PREREQUISITES

Working in the Oil & gas industry.

## 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**  
5 days (35h)

**LANGUAGES**  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**TARGET AUDIENCE**

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

**PREREQUISITES**

Working in the Oil & gas industry.

**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 évaluation test
- Electrical equipment (AC motors, VFD, SCR, Ex equipment, etc.)



**DURATION**  
3 days (21h)

**LANGUAGES**  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**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.

**PREREQUISITES**

Working in the Oil & gas industry.

**COURSE CONTENTS**

**DAY 1**

Stacked rig inspections and évaluation 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**  
1,5 day (11h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**TARGET AUDIENCE**

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

**PREREQUISITES**

There are no formal entry requirements for this course.

**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)

**TRAIN THE TRAINER**

**DURATION**  
1 day (7h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**TARGET AUDIENCE**

Any person required to perform work at height.

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

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

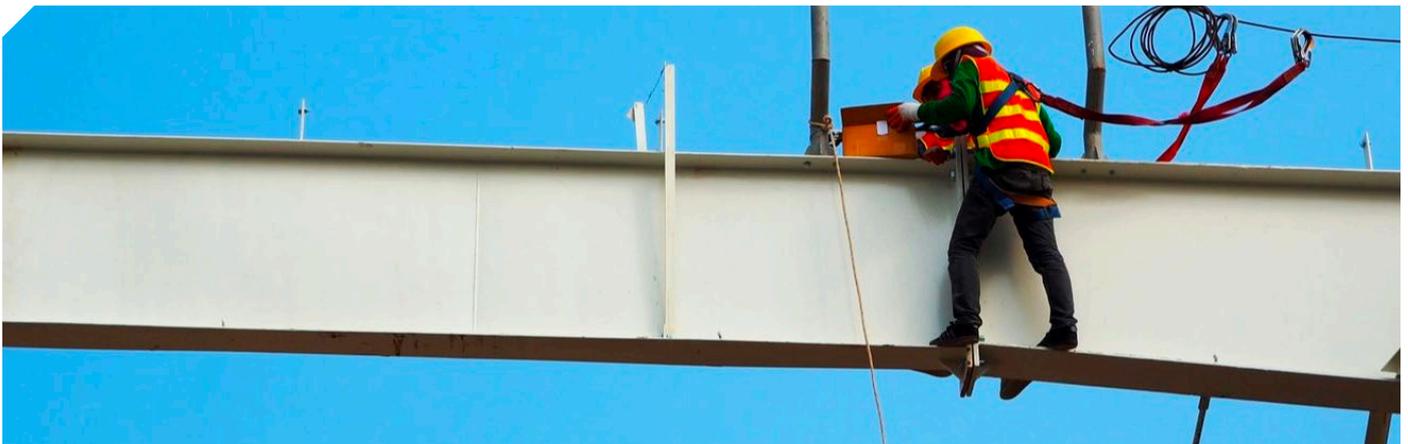
**COURSE CONTENTS**

**Theoretical: 0,5 day**

- 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 day**

- 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)



**TRAIN THE TRAINER**

**DURATION**  
2 days (14h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**TARGET AUDIENCE**

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

**OBJECTIVES**

To be able to perform loading and unloading operations safely.

**PREREQUISITES**

Hold a CACES certificate.

**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/loaded 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



TRAIN THE TRAINER

**DURATION**  
2 days (14h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

## TARGET AUDIENCE

All persons required to use mobile human platform lifts.

## PREREQUISITES

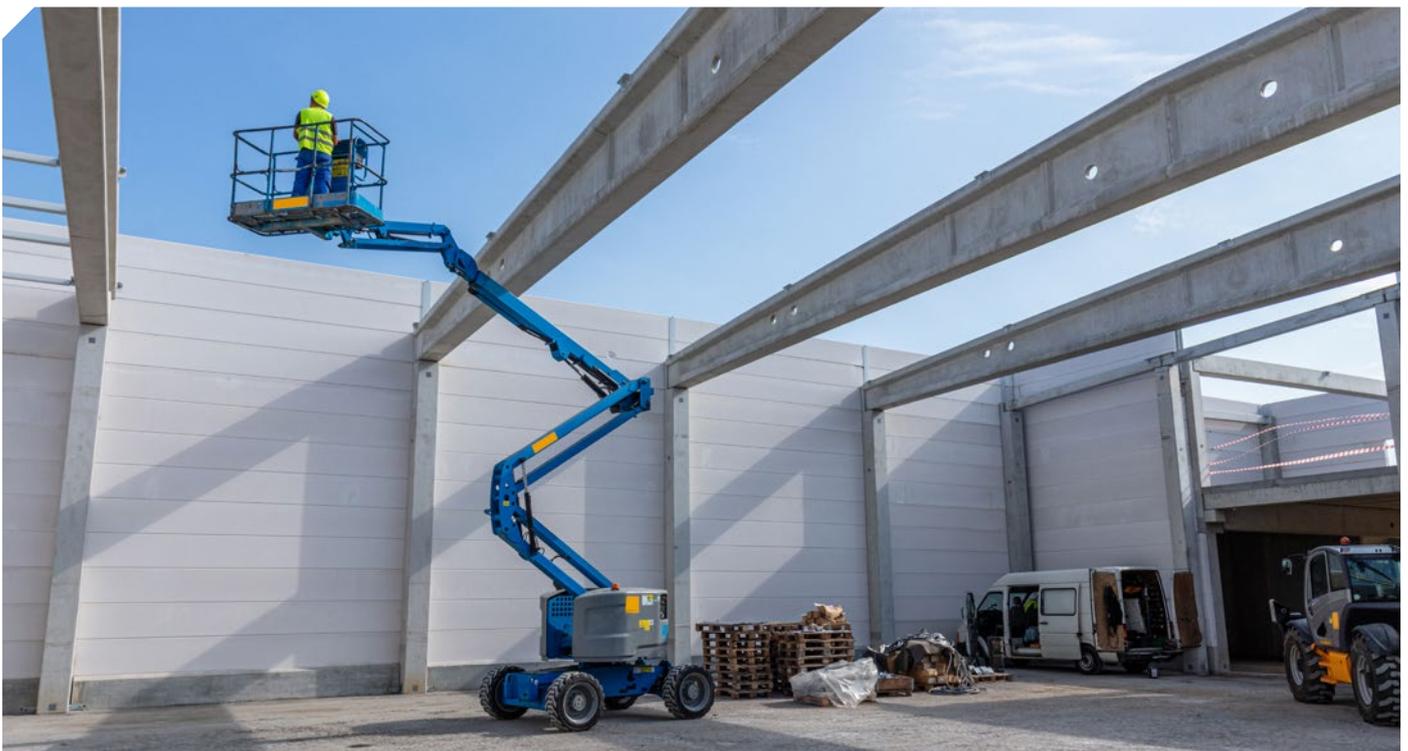
Hold a CACES certificate.

## 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



**TRAIN THE TRAINER**

**DURATION**  
2 days (14h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**TARGET AUDIENCE**

All persons required to use a mobile crane.

**PREREQUISITES**

Hold a CACES and a Heavy Vehicle licence.

**OBJECTIVES**

Connaître et maîtriser les règles de fonctionnement et de sécurité relatives aux grues mobiles.

**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 (14h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**TARGET AUDIENCE**

All persons required to use construction site machinery.

**PREREQUISITES**

Hold a CACES and a Heavy Vehicle licence.

**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**  
1 day (7h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra  
Max. 7 trainees

**PRICE**  
On demand

**TARGET AUDIENCE**

All the people identified as future slingers by the customer.

**PREREQUISITES**

Able to work in the field of activity.

**OBJECTIVES**

- Effectively carry out the responsibilities of a slinger on a lifting site, complying with safety rules and following the appropriate procedures
- Secure a load with a handling device or lifting equipment
- Identify the hazards and risks associated with lifting operations

**COURSE CONTENTS**

**Classroom theory - Morning**

**Introduction**

- Presentation of the training programme
- The importance of safety in lifting loads
- Roles and responsibilities of slingers

**A. Safe slinging**

- Selection of slings and lifting accessories
- Inspection of lifting equipment (identification and control of accessories)
- Slinging and safety rules
- Lashing/unlashing methods

**B. Communication and coordination**

- Communication with the crane operator and foreman
- Signalling protocols

**C. Lifting plan**

- Understanding and using the lifting plan
- Reading technical specifications

**D. Safety**

- Risks associated with slinging
- Accident prevention
- MCQ-type assessment of theoretical knowledge

**Practice - Afternoon**

**A. Selection and inspection of slings**

- Examination of sling types (Visual inspection)
- Use of personal protective equipment (PPE)

**B. Installation of slings**

- Positioning the slings on the load
- Securing slings to lifting equipment
- Using appropriate slinging techniques

**C. Accompanying the load**

- How to accompany the load in complete safety
- Communication with the crane operator

**D. Load release**

- Safe release procedures
- Follow the orders of the yard foreman or crane operator
- Assessment of knowledge based on an individual practical grid



**DURATION**  
1 day (7h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra  
Max. 7 trainees

**PRICE**  
On demand

**TARGET AUDIENCE**

All persons identified as banksman.

**PREREQUISITES**

- Have knowledge of team management
- Hold the relevant authorisation (competency test validated)

**OBJECTIVES**

- Monitor and coordinate lifting operations on site
- Manage a team of operators during a lifting operation
- Communicate instructions to operators

**COURSE CONTENTS**

**Classroom theory - Morning**

**Introduction**

- Welcome and introduction
- Presentation of the training objectives.
- Roles and responsibilities of a foreman
- The skills of the various participants in a lifting operation
- Step-by-step approach:

**A. Before lifting**

Risk analysis and prevention measures:

- Safety in lifting operations: what needs to be taken into account (weather, environment, preventive inspection of equipment, suitability of lifting gear, materials and equipment, anticipation of movements).
- Reminder of safety principles and checks required before lifting operations, including
- checking that slings are securely fastened and that the load is properly packed (must be appropriate)
- Instructions for the operator

**B. During lifting**

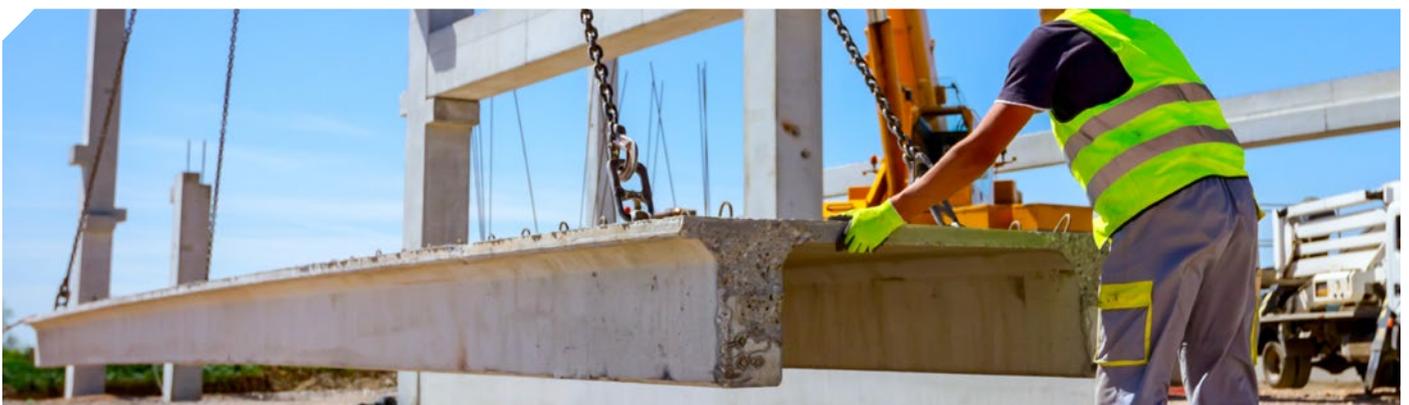
Team management:

- Communicating with the team during the manoeuvre: command gestures and audible signals
- Correct use of lifting equipment.

**Practice - Afternoon**

**Practical exercises and simulation of a lifting operation:**

- Performing simple manoeuvres (moving, etc.)
- Perform complex manoeuvres (slinging, load removal, etc.)
- Practical exercises involving the supervision and coordination of lifting operations.
- Assessment of skills
- Assessment of participants' understanding.



**DURATION**  
4 days (30h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra  
6 pers. max.

**PRICE**  
On demand

**TARGET AUDIENCE**

Anyone who has to supervise lifting operations.

**PREREQUISITES**

- Be able to read and write in the language of the course.
- Basic knowledge of lifting operations.

**OBJECTIVES**

- Identify the hazards and risks associated with lifting operations.
- Present the standards and rules for safe lifting operations.
- Interpret information in a lifting plan.
- Prepare and supervise lifting operations.

**COURSE CONTENTS**

**Welcome**

- Safety induction
- Training organisation
- Tour de table
- Objectives
- Content and planning

**Introduction**

- Statistics
- Accidents
- Hazards and risks associated with lifting operations
- Reference for lifting operations (Regulations and Company Standard)

**Lifting equipment**

- Principle and definitions for lifting equipment
- Lifting equipment
- Lifting accessories
- Equipment lifted
- Inspections and checks on equipment

**Supervise lifting operations**

- Principles and definitions for lifting operations
- The players - roles and responsibilities associated with lifting operations
- Factors to be taken into account concerning the load
- Factors to be taken into account concerning lifting accessories
- Slings rules
- Factors to consider regarding lifting equipment
- Factors to be taken into account concerning the environment of the lifting operation
- Communication methods

**Preparing a lifting operation**

- The lifting plan
- Risk assessment
- Permits to work
- Last-minute risk assessment (GO / NO GO)

**Practice**

- Preparing for the practical part
- Practical part on site



**DURATION**  
2 days (14h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra

**PRICE**  
On demand

**TARGET AUDIENCE**

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

**PREREQUISITES**

There are no formal entry requirements for this course.

**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**



**TRAIN THE TRAINER**

**DURATION**  
2 days (14h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Distance learning  
Intra

**PRICE**  
On demand

**TARGET AUDIENCE**

Anyone working in the wind industry.

**PREREQUISITES**

There are no formal entry requirements for this course.

**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

*For more services on wind energy,  
please contact the company: 8.2*



**DURATION**  
3 hours

**LANGUAGES**  
French

**MODALITIES**  
In class  
Distance learning  
Intra

**PRICE**  
On demand

**TARGET AUDIENCE**

Users of Diisocyanates in concentrations equal to or greater than 0.1% by weight

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

- Understand the hazards associated with diisocyanates and the associated risk prevention measures.
- Be familiar with the preventive measures and behaviour to adopt when handling these substances.

**CONTEXT**

Regulation (EC) No 1907/2006 REACH amended by Regulation (EU) 2020/1149 of 03.08.2020.

Since 24 August 2023, new European regulations have required training for workers handling diisocyanates in concentrations of 0.1% or more by weight, prior to any use. They are subject to a restriction specified in entry 74 of Annex XVII of the REACH regulation.

Diisocyanates are the cause of many occupational skin and respiratory diseases. They are used in a wide range of sectors and applications, including foams, sealants and coatings.

**COURSE CONTENTS**

- Training alternating theory and practical case studies tailored to the company's activities (in accordance with the requirements of Regulation (EC) n°1907/2006 REACH amended by Regulation (EU) 2020/1149 of 03.08.2020)
- Intermediate TRUE/FALSE quiz to validate each sequence of the programme
- Case study: risk assessment based on a photograph of one or more workstations in the company
- At the end of the course, each participant will be asked to complete an MCQ to validate the course.



## ROAD RISK TRAINING

|                      |    |
|----------------------|----|
| Light vehicles ..... | 56 |
| 4x4 .....            | 57 |
| Heavy vehicles ..... | 58 |
| Bus .....            | 59 |



**i** Road risk training is only available on an intra-company basis.  
Modules are also available for forklift drivers.

**i** All these modules are also available as a Training the Trainer course:

**AIM:**

- To acquire theoretical and practical skills in defensive driving with the option of 4x4, HGV and bus driving.
- Be able to practise driving with commentary
- Be able to give presentations in the classroom as well as demonstrations in the field.

**COURSE CONTENT:**

- Theoretical classroom lessons
- Practical demonstrations in the field
- Theory assessment (quiz)
- Assessment of theoretical and practical presentation techniques

**TEACHING METHODS:**

- Lecture
- Demonstrative
- Discovery

**TRAIN THE TRAINER**

**DURATION**  
6 days (42h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra  
Theory/practice

**PRICE**  
On demand

**TARGET AUDIENCE**

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

**PREREQUISITES**

Hold a B driving licence + driving experience.

**OBJECTIVES**

- Develop an awareness of road risk.
- Identifying factors influencing behaviour.
- Apply 'ESPACE' behavioural driving techniques.
- Practice commentary driving (at the wheel) according to the criteria of the 'ESPACE' method.
- Be able to train drivers.

## COURSE CONTENTS

**1. Introduction**

- Definitions
- Scope of the problem
- Accidents and their impact
- Regulations and company policy

**2. Raising awareness of road risk**

- Accidents: dreaded events
- Danger, risk and consequence
- Awareness of the factors that influence probability and severity

**3. Identifying accident factors**

- Definitions
- Behaviour
- Forces involved
- Stopping times

**4. The method for reducing road risk**

- Assess the driver, the vehicle and the journey
- 360° scan
- Anticipating undesirable events
- Adjust your driving style
- Communicating with others
- Escaping the risk

**5. Practical part - commented driving in a real situation**

- Assessment of each participant
- Commented driving demonstration - driving method by the trainer
- Commented driving - 1 hour per participant
- Evaluation and debriefing for each participant



**TRAIN THE TRAINER**

**DURATION**  
6 days (42h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra  
Theory/practice

**PRICE**  
On demand

**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 ...

**PREREQUISITES**

Hold a B driving licence + driving experience.

**OBJECTIVES**

- Identifying the characteristics of 4x4s and their applications in the field.
- Drive a 4x4 safely in different circumstances.
- Understanding the specific characteristics of different types of terrain and how they affect 4x4 driving.
- Simple 4x4 maintenance and equipment.
- How to get out of a stuck situation (towing and winching).
- Practical exercises in the field.
- Be able to train drivers.

## COURSE CONTENTS

**Introduction**

- Definitions

**Chapter 1**

- Mechanical and technical characteristics
- Behaviour in operating conditions

**Chapter 2**

- Driving techniques, safety manoeuvres
- Specific driving on roads, sand, snow, tracks and in mud

**Chapter 3**

- Maintenance and safety

**Chapter 4**

- Getting stuck
- Towing
- Winching

**Conclusion**

**TRAIN THE TRAINER**

**DURATION**  
6 days (42h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra  
Theory/practice

**PRICE**  
On demand

**TARGET AUDIENCE**

Anyone involved in heavy vehicle transport.

**PREREQUISITES**

Hold a heavy vehicle licence + driving experience.

**OBJECTIVES**

- Checking your vehicle before driving it.
- Understanding the function of mechanical components.
- Attach and detach a trailer safely.
- Adopt the right behaviour in different dangerous situations.
- Master practical exercises in the field.
- Be able to train drivers.

## COURSE CONTENTS

**Chapter 1**

- Pre-departure inspection

**Chapter 2**

- The various mechanical components of the drive train

**Chapter 3**

- Manoeuvring a semi-trailer (coupling/uncoupling)

**Chapter 4**

- The different risk situations and appropriate reactions



**TRAIN THE TRAINER**

**DURATION**  
6 days (42h)

**LANGUAGES**  
French  
English

**MODALITIES**  
In class  
Intra  
Theory/practice

**PRICE**  
On demand

## TARGET AUDIENCE

Anyone involved in bus transport.

## PREREQUISITES

Hold a heavy vehicle licence + driving experience.

## OBJECTIVES

- Checking your vehicle before driving it
- Understand the functions of mechanical components
- Learn driving techniques
- Adopt the right behaviour in different dangerous situations
- Know the safety rules for transporting people
- Master practical exercises in the field
- Be able to train drivers

## COURSE CONTENTS

### Introduction

- Accidentology and vehicle typology

### Chapter 1

- Pre-departure inspection

### Chapter 2

- The various mechanical components of the driveline

### Chapter 3

- Different driving techniques

### Chapter 4

- The different risk situations and reactions

### Chapter 5

- Safety rules and passenger evacuation



## E-LEARNING TRAINING

|  |    |
|--|----|
| Nebosh IGC .....                       | 61 |
| Audit techniques .....                 | 62 |
| Teaching techniques for trainers ..... | 63 |
| 7NrJ .....                             | 64 |
| Behavioural defensive driving .....    | 65 |
| Prevention officer e-Learning .....    | 66 |

### All themes available on the shelf

- 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/formations-hse-e-learning/>

 **DURATION**  
130 hours approx.

 **LANGUAGES**  
French

 **MODALITIES**  
E-learning

 **PRICE**  
**1500 € VAT incl.**

## 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.

## PREREQUISITES

Basic knowledge of occupational health and safety and risk prevention in the workplace.

## 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

### 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

### IG2: Risk assessment (5 days)

Syllabus:

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

## Examination / validation:

**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.



LEARNING  
PARTNER

GOLD 1050



## E-LEARNING VERSION

### Theoretical content in standardised French

The theoretical content remains the same as that taught during the face-to-face or instructor-led distance learning sessions.

### Autonomy, flexibility and progress monitoring

Complete freedom of training implementation for both employer and employee through a powerful tracking platform.

### Neboosh Official exam and certification

After validation of the courses, official exams validating the IG1 and IG2 modules in order to obtain the international certification.

### OPTIONAL: IG1/IG2 REVISION DAY

Presentation of the IG1/OBE & IG2 examination process, role-playing exercises, generic exercises

**DURATION**  
1 hour approx.

**LANGUAGES**  
French

**MODALITIES**  
E-learning

**PRICE**  
On demand

**TARGET AUDIENCE**

Anyone wishing to learn audit techniques.

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

- To ensure knowledge of the conditions and requirements of the audit activity.
- Helping future auditors to define their role and expected posture.
- Acquire the techniques and operational methods needed to conduct effective audits.

**COURSE CONTENTS**

**1. Introduction**

- What is an audit?
- The main definitions

**2. Audit method training**

- The qualities of an auditor
- Auditor behaviour
- Attitudes
- Audit techniques

**3. Preparing for the audit**

- How an audit is carried out
- Definition of the audit objective
- Defining the scope of the audit
- Taking the organisation into account
- Creating the audit plan

**4. The Audit**

- Opening meeting
- The survey
- Preparation of audit conclusions
- Closing meeting

**5. Analysis and feedback**

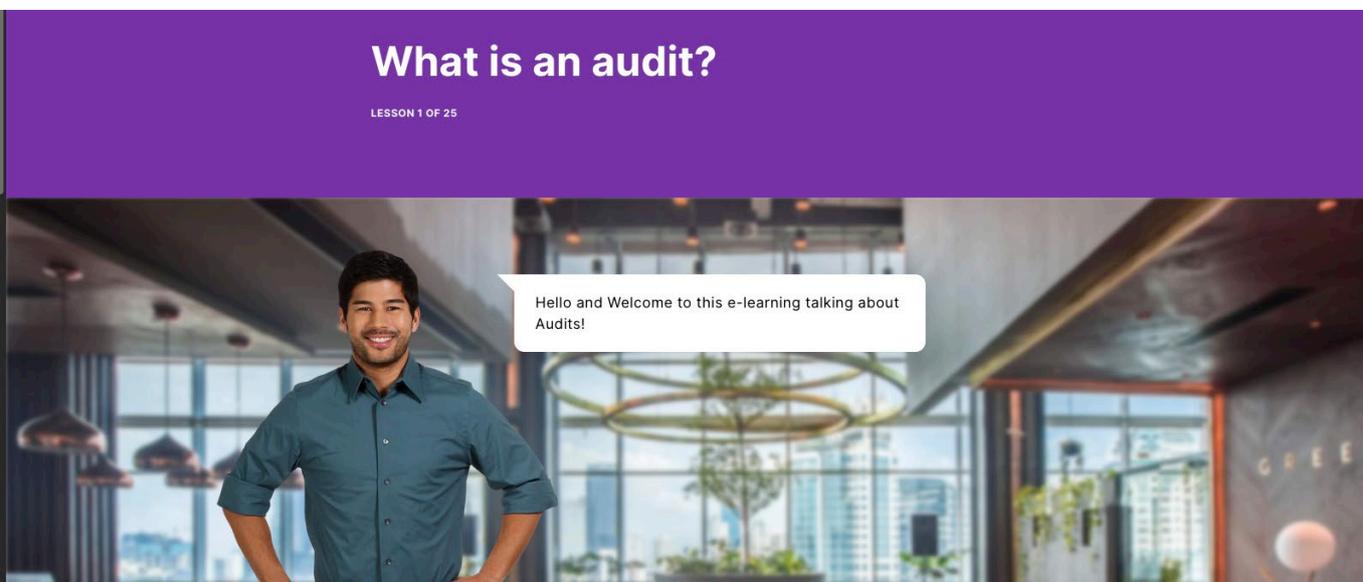
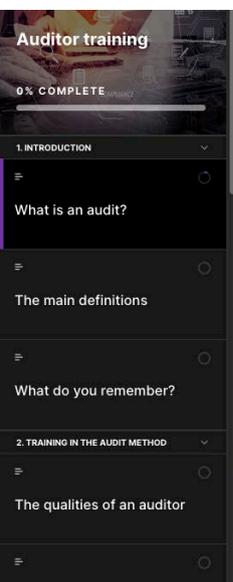
- The audit report
- Audit follow-up

**6. The behaviour of auditees**

- How to manage auditees?

**7. Quiz**

- Final quiz



**What is an audit?**

LESSON 1 OF 25

 **DURATION**  
45 min. approx.

 **LANGUAGES**  
French

 **MODALITIES**  
E-learning

 **PRICE**  
On demand

### TARGET AUDIENCE

Anyone wishing to learn the pedagogical techniques of the trainer

### PREREQUISITES

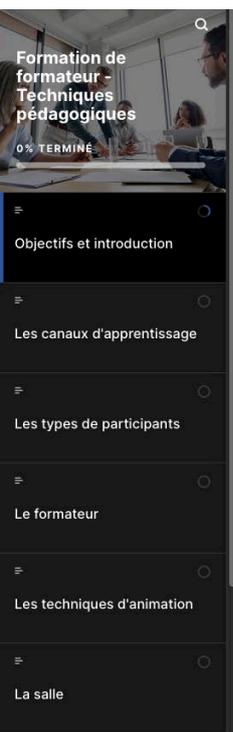
There are no formal entry requirements for this course.

### OBJECTIVES

- To help future trainers define their role and the posture expected of them,
- To present benchmarks in terms of facilitation,
- Suggest tools and methods.

## COURSE CONTENTS

1. Introduction
2. Learning channels
3. Types of trainee
4. The trainer
5. The room
6. Teaching materials / aids
7. Starting a course
8. Running a course
9. Closing a course
9. Final quiz



**Ce module s'adresse principalement aux formateurs occasionnels n'ayant pas ou peu de pratiques en pédagogie des adultes.**

**Ce module a pour objectifs :**

- 1 D'aider le futur formateur à définir son rôle et la posture attendue.
- 2 De présenter des repères en terme d'animation
- 3 De proposer des outils et des méthodes afin de faciliter vos futures interventions

**DURATION**  
1 hour approx.

**LANGUAGES**  
English

**MODALITIES**  
E-learning

**PRICE**  
On demand

**TARGET AUDIENCE**

Management, Site HSE managers, Middle management/Operations personnel/Design office/HSE engineers/Production-maintenance-safety superintendents, Site management personnel/HSE-production-intervention supervisors/ Foremen, Supervisory personnel, Operations personnel

**OBJECTIVES**

Obtain a clear idea of how the energies present on the site can cause harm. It specifies the dos and don'ts for each source of danger. The 7 DANGEROUS ENERGIES is an introductory safety tool designed for all new arrivals on all types of sites, especially the least qualified personnel.

**PREREQUISITES**

There are no formal entry requirements for this course.

**COURSE CONTENTS**

**1. Introduction**

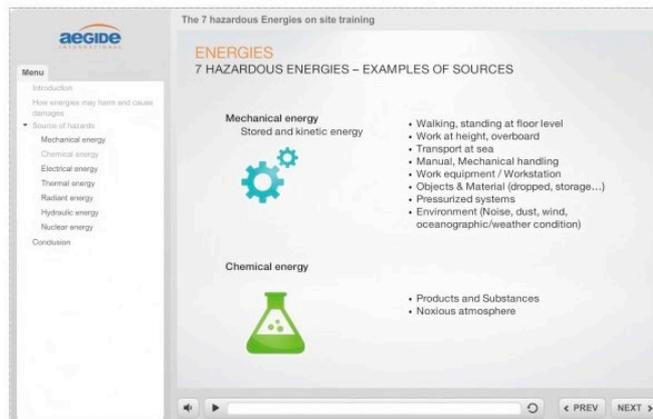
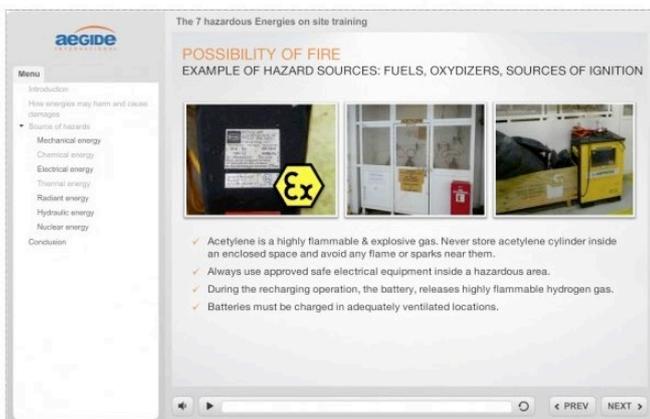
How energy can harm and cause damage

**2. Sources of hazards**

- Mechanical energy
- Chemical energy
- Electrical energy
- Thermal energy
- Radiant energy
- Hydraulic energy
- Nuclear energy

**3. Conclusion**

**4. Final quiz**



 **DURATION**  
45 min. approx.

 **LANGUAGES**  
French  
English

 **MODALITIES**  
E-learning

 **PRICE**  
On demand

## TARGET AUDIENCE

All your employees.

## PREREQUISITES

There are no formal entry requirements for this course.

## OBJECTIVES

The aim of this e-learning programme is to teach drivers and passengers the correct behaviour and attitudes to adopt when travelling on the road. The ultimate aim is to reduce the number of accidents on the roads.

## COURSE CONTENTS

1. Defensive behaviour - Introduction
2. Reaction and anticipation times
3. Seeing and being seen
4. Imagine and check
5. Safety distances
6. Assessing driver ability
7. Assessing the vehicle's capabilities
8. Conclusion
9. Final Quiz



**DURATION**  
10 hours approx.

**LANGUAGES**  
French

**MODALITIES**  
E-learning

**PRICE**  
**490 € VAT incl.**

**TARGET AUDIENCE**

All those with responsibilities in the company's health, safety and sustainable development approach. All those who assist the employer in matters of health and safety in the workplace.

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

Acquire the knowledge needed to deal with the company's occupational risk protection and prevention activities.

**COURSE CONTENTS**

**1. Occupational risk management (4 modules)**

- Understanding the issues and players involved in risk prevention
- Professional risk prevention approach
- Human factors that can have an impact on safety
- Prevention plan

**2. Risks (14 modules)**

- Fire risk
- Raising awareness of electrical hazards
- Chemical risk prevention
- Prevention of biological risks
- Prevention of falls from height
- Risks associated with the movement of people in the workplace
- Prevention of road risks
- MSD prevention: movements and postures
- Screen work
- Prevention of noise-related risks
- Psychosocial risks / stress in the workplace
- Hygiene in the workplace
- ATEX
- Safety in the workplace.

**3. PPEs (1 module)**

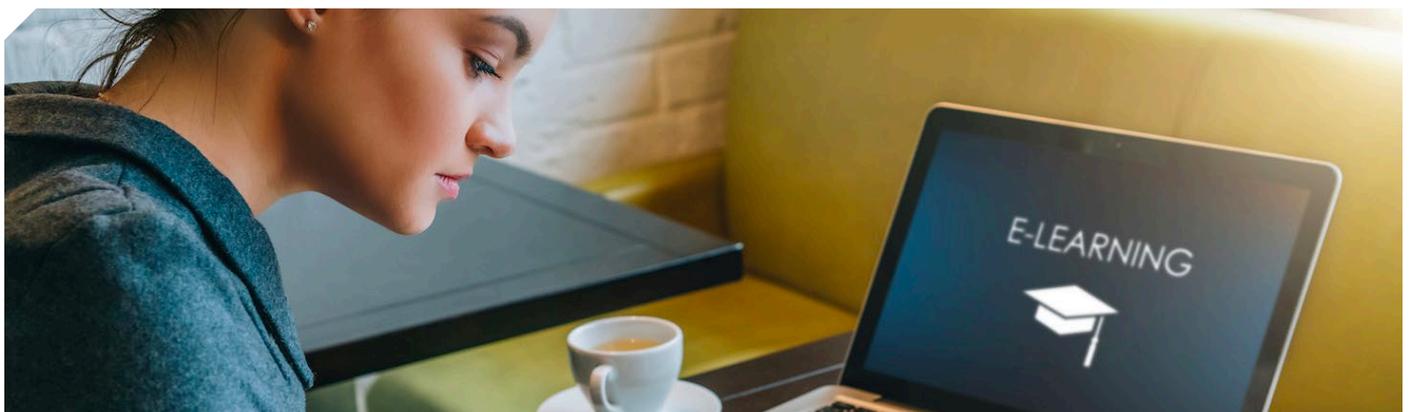
- PPE: Safe working for employees

**4. React and intervene (2 modules)**

- Accidents in the workplace.
- Reacting and intervening to re-establish appropriate behaviour

**ASSESSMENT**

- Quiz to validate knowledge at the end of each module
- Certificate for each module
- Training certificate and overall transcript at the end of the course



# TRAINING EVENTS

|                            |    |
|----------------------------|----|
| Safety Day .....           | 68 |
| Virtual reality .....      | 69 |
| Safety Culture fresk ..... | 70 |
| Climate fresk .....        | 71 |

**DURATION**  
1 day

**LANGUAGES**  
French

**MODALITIES**  
On site

**PRICE**  
On demand

**TARGET AUDIENCE**

All employees

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

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

**Aegide International can help you organise the Safety Day that's right for you.**

The main idea is to use a relaxed approach to get safety messages across. We work directly in your company or in an external environment that we can choose together according to your expectations and objectives.

**Workshops available**

- Escape Game - The mistake
- Risk perception
- Vigilance - Live my life
- Exemplarity - Video shooting
- HSE Virtual Reality
- Risk Quiz - Estimate your priority
- Quiz - Road safety
- In the shoes of a victim
- Mobile climbing wall
- H2S - Escape mask
- Self-esteem - Positive rain
- Vigilance - The importance of looking
- First aid - Defibrillator
- The 7 dangerous energies
- Psychosocial risks
- Gestures and postures
- Theatre group
- Full foot fall - Simulator

**DOWNLOAD THE GUIDE**



**DURATION**  
1 day

**LANGUAGES**  
French

**MODALITIES**  
On site

**PRICE**  
On demand

**TARGET AUDIENCE**

All employees

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

Involve learners through action and have a lasting impact on your teams!

**Discover a new immersive and accessible approach to your safety at work.**

**Immerse yourself in realistic scenarios:**

Explore a true-to-life virtual working environment, where you'll be confronted with dangerous situations. Learn how to identify, assess and react to them with confidence.

**Acquire practical skills:**

Thanks to this total immersion experience, you can develop practical skills and increase your awareness of potential dangers. Learn in a simple and realistic way.

**Accessible to all:**

We believe in the accessibility of workplace safety training. Intuitive applications allow everyone to fully benefit from the VR experience, whatever their level of familiarity with the technology.

**Examples of available themes**

- Working at height
- Confined spaces
- Road risk
- Safety management
- Physical activity and MSD
- Safety home
- Fire
- Falls prevention
- Risk search
- First aid



**DURATION**  
3H30

**LANGUAGES**  
French

**MODALITIES**  
On site

**PRICE**  
On demand

**TARGET AUDIENCE**

All employees

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

The Safety Culture Fresk is a fun, collaborative and creative workshop designed to raise awareness of the importance of a safety culture in the workplace.

- To be able to define what safety culture is and what it is made up of.
- Discover new concepts and tools.
- Identify areas for improvement.

**HOW IT WORKS?**

A deck of 88 cards to create a map based on our QHSE experience



**PURPOSE**

- **Understanding the issues:** Enabling everyone to understand the scope and complexity of the issues involved in a safety culture.
- **Understanding my responsibility:** Enabling everyone to understand the impact of their behaviour and actions on the company's overall safety performance.

**LEARNING OBJECTIVES**

Safety culture is a multidimensional concept that encompasses the values, attitudes, perceptions and behaviour of individuals within an organisation.

- **Strengths and weaknesses:** identify the company's strengths and areas for improvement in terms of safety, and encourage reflection and critical analysis of practices.
- **Individual responsibility:** highlight the responsibility of each individual in building a high-performance safety culture.
- **Exemplary leadership:** to present the principles of exemplary leadership in the field of safety.
- **Awareness:** understanding the QHSE system already in place and the importance of each card laid down as the foundation of a safer working environment.

**RESULT: AN ACTION PLAN**

Identify the sub-groups that represent your organisation's strengths and the sub-groups that represent areas for improvement. You'll end up with an action plan that can be applied to your company!



**DURATION**  
3H30

**LANGUAGES**  
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**MODALITIES**  
On site

**PRICE**  
On demand

**TARGET AUDIENCE**

All employees

**PREREQUISITES**

There are no formal entry requirements for this course.

**OBJECTIVES**

The Climate Fresk is a fun, collaborative and creative workshop that provides a simple way of understanding the causes and consequences of climate change.

- Understand the challenges of climate change
- Raising awareness and involving your employees in your environmental and/or CSR approach

**HOW IT WORKS?**

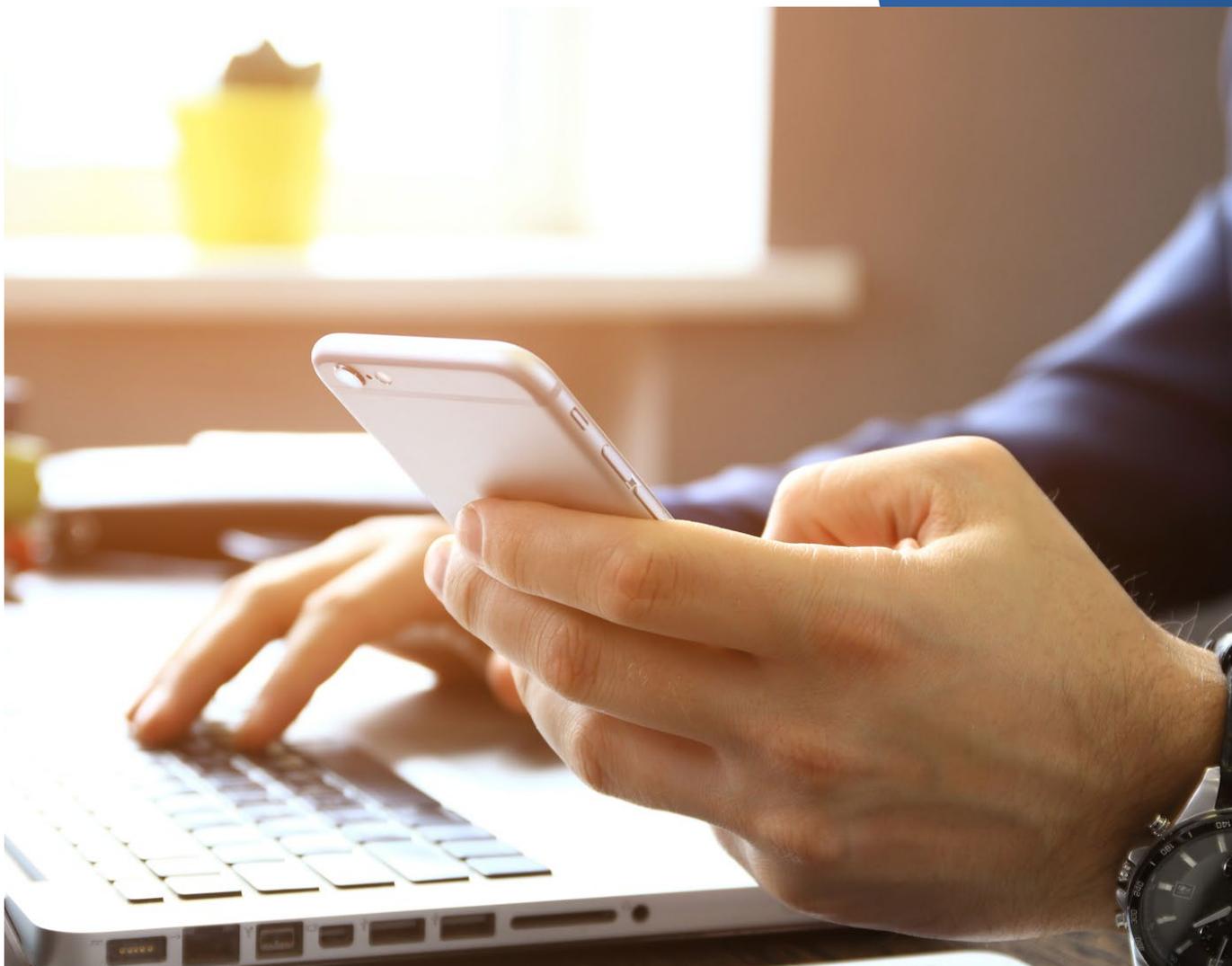
A set of 42 cards based on the IPCC\* reports

**The 4 workshop phases**

- **Reflexion** : discover and understand the maps, and link them together using collective intelligence to co-construct La Fresque and establish the causal links between climate change and its effects.
- **Creativity** : anchor knowledge and illustrate La Fresque in a team spirit to make it their own.
- **Emotions** : sharing emotions and positions in a spirit of goodwill.
- **Discussion** : explore individual and collective actions with orders of magnitude, and broaden our thinking beyond climate issues.

\* IPCC : Intergovernmental Panel on Climate Change





*We can also carry out training engineering based on your specific needs and reference frameworks. Our training experts are on hand to help you achieve your educational and operational objectives.*

## CONTACT US



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# HSE TRAINING **Guide** 2024

Occupational  
Risk Management