



# Sydney Safety Training

Sydney Safety Training

395 Guildford Road Guildford  
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## Welcome to Sydney Safety Training

This newsletter is to introduce you to **Sydney Safety Training (SST)**.

SST provides training in:

- Confined Space
- Height Safety
- Height Rescue
- Industrial Rope Access
- Gas Detection
- Emergency Response
- Breathing Apparatus

SST uses fully accredited trainers from Life & Rescue International (LRI). LRI is a

well respected training company that has been conducting OH&S training since 1987 from their HQ in Newcastle.

Our training rooms are conveniently located at 395 Guildford Road, Guildford in Sydney's west.

Sydney Safety Training, in conjunction with Frog Dive Scuba Centres at Guildford can also supply:

- Hire of Safety Equipment
- Hire of breathing apparatus
- High Pressure breathing air fills to 300 bar

- Hydrostatic cylinder testing
- BA inspections and servicing
- Sales of safety equipment



Confined Space Course practical winching.



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## SST Cert IV Accredited Trainers

All **SST** trainers are accredited trainers through **Life & Rescue International (LRI)**.

**LRI** is a well respected safety training company that has been conducting safety training since 1987 from their HQ in Newcastle.

- They are a Quality Endorsed company

under the ISO 9000 scheme &

- a Registered Training Organization 91278 (RTO) under the Australian National Framework of Training (NFROT) and the Vocational Educational Training Accreditation Board (VETAB).



## SST Principal –Bob Taylor

Bob Taylor spent the first 11 years of his working life as an officer in the Australian Army. He was a Troop Commander in the SAS, FF parachutist, demolitions user, assault swimmer, small craft handler and long range vehicle commander.

He spent 2 years working with the US Navy's SEAL Team as their Training Cell Officer in San Diego in 79/80.

He has spent the last 24 years as a principal of a large retail scuba training company in Sydney, Frog Dive Scuba Centres. Over the past 10

years he has had a professional relationship with Life & Rescue International. As a result of that relationship Sydney Safety Training now provides LRI accredited OH&S programs in Sydney.

**We're on the web!**  
[sydneysafety.com.au](http://sydneysafety.com.au)



**Be Aware**

We are authorized by Sydney Water to provide the **Sydney Water Accreditation Module** for Confined Space Training. If you require this accreditation, you must provide a current medical clearing you to work in confined spaces.

**Management must ensure that:**

- All persons are trained
- All procedures are in place
- Equipment is available

**Employees must:**

- Use the training they are given
- Ensure that all procedures are in place and followed
- Use the equipment supplied

**What is a confined space?**

What is a confined space? AS2865 (2006) defines confined space as:

An enclosed or partially enclosed space which is not intended or designed primarily for human occupancy within which there is a risk of **one or more** of the following:

1. An oxygen concentration outside the safe oxygen range;
2. A concentration of airborne contaminants which may cause impairment, loss of consciousness or asphyxiation;
3. A concentration of flammable airborne contaminant which may cause injury from fire or explosion; or

4. Engulfment in a solid free flowing solid or a rising level of liquid which may cause suffocation or drowning.

Examples of confined spaces that employees are likely to come into contact with are: cellars; sewerage systems; drainage systems; water treatment areas; boilers, silos, open topped spaces; shafts; ducts; tunnels and all forms of storage tanks.

These spaces can contain contaminants such as gases, dusts, fumes, vapours, liquids, smoke, chemicals or either too much or too little oxygen. Employees may be covered by a substance or fall into a substance. A general definition of when a person

has entered a confined space is, when a persons upper body and/or head is within the confined space, the person is considered to have entered the confined space.

The OH&S Act states that workers entering these areas have to be qualified and current in Confined Space Training, and that the Regulation places responsibility on the employer to ensure a person's safety in their place of work.

*Our **trainers** will provide training which complies with WorkCover Training Guidelines, AS2865 Safe Work in a Confined Space & National Recognition.*

**Confined Space Training & Recertification Courses**

**The Confined Space Training Program** is extensive and flexible. We offer a training program that encompasses all modules, including:

- Legislation
- Workplace Hazards
- Safe Work Procedures & Risk Assessment
- Confined Space Equipment

- Atmospheric Hazards & Gas Detection Equipment
- Breathing Apparatus
- Life Support
- Fire Fighting
- Emergency Procedures & Rescue

Or we can tailor a Confined Space Training program that is targeted to specific needs based on risk

assessments.

**This training is presented using the "Core Training Elements for the National Standard for Safe Working in a Confined Space".**



**Confined Space Training Options**

**Full Confined Space Program**

The cost is \$895 per student.

per day plus travel and accommodation.

enter confined spaces during their normal work. \$425.00

**Groups of up to 10**

**Attending our Facility**

Day rates at our premises of \$1500 per day. This allows up to 10 people to be trained.

**Confined Space Requalification Training Rates**

**One Day Programme** ideal for people regularly involved in confined space work is \$295.00

**4 Hour Confined Space Awareness Training Rate**

This program is \$235 per person & ideal for management & supervisors to understand the requirements for safe work in a confined spaces or employees who require to access a confined space for a specific task.

**Groups of up to 10 at your Premises**

Day rates at your site for \$1550

**Two Day Programme** for those people who have not completed a Confined Space Course for sometime, or do not regularly

**All programs conducted upon request**



# Height Safety Training

Height Safety and Safety Line Systems need to ensure that a person cannot fall or can survive a fall when working at height. In the event of a fall, a fall-arrest must be such that impact on the body resulting from the deceleration forces are transmitted so that the body can survive with the minimum chance of serious injury.

It is therefore required to ensure that appropriate height safety equipment be set up and that persons are trained in the correct use and operation of the equipment.

It is a requirement that equipment designed to arrest a fall, i.e., an unrestrained fall either vertical or down a slope is to ensure that forces developed in the supporting lanyard do not exceed 6kN when supporting a person weighing 100kg. It has been shown that this level of deceleration is readily survivable provided the person suffering the fall is wearing a full harness. It is therefore a requirement that where persons are exposed to possible free fall situations, a full harness be worn and they be anchored using an appropriate lanyard.

The wearing of a belt in relatively short free

fall situations has lead to injuries such as broken ribs, or damage to the kidneys, spleen or lungs.

To tolerate the wearing of lesser body support such as restraint belts, line-worker's body belts and sit harnesses, there must be no free fall component to the fall.

## Course Overview and Outcomes

This course will cover the information below and it is expected that participants know the information as presented and be able to carry out tasks as outlined.

- Regulatory requirements
- Risk Assessment & hierarchy of Controls
- When Fall Prevention is Required
- Heights Safety Equipment
- Safe Anchoring
- Pre & Post Operational Checks

- Equipment Maintenance
- Rescue Requirements/Practical Rescue

Course Options:

**4 Hour Height Awareness** covers all theory but not practical - \$225 per persons or \$1250 for groups up to ten

**1 Day Height Safety Program** covers all theory and practical training - \$295 per person or \$1500 at my premises or \$1550 at your premises (plus travel) for groups up to ten.

**Programs are regularly conducted at either your premises or ours.**

We do not conduct Elevated Work Platform Operator Tickets, but we do conducted EWP self rescue programs as detailed above.



# Other Safety Programs

## Half Day Breathing Apparatus Training

- Types and application of BA
- Operator duration & consumption rates
- Donning procedures
- Practical use
- Cleaning and Maintenance

Persons are exposed to Self Contained Breathing Apparatus and introduced to other forms of breathing apparatus



## Atmospheric Hazards and Gas Detection

This half day course covers:

- Atmospheric hazards
- Hazards associated with toxic gases, combustible gases and oxygen
- Criteria used to assess hazards and gas levels
- Use of gas detection equipment

Specific gas detection use looks at:

- Basic Operation of

equipment

- Activation (on/off)
- Zeroing & spanning
- Calibration & bump testing
- Clearing Date ie PEAKS, STELS, TWA
- Recalling Data ie PEAKS, STELS, TWA

**The fees for these courses are:**

**\$235.00 per person or**

**\$1250.00 for groups of up to ten**

**Conducted upon request**

**Equipment Sales**  
**We would be delighted to put together a quote for your consideration on confined space equipment.**  
**If you need something, just ask and we will provide you with information and a written quote.**

**We're on the web!**  
[\*\*sydneyssafety.com.au\*\*](http://sydneyssafety.com.au)

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*“Creating a safer workplace”*



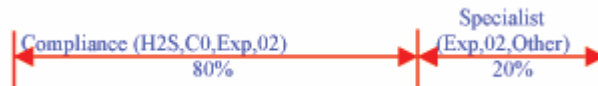
# Impact Gas Monitors

The Impact Gas Monitor is available in two configurations. They are the Impact Basic and the Impact Pro.



The Impact Gas Monitor, a state of the art 4 gas monitor ideal for confined space entry

These configurations are designed to capture all areas of the working environment. The working market has been broken down into the compliance market and the specialist market. The market is broken down as shown in the graph below.



The Compliance market is addressed by utilizing the Impact Basic, whereas the Specialist market is addressed by using the Impact Pro.



**The Enforcer.** Response Testing/Calibration is carried out in only 90 seconds without the need for a dedicated computer or complicated system of gas regulators and command modules. Ideal for all operators of Impact Gas Monitors

## Need to Hire Equipment for a job or have your current safety equipment serviced

**For hire:**

**Impact Gas Monitor 4 in 1**

CO, O2, H2S & LEL  
\$100 per day or \$270 per week

**SCBA Set**

\$80 per day or \$240 per week +GST

**Spare Breathing Cylinder**

\$20 per day or \$60 per week + GST

**Tripod**

\$65 per day or \$195 per week + GST

**Tripod with Retrieval System**

\$100 per day or \$300 per week  
+ GST

**VED Rope System**

\$60 per day or \$180 per week  
+ GST

**Confined Space Harness**

\$70 per day or \$210 per week  
+ GST

**Equipment Service**

1. High Pressure air fills to 300bar
2. Hydrostatic testing of all breathing cylinders
3. Servicing of all breathing apparatus in accordance with manufacturers requirements and Australian Standards
4. Inspection & certification of height and confined space harnesses
5. Calibration of Gas Testing units
6. Assistance with onsite Risk Assessments

# Life & Rescue International

The university of Life Support for industry