

While our training is delivered in every sector of the economy, we offer a comprehensive line of courses suited for the skilled trades sector. Check out the options below of health and safety training essentials for those entering or are employed in this sector. WHSC is an official Canadian Red Cross training partner, be sure to ask about our [First Aid and CPR course options](#).

PERSONAL PROTECTIVE EQUIPMENT (3 hours)

Most safety legislation in Canada recognizes that personal protective equipment (PPE) should be used only in specific circumstances and for limited durations. This course will educate participants on the importance of selecting and maintaining PPE required for their jobs. Participants will learn safe usage practices and identify potential inadequacies that could increase exposure to hazards.

MANUAL MATERIAL HANDLING (3 hours)

This course addresses the risks associated with manual material handling tasks such as lifting and carrying. It covers effective workplace design, the use of mechanical aids, and reviews safety standards to help prevent injuries. Participants learn about ergonomic solutions and practical measures to eliminate or control hazards associated with manual material handling.

ELECTRICAL HAZARDS (3 hours)

Electricity can be dangerous when exposure to uncontrolled sources occurs. This program helps participants identify potential hazards and the health effects of electrical shock, arc flash, and arc blast. It covers assessment and control measures, relevant legislation, codes, and standards, as well as an effective action plan to eliminate exposure to electrical hazards.

HAND TOOLS (3 hours)

This program delves into the risks associated with hand tools, focusing on musculoskeletal injuries. It reviews the safe design and use of hand tools, relevant legislation, codes, standards and effective risk assessment and controls.

CONVEYOR SYSTEMS (3 hours)

Participants will explore different types of conveyor systems and their associated hazards, such as pinch points and entanglement risks. The course reviews relevant laws and methods for identifying and assessing these hazards.

Participants will learn various strategies to reduce worker exposure.

WORKING AT HEIGHTS (1 Day)

This is a mandatory course for construction workers using fall protection. It covers hazards, rights, duties, regulations, and includes hands-on training in the use and inspection of fall arrest systems. The course also addresses emergency procedures and fall rescue plans, ensuring comprehensive safety training that meets and exceeds standards.

INDUSTRIAL CRANES – RIGGING AND HOISTING (1 Day)

This course covers the safe operation of overhead cranes and hoists, focusing on hazard recognition, control measures, and practical skills needed for rigging and hoisting. Participants will learn about relevant legislation and best practices for improving the work environment, including the safe operation of cranes and hoists. A practical component allows participants to demonstrate their acquired skills.

LOCKOUT MANUFACTURING (1 Day)

This course educates participants on the hazards associated with various forms of energy. It begins by addressing health risks from direct electrical contact, unexpected stored energy, and mechanical movement. The training then emphasizes lockout principles to mitigate contact with harmful energy. Participants will learn specific methods for isolating or locking out electrical, pneumatic, hydraulic, and other potential energy sources.

MOVING MACHINE PARTS (3 hours)

Participants will explore the hazards associated with machines by examining their component parts and analyzing how specific actions and motions can create dangerous conditions. Emphasis will be placed on the legal requirements for safeguarding moving machine parts to protect workers. Participants will also receive essential tools to identify, assess, and control machine hazards effectively.

CONFINED SPACE ENTRY AND HAZARD RECOGNITION (1 Day)

This course prepares workers for safe entry into confined spaces, emphasizing hazard assessment, entry permits, and atmospheric testing. It covers on-site rescue procedures and the use of personal protective equipment specific to confined spaces. Participants learn about various hazards, including atmospheric and physical hazards, and discuss strategies for their identification and control.

CONSTRUCTION AND INDUSTRIAL FORKLIFT OPERATOR (1 Day)

This course is for operators of rough terrain and industrial forklifts in construction and complies with Ontario Ministry of Labour guidelines and the CSA Safety Standard for Lift Trucks. It covers essential safety topics, including selection, pre-start inspections, stability, lift capacity, counterbalance principles, and restricted view awareness. Participants will also review hazards, relevant legislation and gain hands-on practical experience with various forklifts.

FORKLIFT OPERATOR (1 Day)

Forklift Operator comprehensive training is designed for operators of powered lift trucks (Classes 1 to 5). It includes classroom instruction on operation basics, safety regulations, and hazard recognition, followed by practical hands-on experience and an instructor-led evaluation. The course meets Ontario Ministry of Labour guidelines and CSA Standard B335-15, with retraining recommended every three years and a mid-term skills evaluation after 18 months. Comprehensive training for forklift operation, covering stability, lift capacity, safe operating practices, and maintenance according to national safety standards, including a follow-up performance evaluation.

SKID STEER OPERATOR (1 Day)

This two-day training program for skid steer operators—both new and experienced—covers essential features, hazards, and safety measures. Day one includes in-class instruction on different skid steer types, attachments, stability factors, and relevant safety regulations. Day two focuses on hands-on practice, where participants demonstrate safety procedures and driving skills. By the end, attendees will be equipped with the knowledge and skills for safe skid steer operation.

MOBILE ELEVATING WORK PLATFORM OPERATOR (1 Day)

This one-day course offers both experienced and novice mobile elevating work platform operators an opportunity to explore various lift types, understand potential hazards, and review relevant legal obligations. Participants will gain hands-on experience in safe lift operation, learn to perform thorough daily inspections, and complete a series of practical tasks using the lifts. Successful completion of Working at Heights training is a prerequisite for this course.

PROPANE STORAGE, HANDLING AND USE (1 Day)

Workers engaged in the handling, storage, and use of propane cylinders and propane-powered equipment face significant risks, including serious injuries from fire, explosions, and other hazards. This training includes an overview of relevant legislation, such as the Ontario Propane Code. Participants will learn practical strategies for identifying and assessing propane-related hazards, along with measures to eliminate or control harmful exposures. A vital hands-on component focusing on the safe use of propane cylinders ensures that workers are well-equipped to prioritize safety in their operations.

WALKING AND WORKING SURFACES (3 hours)

This course explores the various reasons behind slips, trips, and falls in the workplace, highlighting the injuries that can result, some of which may be severe or fatal. Key factors contributing to these incidents include poor housekeeping, inadequate maintenance, and a lack of training. Participants will review relevant legislation, such as sections of the Regulation for Industrial Establishments and the Ontario Building Code, to provide insight into workplace safety standards.

CONSTRUCTION HEALTH AND SAFETY AWARENESS (1 Day)

This one-day training offers essential health and safety awareness training for construction workers, serving both entry-level and experienced workers. Participants will explore the *Occupational Health & Safety Act* and construction regulations, focusing on the responsibilities of constructors, employers, supervisors, and workers. They will learn to identify, assess, and control hazards using the hierarchy of control. Training covers common hazards on construction sites, including slips, trips, falls, access

and egress, housekeeping, elevating work platforms, and confined spaces. Additionally, participants will discuss critical high-risk areas such as electricity, stored energy, heights, mobile equipment, and excavations, along with effective control measures.

WORKER HEALTH AND SAFETY AWARENESS TRAINING (3 hours)

This course ensures compliance with legal requirements by providing fundamental health and safety awareness training. Topics include understanding the *Occupational Health and Safety Act*, hazard control using the hierarchy of controls, rights and responsibilities of workplace parties, and the functions of health and safety representatives. Training emphasizes the requirement of and need for a policy and program to guide hazard control and protect worker health and safety.

GLOBALLY HARMONIZED WHMIS (3 hours)

This three-hour session provides a thorough introduction to the Globally Harmonized System (GHS) of WHMIS, focusing on hazard classes, pictograms, labels, and safety data sheets (SDS). Participants will gain an understanding of hazard classes using real-world examples. The course includes a review of pictograms, legal requirements, and the formats of supplier and workplace labels. Learners will also complete a detailed review of a sample SDS to effectively locate key information.

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