



## Eleven Ideas Rigging and Training

Unit Standard	US/QCTO TITLE	Level	Cost	Duration
8016	Maintaining Occupational Health, Safety & General Housekeeping	3	R650	1 Day
8020	Controlling Hazardous and Dangerous Goods	4	R800	1 Day
9672	Erect and Dismantle Scaffolding	3	R1200	2 Days
9964	Apply Health and Safety on the Workplace	2	R700	1 Day
12484	Perform Basic Fire Fighting Prevention and Protection Techniques	2	R1000	2 Days
12512	Practice Environmental Awareness	2	R700	1 Day
12877	Use and Maintain Hand Tools on a Construction Site	1	R650	1 Day
13223	Apply Health, Safety and Environment Procedures	1	R650	1 Day
14561	Implement Roadside Safety Procedures	3	R650	1 Day
15034	Work in Confined Spaces on Construction Site	2	R1000	1 Day
116235	Operate Pedant Overhead Crane	2	R3500	5 Days
116455	Apply Safety, Environment and Legal Requirements	2	R700	1 Day
116986	Sling Complex Loads & Communicate during Crane Operations – Basic Rigging Techniques	3	R1500	3 Days
119567	First Aid – Basic Life Support	3	R1500	2 Days
120337	Conduct Continuous Risk Assessment in the workplace	1	R650	1 Day
120337	Planned Task Observation in the working area	3	R650	1 Day
120362	Monitor, Report and make recommendations to specified requirements	3	R650	1 Day
120496	Provide Risk Based Primary Emergency care	3	R1500	2 Days
123249	Convey Dangerous Goods by Road	2	R800	1 Day
229994	Assess a Worksite for Work at Heights and Prepare a Fall Protection Plan	4	R1200	1 Day
229995	Basic Rescues, Fall Arrest Systems and Implementing Fall Protection Plans	4	R1200	1 Day
2299984	Explain and Perform Fall Arrest Techniques when working at Heights	4	R1200	1 Day
229999	Perform a Range of Advanced Fall Protection Rescues	4	R1200	1 Day



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### Legal Compliance and Accredited Short Courses

Source	Title	Level	Cost	Duration
Intra	Legal Liability	Compliance	R800	1 Day
Intra	HIV and Aids Awareness	Compliance	R650	1 Day
Intra	Asbestos and Abatement Regulations	Compliance	R650	1 Day
Intra	Injury on duty claims Management	Compliance	R700	1 Day
Intra	Knowledge and Application of Construction Regulations	Compliance	R1000	1 Day
Intra	Working in Confined Spaces	Compliance	R1000	1 Day
Intra	Employee and Manager Compliance Awareness	Compliance	R700	1 Day
Intra	Convey Dangerous goods by Road	Compliance	R1000	1 Day
Intra	Fundamentals of Electrical Safety	Compliance	R1000	2 Days
Intra	Environmental Awareness	Compliance	R700	1 Day
Intra	Knowledge of Ergonomics and Awareness	Compliance	R700	1 Day
Intra	Evacuation Planner and Evacuation Marshall	Compliance	R650	1 Day
Intra	Fundamentals of Fall Arrest Rescues	Compliance	R1000	1 Day
Intra	Fundamentals of Firefighting Prevention and Rescue	Compliance	R1000	2 Day
Intra	First Aid	Compliance	R1000	2 Days
Intra	Personal Hygiene for Perishable stores	Compliance	R700	1 Day
Intra	Process Hygiene in Food Preparation, Cooking and Storage	Compliance	R700	1 Day
Intra	Functions of a Health and Safety Representatives	Compliance	R800	1 Day
Intra	Introduction to Hazardous Chemical Agents	Compliance	R650	1 Day
Intra	Hazard Identification Risk Assessment - HIRA	Compliance	R800	1 Day
Intra	Introduction to Workplace Safety	Compliance	R650	1 Day
Intra	Incident and Accident Investigations	Compliance	R800	1 Day
Intra	Noise Induces Hearing Loss	Compliance	R700	1 Day
Intra	Health and Safety Supervision	Compliance	R800	1 Day
Intra	Use and Care of Hand Tools	Compliance	R650	1 Day



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Unit Standard	US/QCTO TITLE	Level	Cost	Duration
242682	Demonstrate Knowledge and Application of OHS act	4	R800	1 Day
242682	Knowledge and Understanding of Mine Health and Safety Act 29 of 1996	4	R800	1 Day
242974	Operate Counter Balanced Lift Truck	3	R2000	3 Days
244073	Receive, Handle and Store Hazardous Chemicals Safely	2	R800	1 Day
244287	Conduct Baseline Risk Assessment	5	R800	1 Day
244365	Lift and Move Materials by means of a Forklift	2	R2000	5 Days
244407	Lift and Move Materials by means of Mechanical Lifting Equipment – Basic Rigging Techniques	3	R1500	3 Day
258920	Carry Out Basic Gas Welding, Brazing and Cutting	2	R6000	14 Days
259617	Investigate Safety, Health and Environmental Incidents	2	R1200	1 Day
259622	Describe the Functions and Apply the Functions of a Safety Representative	2	R800	1 Day
259639	Explain the Basic Health and Safety Principles in the workplace	2	R800	1 Day
262744	Operate and Excavator	2	R4000	7 Days
262884	Supervise Health and Safety on a Construction Project	4	R1200	1 Day
263205	Inspect Access Scaffolding	4	R1000	1 Day
263245	Erect, Use and Dismantle Scaffolding	3	R1000	2 Days
SP C900232	Basic Emergency First Aid Responder		R1200	2 Day
SP C900233	Intermediate Emergency First Aid Responder		R1700	3 Days
SP C900234	Advanced Emergency First Aid Responder		R2000	5 Days
SP121905	Project Management		R4200	7 Days

Eleven Ideas Rigging and Training is a Registered Skills Development Training Provider and a member of SAIOSH, INTRA SAFETY, ASDSA with highly qualified and experienced Moderators using researched and revised SAQA and QCTO learning materials.

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