

INSTRUMAN TRAINING

EMPOWERING PEOPLE. ENSURING SAFETY. DRIVING PRODUCTIVITY.

Practical, engaging and legislation-aligned training that helps your team stay safe, compliant and confident in any work environment.



TRAINED IN LINE WITH **SOUTH AFRICAN** LEGISLATION & STANDARDS

OHS Act 85 of 1993 • General Safety Regulations • Applicable SANS Standards

OUR CORE TRAINING COURSES

1



LEGAL LIABILITY

Understand your legal duties and responsibilities under the OHS Act. Learn about vicarious liability, due diligence and the consequences of non-compliance.

2



RISK ASSESSMENT (HIRA)

Learn how to identify hazards, assess risks and implement effective controls using a practical HIRA process aligned with legal requirements.

3



INCIDENT INVESTIGATION

Gain the skills to investigate incidents thoroughly, identify root causes and implement corrective actions to prevent recurrence.

4



SAFETY REPRESENTATIVES

Equip Safety Representatives with the knowledge and tools to fulfil their legal duties and promote a culture of safety in the workplace.

5



WORKING AT HEIGHTS

Understand the risks and legal requirements for working at heights. Learn fall protection systems, equipment and safe work procedures.

6



BASIC FIREFIGHTING TECHNIQUES

Learn how to prevent fires, use extinguishers effectively and respond safely to emergencies to protect lives, property and the environment.

7



FIRST AID LEVEL 1

Develop essential first aid skills to respond confidently to medical emergencies in the workplace and help save lives.

WHY TRAIN WITH INSTRUMAN?



Legislation aligned



Practical, hands-on training



Experienced, industry specialists



Training that adds real value to your business



Safer people. Stronger performance.



INVEST IN SAFETY. INVEST IN YOUR PEOPLE. INVEST IN YOUR FUTURE.

Contact us **today** to book training for your team.



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PROUDLY SUPPORTING SOUTH AFRICAN WORKPLACES TO MEET **OHS LEGISLATION** AND BUILD A CULTURE OF SAFETY, COMPLIANCE AND CARE.



COMPLIANT TODAY. SAFER TOMORROW. STRONGER TOGETHER.