

COMMON COMPETENCY

MODULE 1: POLICIES AND LEGISLATION

- Lesson 1 | Comply with Company Policies and Procedures
- Lesson 2 | Understand and Comply with Applicable Workplace Legislation and Regulations



2h 30 min

MODULE 2: WORK SAFELY

- Lesson 1 | Select, Use and Maintain Personal Protective Equipment (PPE)
- Lesson 2 | Practice and Maintain Good Housekeeping
- Lesson 3 | Identify and Respond to Workplace Hazards
- Lesson 4 | Manually Lift and Carry Materials
- Lesson 5 | Recognize Confined Space Work and Follow Policies and Procedures
- Lesson 6 | Work Around Mobile Equipment
- Lesson 7 | Work Around Stationary Equipment
- Lesson 8 | Work Around Water Hazards
- Lesson 9 | Work Around Aircraft and Helicopters
- Lesson 10 | Work in Cramped and/or Awkward Conditions (or Limited Mobility)
- Lesson 11 | Prepare for Hot Work
- Lesson 12 | Recognize Authorized and Restricted Areas



16h 15 min

COMMON COMPETENCY

MODULE 3: SIGNS, BARRICADES, TRAFFIC, PLANS AND DRAWINGS



9h 10 min

- Lesson 1 | Recognize and Comply with Signage, Barricades, Audible Alarms and Equipment Light Indicators
- Lesson 2 | Recognize and Comply with Automated Audible Alarms and Equipment Light Indicators
- Lesson 3 | Install, Remove, Maintain and Store Signs and Barricades
- Lesson 4 | Recognize and Comply with Traffic Management Plans
- Lesson 5 | Understand and Use Information Presented on Plans and Drawings

MODULE 4: FIRE SAFETY



9h 50 min

- Lesson 1 | Be Prepared to Respond to Fires
- Lesson 2 | Extinguish Minor Fires
- Lesson 3 | Fire Prevention
- Lesson 4 | Be Prepared for Wildfires

MODULE 5: EMERGENCY SITUATIONS



8h 5 min

- Lesson 1 | Prepare for Emergency Situations and Conditions
- Lesson 2 | Comply with Workplace Hazardous Materials Information Systems (WHMIS)
- Lesson 3 | Participate in Safety Programs
- Lesson 4 | Understand, Respond to and Report Emergencies

COMMON COMPETENCY

MODULE 6: ENERGY SOURCES

- Lesson 1 | Lock Out, Tag, Deenergize and Test Equipment
- Lesson 2 | Work Around Energy Sources



2h

MODULE 7: WORKING AT HEIGHTS

- Lesson 1 | Identify, Inspect and Store Fall Protection Systems
- Lesson 2 | Use Personal Fall Arrest System
- Lesson 3 | Use Portable Ladders
- Lesson 4 | Work on Scaffolds and Raised Platforms



8h 35 min

MODULE 8: COMMUNICATION

- Lesson 1 | Listen Actively
- Lesson 2 | Speak Clearly and Concisely
- Lesson 3 | Use Communication Devices
- Lesson 4 | Convey Message Using Signals
- Lesson 5 | Use Workplace Technologies
- Lesson 6 | Complete Workplace Documentation
- Lesson 7 | Coach or Mentor Other Coworkers/Peers



15h 20 min

COMMON COMPETENCY

MODULE 9: BE PROFESSIONAL

- Lesson 1 | Work in a Team Environment
- Lesson 2 | Work in a Culturally Diverse Environment
- Lesson 3 | Maintain Good Community Relations
- Lesson 4 | Demonstrate High Standards of Conduct



8h 15 min

MODULE 10: EQUIPMENT KNOWLEDGE

- Lesson 1 | Demonstrate Equipment Knowledge
- Lesson 2 | Working with Mobile Equipment
- Lesson 3 | Work with Stationary Equipment



3h 55 min

MODULE 11: PROTECT THE ENVIRONMENT

- Lesson 1 | Comply with Environmental Policies, Procedures and Permits
- Lesson 2 | Apply Spill Containment Measures
- Lesson 3 | Manage Waste
- Lesson 4 | Manage Fuels and Other Hazardous Materials
- Lesson 5 | Respond to Spills



8h 40 min



92h 35 min