



SDB & Associates (Pty) Ltd  
 P O Box 630, Raslouw, 0109  
 Miracle Retail Park, 46 Old Johannesburg Road, Centurion  
 Tel: Office: 012 767 8113 | Mobile: 079 388 4206 / 076 066 5015  
 Email: [info@sdb-ohs.co.za](mailto:info@sdb-ohs.co.za) | Website: [www.sdb-ohs.co.za](http://www.sdb-ohs.co.za)

### SDB College – List of Courses

NR	COURSE TITLE	DURATION	VENUE	HAND OUTS	CERTIFICATES
1.	Emergency Coordinator	1 day	Client's premises	Learner manual	Yes
2.	Basic fire fighting	1 day	Client's premises	Learner manual	Yes
3.	Basic evacuation	4 hours	Client's premises	Learner manual	Yes
4.	First aid in the workplace	2 days	Client's premises	Learner manual	Yes
5.	First aid Level 1	2 days	Client's premises	Learner manual	Yes
6.	First aid Level 2	3 days	Client's premises	Learner manual	Yes
7.	First aid Level 3	4 days	Client's premises	Learner manual	Yes
8.	Basic first aid	3 hours	Client's premises	Learner manual	Yes
9.	Hygiene for food handlers and food safety	3 hours	Client's premises	Learner manual	Yes
10.	Personal hygiene in the workplace	3 hours	Client's premises	Learner manual	Yes
11.	HIV/Aids	½ day	Client's premises	Learner manual	Yes
12.	HIV/Aids, TB and sexually transmitted illnesses and their impact on the workplace.	1 day	Client's premises	Learner manual	Yes
13.	Health and Safety Legislation and Management	1 day	Client's premises	Learner manual	Yes
14.	Health, safety and environmental coordinator	3 days	Client's premises	Learner manual	Yes
15.	Health, safety and environmental Representative	1 day	Client's premises	Learner manual	Yes
16.	Safety, health and environmental Managers	1 day	Client's premises	Learner manual	Yes
17.	Introduction to Occupational Health and Safety Legislation	1 day	Client's premises	Learner manual	Yes
18.	Basic health and safety	½ day	Client's premises	Learner manual	Yes
19.	Hazard identification and Risk assessment (HIRA)	1 day	Client's premises	Learner manual	Yes
20.	Hazard identification	4 hours	Client's premises	Learner manual	Yes
21.	Incident investigation	1 day	Client's premises	Learner manual	Yes



SDB & Associates (Pty) Ltd  
 P O Box 630, Raslouw, 0109  
 Miracle Retail Park, 46 Old Johannesburg Road, Centurion  
 Tel: Office: 012 767 8113 | Mobile: 079 388 4206 / 076 066 5015  
 Email: [info@sdb-ohs.co.za](mailto:info@sdb-ohs.co.za) | Website: [www.sdb-ohs.co.za](http://www.sdb-ohs.co.za)

NR	COURSE TITLE	DURATION	VENUE	HAND OUTS	CERTIFICATES
22.	Good housekeeping practices	4 hours	Client's premises	Learner manual	Yes
23.	Health and Safety induction training	2 hours	Client's premises	Learner manual	Yes
24.	Erect, use and dismantle scaffolding	1 day	Client's premises	Learner manual	Yes
25.	Scaffolding Inspector	1 day	Client's premises	Learner manual	Yes
26.	Construction Supervisor	1 day	Client's premises	Learner manual	Yes
27.	Environmental and Quality for Management	2 days	Client's premises	Learner manual	Yes
28.	Basic Working on heights – safety harness	1 day	Client's premises	Learner manual	Yes