

OHS Consultation Training (for Committee Members & OHS Representatives 4 days (90502NSW) -

This course is developed by WorkCover NSW and is accredited by VETAB NSW and designed for OHS Committee Members and OHS Representatives. The training includes the knowledge and skills necessary to apply the principles of workplace OHS Consultation.



Newcastle Training held at: Club Macquarie, Argenton	3, 4, 10, 11 Aug 29, 30 Nov, 6, 7 Dec	2, 3, 9, 10 Sep	6, 7, 13, 14 Oct	10, 11, 17, 18 Nov
Hunter Valley Training held at: AW Workwise, Green Hills	23, 24, 30, 31 Aug	23, 24, 30 Sep, 1 Oct	21, 22, 28, 29 Oct	6, 7, 13, 14 Dec
Central Coast Training held at: AW Workwise, Tuggerah	18, 19, 25, 26 Aug 8, 9, 15, 16 Dec	13, 14, 20, 21 Sep	18, 19, 25, 26 Oct	8, 9, 15, 16 Nov
Parramatta Training held at: AW Workwise, Parramatta	18, 19, 25, 26 Aug 1, 2, 8, 9 Dec	7, 8, 14, 15 Sep	13, 14, 20, 21 Oct	16, 17, 23, 24 Nov
Campbelltown Training held at: Maclin Lodge Campbelltown	5, 6, 12, 13 Aug	16, 17, 23, 24 Sep	4, 5, 11, 12 Nov	

OHS Consultation Refresher Training – 1 day

This course is designed for OH&S Committee Members and OH&S Representatives who have attended the four day WorkCover Accredited OH&S Consultation course and who have been re-elected to serve another term.

Newcastle Training held at: Club Macquarie, Argenton	21 Sep	14 Dec	
Hunter Valley Training held at: AW Workwise, Green Hills	3 Aug		
Central Coast Training held at: AW Workwise, Tuggerah	1 Dec		
Parramatta Training held at: AW Workwise, Parramatta	30 Nov		

OHS Risk Management Training – 1 day

The morning session covers legislative requirements and responsibilities for supervisors and managers. The afternoon session involves group participation in workshops, including practical risk management and workers compensation activities.

Newcastle Training held at: Club Macquarie, Argenton	27 Sep	23 Nov	
Hunter Valley Training held at: AW Workwise, Green Hills	10 Aug	19 Oct	2 Dec
Central Coast Training held at: AW Workwise, Tuggerah	1 Nov		
Parramatta Training held at: AW Workwise, Parramatta	20 Aug	26 Oct	
Campbelltown Training held at: Maclin Lodge Campbelltown	2 Sep		

For information on any of these courses or to register call ~ 1800 249 579
Or go to our website ~ www.awworkwise.com.au

Incident Investigation Training 3 hours

This training is designed for Managers, Supervisors, OHS Committees and Representatives and provides an understanding of the concepts around investigating a workplace incident, including legislative requirements, collecting evidence, conducting interviews and formulating recommendations.

Newcastle Training held at: Club Macquarie, Argenton	16 Aug
Hunter Valley Training held at: AW Workwise, Green Hills	16 Sep
Central Coast Training held at: AW Workwise, Tuggerah	8 Sep
Parramatta Training held at: AW Workwise, Parramatta	12 Oct

On Site Company Specific Training

For a site specific proposal including your documentation and photos contact
Gail Stark on: 1800 249 579 or email: gails@awworkwise.com.au

Introduction to Risk Management for Supervisors and Employees – 3 hours

This course provides an overview of supervisor's and employee's roles and responsibilities to enable them to contribute to their organisation's OHS and workplace injury management system within their defined limits of authority. Includes a Risk Management workshop.

Fatigue Management – 3 hours

This training session will provide an overview of the health, safety, family and social fatigue related issues. Also how to implement strategies to reduce fatigue related issues that can arise from shift work or other non-traditional hours of work.

Incident Investigation – 3 hours

This training session covers the investigation of all incidents occurring at the workplace. From identifying the basic root causes of incidents through to interviewing witnesses and learning how to analyse the scene of an incident. Practical case studies will be used to assist the group with implementing the training at the workplace.

Manual Handling

The session aims to increase the awareness of back care principles, causes of typical musculoskeletal injuries, discusses benefits of good posture and exercise and provides an opportunity to practice safe manual handling techniques. Includes anatomy and physiology, posture, risk factors for back injury, demonstration of stretching exercises and principles for safe manual handling. The length of the training session can be increased to meet the site requirements.

Office Ergonomics Training

This is a 'hands on' training course which includes a simple overview of the body's musculoskeletal system, posture and movement affecting your body, and the importance of adjusting your workstation. Also included are ways to avoid muscular aches and fatigues, eye strain and the importance of vision breaks, the benefits of stretching exercises and examples of easy stretches to perform.

Work Station Ergonomics Train-The-Trainer – 3 hours

Most jobs these days involve the use of computers. The aim of this course is to develop the skills and enable supervisors to feel confident in the set-up of safe office management. Focus of the training is on ergonomic computer workstations set-up.

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Fire/Emergency Warden Training

The aim of this training is designed to enable employees identified as Fire/Emergency Wardens to meet the Emergency Preparedness training requirements of the NSW Occupational Health and Safety Regulation 2001 in the event of an emergency.

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