



**OPEANS
NIGERIA
LIMITED**

32 Jessy & Jenny Road,
off Odidli Road, Trans-Amadi Industrial Layout.
P.O. Box 2243, Port Harcourt,
Rivers State, Nigeria.
www.opeansafety.com

COURSE LIST

S/N	COURSE TITLE	COURSE CONTENT	DURATION	NO OF PARTICIPANT PER SESSION
1	PERSONAL SURVIVAL SWIMMING (PSS)	<ul style="list-style-type: none">Swim 50m distance for survival.Swim 2m distance under water to avoid danger on water surface.Tread water for 2 minutes to see danger ahead and rescue aids.To identify hazard in water front and at home and how to avoid them.	10 DAYS	10 - 20
2	SURVIVAL AT SEA (SAS)	<ul style="list-style-type: none">To have knowledge of survival techniqueTo be acquainted with the use of life rafts and life jackets.Causes of disaster on offshore installations.	1 DAY	16
3	HELICOPTER UNDERWATER ESCAPE TRAINING (HUET)	<ul style="list-style-type: none">To be acquainted with helicopter transportation safetyTo be acquainted with underwater escape procedure.	1 DAY	16
4	ADVANCE FIRST AID/CPR (AFA)	<ul style="list-style-type: none">To preserve lifeTo prevent worsening of situationTo promote recoveryTo obtain further qualified assistance without delay	5 DAYS	16
5	BASIC FIRE FIGHTING (BFF)	<ul style="list-style-type: none">To have knowledge of causes of fire and types of extinguishers.To teach participants how to fight fire.	1 DAY	16



6	ADVANCE FIRE FIGHTING (AFF)	<ul style="list-style-type: none"> • Size up fire situations • Determine best method of controlling the fire, boilovers, pressure fire, bleves and shut down procedure, vapour cloud control. • Send fire ground messages to control/management • Fire investigation and fire risk analysis • Safe of safety in fire safety control and use of PPE • 8Toxic chemical hazards protection 	4 DAYS	16
7	LIFEGUARD/ SAVING AND OFFSHORE SURVIVAL TECHNIQUE	<ul style="list-style-type: none"> • To prevent accidents in and around water • To rescue those in danger from drowning • To revive those who have stopped breathing. 	5 DAYS	16
8	SELF-CONTAINED BREATHING APPARATUS/CONFINED SPACE.	<ul style="list-style-type: none"> • To enable participants effectively use the breathing apparatus • To enhance knowledge in BA Usage • Enhance participants knowledge in search, rescue technique and safe movement in smoke • To enhance participant's knowledge in moving and working in confined space. 	4 DAYS	16
19	DEFENSE DRIVING	<ul style="list-style-type: none"> • To prevent accidents on and around our roads • To teach participants the techniques of driving defensively • To study about the types of drivers we have on the roads and their behaviours while driving. • To acquaint participants with the qualities of a defensive driver. 	1 DAY	16
10	RISK ASSESSMENT	<ul style="list-style-type: none"> • To identify hazardous situations in jobs • To optimize the use of resources, money, people, and time. • To provide knowledge of patterns of events and identify critical parts of the operation • Identify potentials that can easily cause harm to people • To provide information required to make decisions on whether the level of risk is tolerable 	1 DAY	16



		<ul style="list-style-type: none"> To identify hazards in our day-to-day activities and assess them. 		
11	GAS TESTING	<ul style="list-style-type: none"> To enlightening participants of the use of gas testers (explosi-meter) 	3 DAYS	16
12	WELDING SAFETY AWARENESS	<ul style="list-style-type: none"> To identify hazards in welding activities To educate participants on how to protect them from hazards associated with welding activities and process to eliminate them. To educate participants on proper precautions to during welding activities to avoid incidents/accidents. 	3 DAYS	16
13	HANDLING OF HAZARDOUS MATERIAL	<ul style="list-style-type: none"> To protect personnel from injury and prevent property damage due to unexpected release of energy or hazardous materials Hazardous substances are well protected as well as others. To educate participants of the use of safe handling of chemical (SHOC) and Materials Safety Data Sheet (MSDS). To ensure compliance with statutory requirement To secure safety, health, welfare of workers and others. To ensure compliance with environmental protection 	3 DAY	16
14	CRANE OPERATOR CERTIFICATION	<ul style="list-style-type: none"> To prevent accidents and lost time in crane operation To eliminate hazards eminent in rigging and lifting operations To eliminate damage to both crane materials during crane operations. 	3 DAYS	16
15	BASIC ELECTRICAL SAFETY AWARENESS	<ul style="list-style-type: none"> To check electrical generators periodical to provide in situation for all cables Methods of safe fueling Values of output / input current at every given time for safe handling Safe methods of trouble shooting Methods of preventing liking current Careful handling of conductible / non conductible 	3 DAYS	16



		materials.		
16	SAFETY RULES FOR WORKING AT ELEVATION	<ul style="list-style-type: none"> To provide effective safety measures for works done at heights. To prevent accidents caused by working at height. To prevent accidents due to slips falls eminent in working at height To promote efficiency 	1 DAY	16
17	FORK LIFT OPERATOR CERTIFICATION	<ul style="list-style-type: none"> To prevent accidents and lost time in during forklift operations To eliminate hazards eminent in forklift operations To eliminate damage to both lifted materials and operators during fork lift operations 	2 DAYS	16
18	JOB HAZARD ANALYSIS (JHA)	<ul style="list-style-type: none"> To identify hazards eminent around work areas, assess, put controls in place and recovery if controls fail To identify severity and likelihood of incidents occurring in an operation Identify measures risk related to all operations and generate controls process to be applied. 	1 DAY	16
19	ACCIDENT INVESTIGATION	<ul style="list-style-type: none"> Analysis the causes of an accident/incident, identify measures to be taken to prevent reoccurrence and disseminate findings To prevent reoccurrence of incident/accidents Not to apportion blames but to identify active failures and latent failures that led to an accident and take effective measures to prevent reoccurrence 	1 DAY	16
20	BEHAVIORS' BASED SAFETY	<ul style="list-style-type: none"> Provide facts that bother on the individual's frame of mind and measures to eliminate the negative ones and improve on the positive ones. Finding out the cause of poor work attitude To improve on individual's attitude cultivate over a period of time 	1 DAY	16

...always ensure the best possible training for all at risk

21	INJURY TO FINGER AND HAND	<ul style="list-style-type: none"> To prevent injury to the fingers and hands while carrying out a job Promote good working pattern Prevent loss of man-hour due to injury Encourage use of appropriate PPEs while working 	1 DAY	16
22	MATERIAL HANDLING	<ul style="list-style-type: none"> Educate participants on the method of handling materials safety Avoid injuries to individual during materials handling Teach participants the risk involved in materials handling Avoid unsafe practices while handling materials 	1 DAY	16
23	PPE	<ul style="list-style-type: none"> To minimize workers exposure to hazards To reduce the gravity or impact of injury sustained Identify PPE as the last line of defense between the workers and potential hazards at work places. Educate participants on the basic understanding of hazards concerned before PPE's are used. Educate on the right type of PPE's to be used on any particular type of job. 	1 DAY	16
24	PERMIT TO WORK (PTW)	<ul style="list-style-type: none"> To prevent accident by avoiding misunderstanding when non-routine or potentially hazardous jobs are being carried out To ensure a non-routine job can be carried out under prescribed precautions and supervised by CP To help workers identify possible risks associated with the work and the precaution to take. Ensure that a company's standards are applied in activity To provide basis for monitoring that the specified precautions are taken Ensure responsible persons for an area, facility or operation knows and approves of a non-routine job to be done. To ensure an authorized competent person accepts responsibility for the safety of the work site. 	1 DAY	16



25	BASIC OFFSHORE SAFETY INDUCTION EMERGENCY TRAINING (BOSIET)	<ul style="list-style-type: none"> • This course is intended to meet the minimum standards of proficiency in the personal safety and social responsibilities, personal survival techniques, elementary first aid, fire prevention and firefighting training. • It is structured to provide candidates with an elementary knowledge of safety and emergency response procedures. • Mixture of theory and practical sessions, during which candidates will be required to show their level of knowledge and understanding of the training programme content. 	3 DAYS	16
26	STCW95		4 DAYS	16
27	BANKSMAN SLINGER	<ul style="list-style-type: none"> • To educate the slinger to safe sling and signal to crane of various type. • Acquaint the slinger with the statutory duties under the health and safety act 1974 and other relevant legislations. • Correct slinging/signaling techniques and procedures. • To teach the slinger the importance of weight centre of gravity and sling and angles in relation to safe working load of the lifting tackles. 	2 DAYS FOR A FRESHER & 1 DAY FOR EXPERIENCE PERSON	16
28	SWING ROPE COURSE		1 DAY	16
29	RIGGING AND LIFTING	<ul style="list-style-type: none"> • To ensure all personnel involved in rigging and slinging operations e.g. riggers, maintenance personnel/supervisors, deck crew, etc. have an understanding of the legal requirements pertaining to rigging operations, the requirements for pre-use inspection and discard criteria of lifting equipment, the safe working procedures to ensure delegates can use 	2 DAYS	16

...always ensure the best possible training for all at risk

		<p>lifting equipment safely and not exceed the load limit imposed on them.</p> <ul style="list-style-type: none"> • Introduction to LOLER, PUWER and HASWA legislation • Introduction to lifting accessories and all commonly used equipment associated with rigging operations • Inspection and correct use tirlfors, chain blocks, pull lifts, beam clamps, wire - - rope inspection • Examination of rigging equipment • Utilizing recommend rigging methods to move various items • Complete Lifting plans 		
30	H2S AWARENESS	<ul style="list-style-type: none"> • This course is designed to advise and prepare delegates for the possible encounter of Hydrogen Sulphide in an offshore environment. It is intended for personnel that may be required to enter H2S designated areas and who may potentially be exposed to Hydrogen Sulphide H2S. • The properties of H2S • Where do you find H2S • Personnel training • H2S rig drills • Adherence of safe working practices 	1 DAY	16
31	INTRO TO HSE COMPETENCE	<ul style="list-style-type: none"> • Introduction to HSE Rules and Regulations • Hazards and Effects Management Process • Communication Process in HSE Management • Fire Prevention, Protection and Evacuation • Understand basic approach to Unsafe Act auditing • Journey Management • Electrical Safety • Office Safety and Good Housekeeping • Site Responsibility of a Safety Officer 	5 DAYS	16



		<ul style="list-style-type: none"> • Personal Water Survival and Rescue • Contingency Management/Emergency Response • Introduction to Environmental Issues • Personal Protective Equipment • Safety practices at work sites • Understand Job Safety Analysis process • Permit to work Systems • Workplace Security Management • Introduction to Community Affairs • First Aid and CPR Medevac Procedure • Introduction to Occupational Health • Confined Space Operations • Accident notification, reporting and investigation process 		
32	LIFTING & HOISTING TRAINING	<ul style="list-style-type: none"> • Introduction to lifting and hoisting equipment, operations, rigging and rigging related definitions • Essentials of safe lifting – Planning, Crane selection, Operating Conditions and Stability • Controlling Crane Lift Operations - Competent Persons, Operating in high winds and with overhead power lines • Safety in the use of cranes – Common causes of crane accidents and prevention • Important elements in rigging safety – The Crane Operator, Slings and Lifting Tackle • Crane Hand signals • Use of safety tools • Rigging Precautions • Pre-mob requirements for rigging job. • Emergency Procedure • Practical crane operation • Crane Safety after use • Crane inspection and maintenance • Legal Requirements - Factories Act 1990 and LOLER 	2 DAYS	16



33	NEBOSH HSE TRAINING	<ul style="list-style-type: none"> • Principles of health and safety management • Loss causation and incident investigation • Identifying hazards, assessing and evaluating risks • Risk control and emergency planning • Organisational factors • Human factors • Regulating health and safety • Measuring health and safety performance • General workplace issues • Principles of fire and explosion • Workplace fire risk assessment • Storage, handling and processing of dangerous substances 	5 DAYS	16
34	HSE LEAD AUDITORS COURSE	<ul style="list-style-type: none"> • OH & S Management Systems <ul style="list-style-type: none"> - OH & S management fundamentals - Understanding processes - The OHSAS 18001:2007 Series of documents - OH & S management principles - OHSAS 18001 :2007 requirements • The audit process <ul style="list-style-type: none"> - Introduction to auditing - Certification and supplier audits - Auditing a process for conformance and effectiveness - Planning and resourcing the audit - OH & S management system, policy and objectives review - OH & S management system implementation and effectiveness review - Follow-up and surveillance activities • Auditor and lead auditor activities <ul style="list-style-type: none"> - Prepare audit programmes - Understand the organisation's OH & S policy, objectives, customer and legal requirements 	4 DAYS	16



		<ul style="list-style-type: none"> - Prepare working documents and checklists - Conduct client and team meetings - Collect audit evidence - Evaluate audit evidence and determine conformance and non-conformance with audit criteria - Evaluate corrective action - Report and present findings, conclusions and recommendations • Audit skills <ul style="list-style-type: none"> - Task management - Information management - Personal organisation - OH & S application - Client management • Lead auditor skills <ul style="list-style-type: none"> - Team management - Leadership 		
35	BASIC FIRST AID/CPR (BFA)	<ul style="list-style-type: none"> • Introduction • Definition • Aims of first aid • Principles of first aid • Qualities of a good first aider • Scope of first aid • Emergency response • Wounds and bleeding • Drowning • Unconsciousness and its causes • Fracture • Burns and scalds • Electrical injuries 	1 DAY	16
36	PORT ORIENTATION AND MANAGEMENT	<ul style="list-style-type: none"> • The Ports HSE-MS Laws and Regulations • HSE-MS Concept and Implementation • HSE-MS Assessment and Management 	4 DAYS	16



		<ul style="list-style-type: none"> • Handling dangerous cargoes in a port environment • Ports Incidents and Critical Stress Management • Ports Marine Safety Management Systems • Interdependence between safety culture and safety management system • Managing Hazardous Cargo Release and Fires in Ports Environment • Maritime Security Challenges and Management 		
37	HSE POLICIES/REGISTRATION	<ul style="list-style-type: none"> • Introduction to HSE Documentation Process • Aims/Objectives of HSE Policies • HSE Policy related definitions – Standards, Procedures and Guidelines • General consideration for developing Policies • Understanding Primary and Secondary Policies in relation to HSE-MS • Different types and samples of HSE Policies • Registration and Treatment of HSE Policies and Standards as part Business Control Documentation Hierarchy 	1 DAY	16
38	SAFE JOURNEY MANAGEMENT	<ul style="list-style-type: none"> • Introduction and Definition of Journey • Understanding and Development of Transport Policy • Definition of Terms in Journey Management • Road Transport related Hazards • Transportation and Safety Challenges • Driver and Vehicle Standards • Load Types, Standards and Security • Qualifying Journeys • The Journey Plan • Responsibilities of the Authorising Person, The Journey Manager, The driver and the Passengers • Journey Management Violations 	1 DAY	16
39	WAREHOUSING OPERATIONS AND INVENTORY	<ul style="list-style-type: none"> • Introduction to Warehousing and Inventory Management • Definition 	3 DAYS	16



MANAGEMENT

- Global Warehouses
- Field Warehouses
- Policies and Procedures
 - health and safety
 - human resources management
 - security
 - pest control
 - warehouse maintenance and cleaning
 - quality control
 - record keeping and reporting
 - reverse logistics – Return of goods and exit strategy in the event of downscaling or shutting down operations
 - disposal of obsolete and damaged goods.
 - receiving and issuing of supplies;
 - quality control or verification;
 - storage of goods;
 - how to control stock movement (stock control);
 - documentation flow;
 - how to detect and deal with stock losses;
 - how rejected material will be managed; and
 - how to deal with unwanted material, obsolete and scrap, disposal
- Types of Warehouse Space
- Routine and Non-Routine Warehouse Operations
- Basic Principles of Warehouse and Inventory Management
- How to Select and Set-Up a Warehouse
- Determining Storage Requirements
- Warehouse Preparation Planning
- Aspects to consider when managing Warehouse Operations
- Managing Inventory Levels



		<ul style="list-style-type: none"> • Stock control and movements • Resource Requirements • Handling Dangerous Goods • Health and Safety • Review of Typical Challenges in the Oil Service Industry: Interactive Session 		
40	MANAGEMENT OF TRANSPORT AND LOGISTICS SYSTEM	<ul style="list-style-type: none"> • Business Logistics Defined • Objectives of Business Logistics/Supply Chain • The Supply Chain • The Activity Mix • Importance of Logistics/Supply Chain • Cost Considerations • Logistics Customer Service Expectations • Importance of an Effective Transportation System • Greater Competition • Economies of Scale • Reduced Prices • Service Choices and Their Characteristics • Price • Transit Time and Variability • Loss and Damage • Single-Service Choices • Rail • Truck • Air • Water • Pipeline • Intermodal Services • Trailer on Flatcar • Containerized Freight • Agencies and Small Shipment Services • Agents 	3 DAYS	16



- Small-Shipments Services
- Company-Controlled Transportation
- International Transportation
- Overview
- Physical Plant
- Agencies and Services
- Transport Cost Characteristics
- Variable and Fixed Costs
- Common or Joint Costs
- Cost Characteristics by Mode
- Rate Profiles
- Volume-Related Rates
- Distance-Related Rates
- Demand-Related Rates
- Documentation
- Bill of Lading
- Freight Bill
- Freight Claims
- International Transport Documentation
- Exporting
- Importing
- Transport Service Selection
- Basic Cost Trade-Offs
- Competitive Considerations
- Appraisal of Selection Methods
- Vehicle Routing
- Separate and Single Origin and Destination Points
- Multiple Origin and Destination Points
- Coincident Origin and Destination Points
- Vehicle Routing and Scheduling
- Principles for Good Routing and Scheduling
- Methods for Routing and Scheduling



		<ul style="list-style-type: none"> • Route Sequencing • Implementation of Vehicle Routing and Scheduling Methods • Ship Routing and Scheduling • Freight Consolidation • Time Management 		
41	EFFECTIVE CUSTOMER SERVICE	<ul style="list-style-type: none"> • Understanding Customer Expectations, Customer Service and Customer Care • Developing Result Oriented Business Values and Customer Care • Understanding the Role of Personality and Behaviour at Work • Customer Service Skills • How to Handle Upset Customers • Building Trust-Based Relationships and Rapport • Influencing Principles and Strategies • Achieving Employee Attitudinal Change Towards Effective Customer Service • The Importance of Teamwork in Effective Customer Service 	3 DAY	16
42	INVENTORY CONTROL AND TECHNIQUE SETTING	<ul style="list-style-type: none"> • Definition and importance of Inventory Control • Inventory Cost • Functions of Inventory Control • Steps in Inventory Control • Inventory Control Techniques • First in First Out Method (FIFO) • Last in First Out Method (LIFO) • Highest in First Out Method (HIFO) • Base Stock Method • Simple Average Method • Weighted Average Method • JIT • EOQ 	3 DAYS	16



		<ul style="list-style-type: none"> • Tools of Inventory Control • Company Inventory Control Policy • Ordering Procedure • Staggering of Delivery Schedules • Stock Records • Priority Treatment • Safety Stocks • Price Discounts • Stores Layout • Physical Stock-taking • Value Analysis • ABC Analysis • VED Analysis • S-OS Analysis • M-N-G Analysis • F-S-N Analysis • JIT Analysis 		
43	STOCK LEVEL, CODING AND IDENTIFICATION	<ul style="list-style-type: none"> • Introduction and Definition of terms • Effectiveness and Efficiency Implications of Variant Stock Levels • The Importance of Coding in Inventory Management • Types of Coding Technology • Barcode (1D & 2D), • Commonly used Barcode Symbolologies • Advantages and Disadvantages of Barcode • RFID Technologies (Passive, Active and Semi-Passive) • Electronic Product Code • Advantages and Disadvantages of RFID • Sensor ID Technology • Automatic Identification Data Capture (AIDC) Infrastructure 	3 DAYS	16

