

NORTHERN STRANDS

northernstrands.com

NORTHERN STRANDS
**SAFETY
TRAINING**



St. John Ambulance
SAVING LIVES
at work, home and play



TEN REASONS TO TRAIN

- **PROVEN STRATEGIC RESULTS**
- **CUSTOMIZED SAFETY PROGRAMS**
- **REDUCE ACCIDENTS IMMEDIATELY**
- **EXPERIENCED SAFETY LEADERS**
- **RELIABLE CUSTOMER SERVICE**
- **GUARANTEED SAFETY MOTIVATION**
- **EFFECTIVE COMMUNICATION**
- **TARGET SPECIFIC SAFETY TOPICS**
- **BUILD EMPLOYEE MORALE**
- **ENGAGE YOUR WORKFORCE**

Safe Solutions Make A Difference

WHY TRAIN WITH NORTHERN STRANDS?



Northern Strands offers several training seminars and on-site safety audit programs for Health & Safety to assist in increasing workplace safety. We also provide flexible on-site training. Please call us to discuss booking training for dates that are not listed in our online calendar. The seminars are taught by knowledgeable and experienced instructors who hold several accreditations from industry leaders such as Crosby, Capital Safety, Honeywell, International Critical Incident Stress Foundation, St. John Ambulance, Occupational Health and Safety, Ministry of Health and the Saskatchewan College of Paramedics.

The Courses offered are:

- **Fall arrest**
- **Crosby® Rigging**
- **Tugger Safety**
- **Wirelock® Socketing**
- **Suspended Access Equipment**
- **First Aid / CPR**
- **Intermediate Level First Aid Training**
- **Medical First Responder Program**
- **Firefighter Advanced First Aid**

Northern Strands Training Seminars offer the most up-to-date information on the topics they discuss, and can be delivered on a tight schedule with courses like Tugger Safety and Fall Arrest averaging four hours in duration to more extensive programs such as First Aid to meet the OHS regulations. Northern Strands is able to accommodate this training seminar on-site, provided a suitable work area is available, or at one of Northern Strands' facilities.

FALL ARREST TRAINING

“Competent” means possessing the knowledge, experience and training to perform a specific duty, and Northern Strands can provide the training you need in order for you to be deemed a competent fall arrest user in Saskatchewan!

Northern Strands Fall Arrest Training:

- **Trains you on Saskatchewan’s fall arrest legislation.**
- **Informs you of new products and CSA standards.**
- **Properly addresses suspension trauma, which can save your life.**
- **Gives hands-on training on harness donning and inspection techniques.**

Northern Strands training offers an industry-approved fall arrest course that can be completed in as little as four hours.

Students will have an opportunity to experience hanging in a harness and will be issued suspension trauma relief straps as part of the course.

After completing the course you will be issued a Fall Arrest training certificate, valid for three (3) years.

CROSBY RIGGING SEMINARS



Recognized as an industry leader when it comes to high performance rigging hardware, the Crosby® Group also offers training on how to effectively use their products. Northern Strands is an authorized provider of Crosby® Rigging Training.

Crosby® Rigging Training:

- **Details proper inspection of slings and rigging hardware.**
- **Instructs you on Industry best practices for safe rigging.**
- **Includes lessons on load estimation/calculation.**
- **Teaches you about hidden load forces that must be accounted for in every lift.**

Northern Strands' knowledgeable instructor is also able to consult with you on some of the more general or site-specific rigging questions you may have at your workplace.

After completing the course you will be issued a Crosby Rigging training certificate, valid for four (4) years.

TUGGER SAFETY TRAINING



Northern Strands Tugger Safety Training offers you a one-of-a-kind course that cannot be found anywhere else in the province! Unbeknownst to most, Saskatchewan OH & S regulations require that anyone operating a hoist, crane or other lifting device must be trained in the use of that device. [section 204(6)]

Tugger Safety Training:

- **Teaches you how to properly and safely anchor a tugger in a variety of foundations.**
- **Instructs you on the methodology and importance of pre-use inspections.**
- **Provides you with effective communication tools.**
- **Contains a review of important rigging concepts.**

The Tugger Safety Training course also contains a practical hands-on demonstration where you will receive training on rigging up and using a pneumatic tugger.

The tugger is then used to demonstrate the dynamics of anchor point and sling loading.

After completing the course you will be issued a Tugger Safety training certificate, valid for three (3) years.

WIRELOCK® SOCKETING SEMINARS



Wirelock® socketing compound has been the best solution for the safe, dependable and high performance termination of wire ropes for over 60 years.

Northern Strands' Wirelock® Socketing Seminar is designed for anyone who is or will be required to terminate wire rope using Wirelock® resin and socket style terminations.

Northern Strands Wirelock® Socketing Seminar:

- **Provides you a Wirelock® manual that is integral to socketing.**
- **Gives a brief theory session - a majority of the course is hands-on.**
- **Instructs on the proper application of Wirelock® Socketing compound.**
- **Proves the efficiency of your sample sling via destructive pull testing at our state of the art facility.**

Northern Strands is able to accommodate this training seminar on-site, provided a suitable work area is available, or at one of Northern Strands' facilities.

SUSPENDED ACCESS EQUIPMENT TRAINING



Suspended Access work can be extremely hazardous without proper training and knowledge. Luckily, Northern Strands' suspended access training will make sure you are prepared to work safely with this equipment.

Suspended Access Equipment Training:

- **Instructs on anchor strength requirements.**
- **How to pre-plan any of your suspended access jobs.**
- **Includes inspection techniques for your equipment.**
- **Reviews your basic fall arrest requirements.**
- **Informs you of the rights you have when working with suspended access equipment.**
- **Teaches the correct method of installing outrigger beams.**

The course also gives hands-on guidance of the assembly and use of a suspended platform.

Upon successful completion of the course, you will be issued a certificate from Northern Strands that is valid for three (3) years.

OHS STANDARD FIRST AID TRAINING



OHS Standard First Aid Training Including AED

Course Includes: Emergency Scene Management, Shock, Choking, CPR/AED, Wound Care, Severe Bleeds, Medical Conditions, Secondary Survey, Bone & Joint Injuries, Splinting, Chest Injuries, Eye Injuries, Burns, Multiple Casualty Management, Rescue Carry's, Poisons Bites & Stings and Heat & Cold Emergencies

OHS/SFA Training Level Options:

- **OHS/AED/CPR A, B or C & HCP C**
- **Emergency & Standard First Aid**
- **CPR/AED Only**

Northern Strands provides nearly 100 CME Credit Courses. (CME) Continuing Medical Education. A certificate will be issued by St John Ambulance upon completion of each course to verify the CME credits awarded.

The participant will be awarded 5 CME credits per successful completion of each topic.

In order to maintain good standing, the candidate must show proof of achieving 20 CME credits within a year in order to qualify for relicensing with the Saskatchewan College of Paramedics.



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INTERMEDIATE LEVEL FIRST AID TRAINING



This course was developed to provide the mining industry with the knowledge to respond to emergencies that may present themselves on your site. The program is delivered using a maximum of experiential learning including: guided discussions, demonstrations, practical exercises and industrial style scenarios designed to your site. These scenarios will be reviewed and assessed using casualty simulation for real life effects.

This is a modular certification program (24 hrs)

Course Includes: Patient Assessments, Airway & Breathing Emergencies, Oxygen Administration, CPR While Moving a Patient, Spinal Motion Restriction, Suspension Trauma, Death in the Field, Critical Incident Stress/ PTSD. All persons taking this program must hold a valid OHS CPR A certificate.

Northern Strands is able to accommodate this training seminar on-site, provided a suitable work area is available, or at one of Northern Strands' facilities.

MEDICAL FIRST RESPONDER PROGRAM



The material in this course will be delivered using a maximum amount of hands on learning including demonstrations, guided discussions, practical exercises and First Responder scenarios where hands on skills and techniques will be reviewed and assessed using casualty simulation for real life effects.

Course includes: (40 Hrs)

Anatomy & Physiology, EMS and the Role of the First Responder, Emergency Scene Management, Patient Assessment, Secondary Assessment & Diagnostics, Shock & Unconsciousness, Severe Bleeding, Airway Management, Oxygen Administration, Spine Motion Restriction, Medical Conditions, Scope of Practice, Musculoskeletal Injuries, Wound Management, Emergency Childbirth, Moving Patients, Ambulance Operations, Death in the Field, Critical Incident Stress/ PTSD, Health Care Provider CPR C, Head, Spinal & Pelvic Injuries, Cardiovascular Emergencies, Environmental Emergencies and Trauma. Pre-requisite for this course is OHS/AED/ HCP C.

Northern Strands is able to accommodate this training seminar on-site, provided a suitable work area is available, or at one of Northern Strands' facilities.

FIREFIGHTER ADVANCED FIRST AID PROGRAM



This course was developed to provide Firefighters with traditional and fire specific approaches to first aid practices. It combines Standard First Aid/ Health Care Provider with advanced components from the Emergency medical Responder program.

Course includes: (24/40/80 Hours based on required certification.)

Roles and responsibilities, well being of the first responder, patient assessments, oxygen administration, spinal motion restriction, suspension trauma, death in the field, critical incident stress/PTSD, Health Care Provider CPR C, Environmental Emergencies and Trauma.

Northern Strands is able to accommodate this training seminar on-site, provided a suitable work area is available, or at one of Northern Strands' facilities.

EMERGENCY MEDICAL RESPONDER



Every year, thousands of Canadians die or are permanently injured because they did not receive emergency care in time. This program provides the knowledge and skills necessary in an emergency to help sustain life and minimize the consequences of injury or sudden illness until the next level of care can take over.

Emergency Medical Responder program known to industry as the OHS Level B requirement for some industries, meets the National Occupational Competencies and is accredited by the Saskatchewan College of Paramedics.

Course includes: (80 Hrs)

Anatomy & Physiology, EMS and the Role of the First Responder, Legal & Ethical Issues, Pharmaceuticals, Emergency Scene Management, Patient Assessment, Secondary Assessment & Diagnostics, Shock & Unconsciousness, Severe Bleeding, Airway Management, Oxygen Administration, Spine Motion Restriction, Medical Conditions, Scope of Practice, Musculoskeletal Injuries, Wound Management, Emergency Childbirth, Moving Patients, Ambulance Operations, Death in the Field, Critical Incident Stress/PTSD, Health Care Provider CPR C, Head, Spinal & Pelvic Injuries, Cardiovascular Emergencies, Environmental Emergencies and Trauma, Hazardous Material Emergencies, MCI's, Water Emergencies, Geriatric Considerations.

Northern Strands is able to accommodate this training seminar on-site, provided a suitable work area is available, or at one of Northern Strands' facilities.

TRAINING FAQS



Do you have training courses that are not listed here?

• Yes, we have many courses not listed. Our Trainers are certified in dozens of courses. Contact us to inquire about courses not listed, such as farm safety, emergency preparedness and more.

I'm not sure what courses my employees need. How do I find out what courses are required?

• Contact us and one of our Trainers can help you pick the right courses for your employees. Our Trainers are well versed in Saskatchewan health and safety laws and requirements. We are more than happy to meet at your place of business and do a training assessment if need be.

I can't send my employees away from work for training. Will you train on site?

• Yes, training at a third party location is an option.

How much does each course cost?

• The cost of each course can vary depending on a number of factors. The number of people and location can affect the cost. A discount is possible for a large group. Please contact us to discuss individual course costs.

Why does Northern Strands Training have an ambulance?

• Great question! The ambulance has two roles. We use it to transport our Trainers and their training supplies. Second, our Trainers volunteer their time as first responders at a variety of events, like Craven Country Jamboree. All profits are donated to our charity of choice, Children's Wish Saskatchewan!

Do you offer train the trainer courses?

• Yes, our trainers can train people to become trainers themselves.

DID YOU KNOW?

You can be fined as much as \$250 dollars for failing to use provided personal protective equipment?

AND

Employers can be fined as much as \$1000 dollars for not ensuring that workers are use a fall protection system where they may fall three metres or more??

These are examples of fines that can be issued under Saskatchewan's Summary Offence Ticketing program, which was created to help lower the workplace .

The leading causes of workplace incidents are:

- **Complacency**
- **Lack of maintenance or inspection, or**
- **Lack of training.**

If workers or employers are not aware of the correct safety procedures, how can they be expected to follow them? This is why effective training is the cornerstone of workplace safety.

Accidents causing serious harm or death are devastating; adding to that devastation is the fact that every person who is guilty of an offence that causes the death of or serious injury to a worker is liable for a fine up to \$500,000 under section 3-79 of the Saskatchewan Employment Act.

Don't be caught unaware, call us to book a consultation or training today!

BESIDES TRAINING, WHAT ELSE DOES NORTHERN STRANDS OFFER?

With health and safety in mind, Northern Strands has been supplying industry since 1970, evolving into five major divisions that offer needed tools and technical knowledge in mine hoisting and attachments, general rigging, engineered fall protection, suspended access and training.

Northern Strands Mining, Wire Rope, Attachments & Equipment Division excels by providing a wide range of equipment and services, by being the best full service provider of wire ropes, attachments, equipment and service. Truly Mine Hoisting Solutions®.

Our Rigging Division is a full-service facility operating out of Saskatoon and Regina with the ability to fabricate custom chain and wire rope slings up to 1-1/2". We have a vast inventory of synthetic lifting slings, chain hoists, lever hoists, shackles, trolleys, winches (tuggers), and other general rigging hardware. Our network of suppliers and in-house expertise is leveraged for the benefit of our customers. We have Vertical and horizontal test bed services which we can use to certify that equipment is in compliance with applicable standards.

The Engineered Fall Protection Division offers a variety of fall protection systems, solutions and services. Custom-engineered solutions can be designed to suit specific requirements. Services and equipment include: inspection and replacement services for overhead and vertical lifelines, consulting, supply and installation

services for single point anchors, guardrail systems, walkways, platforms and structural assessments.

Northern Strands has a large and diverse Suspended Access Division. Our suspended access solutions have been used on sloped roof buildings, glazing applications, sheeting, insulation and concrete restoration, surface and underground in the mining sector along with many other uses throughout Saskatchewan and Western Canada. All of our equipment goes through a rigorous inspection and recertification process each time before it leaves our shop to ensure that our equipment will provide the most dependable solution for your needs. We provide onsite technical assistance with all suspended access rigging and setup ranging from simple to highly engineered set-ups.

Northern Strands Certifications and Associations:

COR Safety certified, Canadian Red Cross partner, ISNET, Mission Zero Charter Member, Canadian Dam Association Sustaining Member



COMPANY LOCATIONS

SASKATOON (HEAD OFFICE)

3235 MILLAR AVENUE
SASKATOON, SK S7K 5Y3

HOURS OF OPERATION:

7:30AM TO 5:00PM MON - FRI

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TOLL FREE: 1.800.242.7073

FAX: 306.934.2920

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