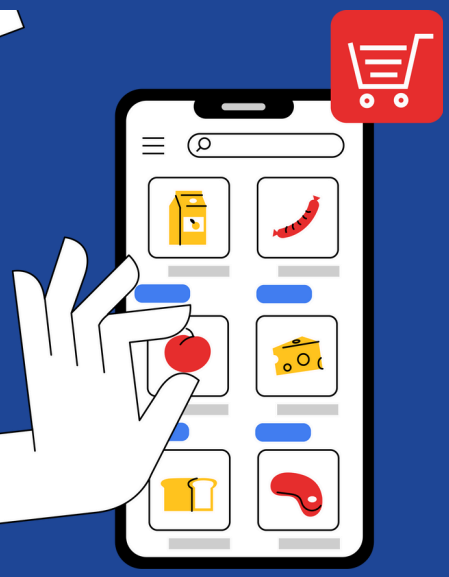
LIVINGWOOD
CONSULTANTS LIMITED



Livingwood Consultants Ltd

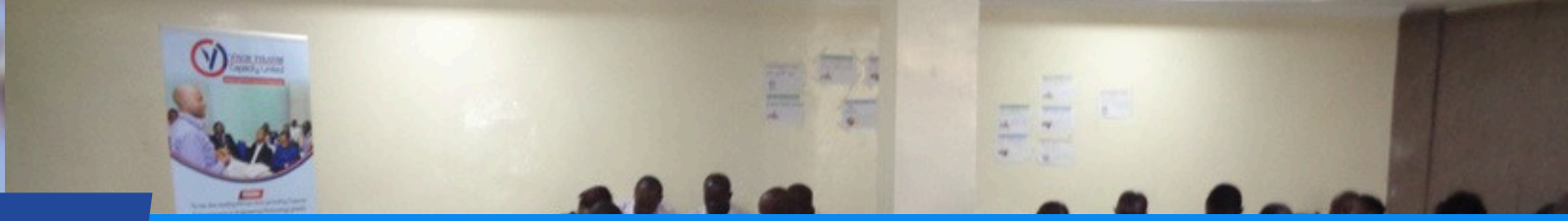
Safety Training Catalogue

LIVINGWOOD
CONSULTANTS LIMITED

2025 -2027

www.livingwood.co.ke

Table of Content



1. OCCUPATIONAL HEALTH & SAFETY COMMITTEE TRAINING (OSH COMMITTEE).

Course overview

Everyworkplace is by law required toconstitute a Health & Safety Committee to ensure best practice on Health & Safety. Proper training and awareness can help managers and supervisors understand their role in avoiding, reducing and controlling the health risks of work-related injuries.

Course Objectives

This4 days training course is designed for appointed or constituted Health and safety committee or anyone responsible for supervising staff in the workplace. The course is also rele- vant to anyone wishing to understand the legal and management of general Occupational Health & Safety in the workplace .A combination of training and learning methods is used in the course. Informal lecturing, group discussion and group work provides opportunities to learn and share ideas.

Who benefits from a highly engaged safety Committee?

A). The business owner:

With an effective safety committee, an employer increases its likelihood of;

- Decreasing employee accidents and loss costs, which will significantly impact the cost of Worker's Compensation insurance.
- Medical/ lost wage costs — along with accident frequency — directly drive a company's annual experience modification premium factor, resulting in premium impact.
- Informed employers understand the hidden costs related to accidents. With a strong committee in place participants will also become an incredibly powerful advocates for safe practices to coworkers and that can be far more powerful than always hearing the safety message from management.

B). For the committee members:

- Employee committee participation builds an increased awareness of the company's viewpoint and commitment to the safety of its employees.
- Employee representatives will develop more engagement with the company by having a meaningful voice.
- The employee members will also broaden their knowledge and understanding of the operational impact workplace accidents and how to identify a hazards and develop solutions.
- It's amazing to see how well employees respond to involvement with a committee.
- In addition to the ability for them to provide valuable insight to job hazards and solutions, they become more engaged as an employee. Being a liaison group between employees and management

- Identifying workplace risks and creating a plan (or making recommendations) to reduce risks
- Integrating safety and health priorities into corporate culture
- Encouraging safety training for employees and management
- Conducting and evaluating audits
- Performing routine safety inspections

C.) For the employees:

If all goes as planned,

- The employee will enjoy a much safer work environment with a company that cares for the wellbeing of all of its people.
- Having the opportunity to serve on safety committees employees feel more connected to the company by having a voice.
- These employees will go on to become terrific advocates at the floor level being vital in enhancing and expanding your organizations safety culture.
- It is recommended that employees rotate through the committee in an effort to engage a broader selection of employees.

Everyone wins!

When a company is able to reduce costs, along with avoiding the loss of productivity and disruption caused by losing key team members to injuries, the company will be more financially stable. Allowing the company to be in a better position to compete in the marketplace and have the ability to fund other initiatives and employee benefits. With a well-functioning safety committee in place, all aspects of the organization will benefit.

If your company needs help developing its safety culture, please reach out to us.

Everyone wins with a strong safety culture!

- Overview of building operations and works of engineering construction rules
- Excavations
- Scaffolding
- Formwork
- Roof work
- Ladders
- Demolition
- Work under & over water
- Tunneling
- Explosives
- PPE
- Hazards and their prevention
- Plant Safety
- Meaning of Plant:
  Pressure vessels including: i.) Steam boilers ii.) Steam receivers iii.) Air receivers iv.) Cylinders for compressed, liquefied and dissolved gases;
  Lifting machines including: i.) Cranes and other lifting machines ii.) Hoists and lifts iii.) Lifting tackle
- Hazards associated with plants
- Examination of plant
- Maintenance of plant and preventive measures
- Fire Safety
- Causes of fire
- Prevention of fire
- Fire prevention policy
- Ways of controlling the spread of fire
- Classes of fire
- Firefighting equipment
- Emergency response preparedness and evacuation procedures
- Electrical Safety
- Electrical equipment
- Electrical hazards;
- Static electricity
- Electric Power Special Rules L.N. No.340/19793.
- Occupational Hygiene
- Chemical safety
- Classification of chemical agents (dusts vapors, fumes gases, mist)
- Mode of exposure to chemical agents;
- Overview of effects to chemical agents exposure;
- Control measures to chemical hazard exposure;
- Overview of exposure limits
- Importance of Material Safety Data Sheets (MSDS)
- Workplace health hazards
  Identification of workplace health hazards prevention and control
  Physical agents
  Chemical agents
- Ergonomics factors Biological agents
- Psychosocial factors Methods of controlling workplace hazards11/2HR Local exhaust ventilation systems (Lev) General ventilation systems Engineering controls Isolation Substitution PPE3.Occupational Health
- Occupational diseases Definition of occupational diseases Prescribed occupational diseases in Kenya Factors contributing to occupational diseases, prevention and control
- Investigation of occupational diseases Medical examinations and work involving risks to health Role of occupational health services at the workplace Stress at work Definition of stress Causes and prevention of stress Signs and symptoms Effects of stress Coping mechanisms Role of the employer in stress prevention First Aid Management Definition of First Aid Role of First Aiders at workplace First Aid Rules Emergency procedures and preparedness HIV/AID Awareness Definition of HIV/AIDS Mode of transmission and intervention methods Demography of HIV/AIDS Signs and symptoms Effects of HIV/aid Prevention measures of HIV/Aids Alcohol And Drug Abuse Definition of Drug abuse/Drug dependence Classification of drug of abuse Factors contributing to drug abuse Effects of drug abuse

Who should attend?

1. Directors
2. Managers
3. Supervisors
4. Team leaders
5. Occupational health professionals
6. Human resources professionals
7. Safety professionals/representatives

Duration: 4 days training of not less than 24hrs

2. FALL ARREST TECHNICIAN & BASIC RESCUE TRAINING

Course overview

The Fall Arrest Technician includes preparation, planning and designing the proper way of executing the work at height activities by using the specified knowledge about fall protection in terms of usage of fall arrests, performing equipment inspections and maintenance of appropriate fall protection equipment's with practical's and theories based on the training offered, Formative and summative assessment to student will be performed in all areas including classrooms trainings and on site practical's. We make all height access easy for all who work on elevated places, hassle free and safe by using a wide range of Safety Equipment, Safety Courses, Tripods, Mobile Safety Systems, Fixed Lifeline Systems and PPE from the leading global brands to rescue kits for your safety at work.

All this doesn't only make VISCAR the biggest Height Safety Training firm in the region, but also the best. In Partnership with Group 583 of South Africa, we also offer IWH Certificate & Licenses, Seta Accredited onsite working at Height Training, Fall Protection Plan, Rope Access Training, Confine Space Training Safety Courses and Rescue Skills Training. With all soft skills to completeyour need

Course Objectives

The Fall Arrest Technician Course and its application for Height Safety Skills, is aimed at offering our services to clients in the Construction, Power Utilities, Telecom, Municipalities, Mining, Oil Rigs as well as the wider Rope Access Industry, Small Working Teams And Individuals that need to use a combination of Fall Arrest Systems, Install their own temporary systems

and perform their own Rescues if required. Small teams using this course can only operate without supervision if a risk assessment, a fall protection plan and worksite procedure is in place. We have the complete height safety solution for you. To make sure we keep providing winning safety solutions and market emerging Safety threats, we only use the latest Health and Safety state of the art technology and employ qualified and experienced Height Safety Trainers.

Course Outlines

Introduction to Standards as They Pertain to Fall Arrest & Basic Rescue

Theoretical Knowledge:

- Introduction to work at height.
- Work at height definitions.
- Legislation regarding work at height.
- Understanding on-site risk assessments.
- Appropriate equipment care and pre-use climbing inspection methods.
- Identification and use of climbing equipment.
- Limitations of climbing equipment.
- Limitations of safe anchoring points.
- Understanding the advantages of a "buddy system".
- Basic knowledge of elevated work platforms.
- Basic knowledge of climbing wooden poles.
- Basic knowledge of vertical and horizontal lifelines.
- Knowledge of fall protection secure rope lifelines.
- Understanding minimum free space areas.
- Understanding fall factors.
- Understanding the use of various fall arrest knots.
- Implement a rescue plan.
- Understanding suspension trauma.
- Understanding the "buddy rescue".
- Managing Sharp edges
- Managing Minimum Free board
- Understanding the effect of mechanical advantage system
- Understanding the use of backup system
- Sling and rigging principles.

Practical Skills:

- Assemble a basic fall arrest kit.
- Perform pre-use climbing equipment inspections.
- Rope coiling/bagging.
- Selecting safe anchoring points.
- Making and using various fall arrest knots.
- Implement the "buddy system".
- Using a work restraint system.
- Exclusion zones/barricading.
- Securing a work positioning system.
- Movement using a shock absorbing lanyard.
- Movement using a retractable lanyard.
- Install and use temporary vertical and horizontal lifelines.

· Use fall protection secure rope systems.
· Managing minimum free space.
· Managing fall factors.
· Managing suspension trauma.
· Emergency escape system – "self-rescue".
· Perform a fall arrest rescue and bring a casualty down to safety – "buddy rescue". · Lifting a 20kg tool bag using a 1:1 lifting system.
· Managing various fall arrest structures.
· Assemble various lifting systems.
· Sling various objects for lifting.
· Lowering a variety of loads
· Lifting a variety of loads
· Managing guide ropes
· Implementing the lifting a 20kg tool bag using a 1:1 lifting system. · Safety around the work emvironment

Fall Protection Equipment

· Accessories
· Anchors
· Climbing/Descenders and Backup Devices
· Connectors
· Harnesses
· Helmets
· Lanyards
· Rescue Kits
· Rigging
· Rope
· Towers
· Poles.

Participant's EligibilityCriteria.

· The participants must be above 18 years
· Participants must be physically and mentally fit. Must have an Original & Copy of valid medical certificate not more than 3 Months Old.
· Participants must be fully & proper in a snug fitting clothing, Safety Shoes, reflector and safety helmets
· Original certified copy of I.D. document/passport (driver's license not accepted).
· Learners must have basic numeric literacy and be able to understand, read and write English (specialneeds candidates can be accommodated on request).

Who Should Attend?

Any person working on an elevated position, using a portable (Ladder) or fixed structure, to gain access and perform rescues at height, for example, Construction, Power Utilities, Telecom, Municipalities, Mining, Oil Rigs as well as the wider Rope Access Industry, Small Working Teams And Individuals, Tower & Construction Work.

AssessmentandCertification

· The participants will be accessedbymeansof written and practical's skills exercise
· Participants must score 80% inwrittentestand 100% in practical's to be clearedas COMPETENT
· IDENTITY-CARD/LICENCEwillbeissuedto only participants clearedasaCOMPETENT
· IDENTITY-CARD/LICENCEwillbeissuedand dispatched within 1Monthofthereceiptof 100% payment

Duration: 3 days trainingofnotlessthan 24hrs

Course standards Accreditation:

US229998 – Explain and perform fall arrest techniques when working at height.(NQF Level 1) Credits: 2 Fall protection Secure rope User. US229995 – Install, use and perform basic rescues from fall arrest and implement the fall protection plan. (NQF Level 2) Credits: 3 IWH Certfication Training

LIVINGWOOD CONSULTANTS LIMITED

Certificate is valid for 3 years.

3. CONFINED SPACE ENTRY TRAINING

Course overview

A confined space refers to an area wherein it's large enough for a person to enter with a restricted or limited entrance or exit and it's not designed to be inhabited by humans. As contrary to popular belief, confined spaces are not necessarily small.

This course is designed for people who work in or around confined spaces. The course can be tailored to suit your company's specific training requirements focusing on the safety procedures and practical scenarios relevant to your particular confined space operations. While there is a standard set of learning outcomes for the course, we understand that the context and environment in which the learning is applied is varied.

Benefits of Confined Space Training For Your Employees

As an employer, it's your responsibility to ensure that your employees get the proper training for safety, minimizing accident, and mortality associated with working with confined spaces.

Below are the benefits of confined space training for your employees:

Provides Specific-industry Training

Generally, anyone who works or enters in confined spaces should know how to identify hazards and implement risk control measures before entering these spaces. Also, people who issue permits for confined space entry and design confined space workplaces are expected to undergo specific-industry confined space training to enhance their knowledge and skills.

Here are examples of specific industries needing confined space training:

Here are examples of specific industries needing confined space training:

- **Construction:** Construction workers also work in drainage pipes, crawl spaces, and trenches, which are considered confined spaces.
- **Mining:** The mining industry is considered one of the top industries working in confined spaces.
- **Manufacturing:** The manufacturing industry involves working with various harmful chemicals and substances, like sealants, volatile products, and plastics in confined spaces.
- **Food and Beverage:** From time to time, even employees in this industry are required to do tasks in partially enclosed or totally enclosed areas.

Helps Employees Use Specialized Equipment

If you require your employees to perform tasks in confined spaces, it's crucial to send them on an effective confined space training course, such as Confined Space Training: First Response Trainers. As defined, confined spaces have limited spaces around entry and exit points. Working in confined spaces creates a higher risk of accident. That's why your employees should learn new skills, most especially in operating a specialist equipment All employees should be fitted with safety gear and equipment, like high-visibility clothing, helmets, and headlights or torches. Your employees should also know how to use probes to test the environment within a confined space properly. Because confined spaces have poor ventilation, dangerous gases can easily build-up, and oxygen levels are low. Confined space training will also teach your employees to use a breath- ing apparatus when working in a confined space.

Thus, confined space training helps employees in handling various machines or equipment to ensure safety, including the following;

a. Oxygen Monitors:

Before entering any confined space, air monitoring should be carried out. Testing for atmospheric hazards is done remotely, prioritizing testing the area's oxygen level. After oxygen, you need to test the confined space for the presence of combustible gases. Also, the presence of toxic gases should be below the permissible exposure limit of OSHA. Your employees will learn how to use oxygen monitors in a confined space training.

b. **Lighting Equipment:**

Additional lighting should be provided if natural light is insufficient when working in a confined space. In damp conditions, lighting should not exceed 12 volts with an equipped ground fault circuit interrupter. On the other hand, a 24-volt light is used in a confined space to help reduce electrical shock impact. Installing higher voltage tend to create a more fatal incident. The impact will depend on the type of environment, like metal or wet surfaces.

c. Specialist Ladders:

Fiberglass confined space ladders are recommended for anyone who needs easy access to awkward areas where a traditional step ladder won't fit. This type of specialist ladder is non-conductive up to 30,000 volts. Confined space training will train your employees to use fiberglass confined space ladders for optimum safety when they need to use it when climbing or going down.

d. Ventilation Fans:

Hazardous conditions develop when your employees work in tightly confined spaces because of poor airflow and ventilation. Confined space training will teach your employees how to carefully place confined space ventilators and blowers in or around enclosed or confined areas. In that way, you can create a safer work environment for your employees and contractors.

Provides Emergency Awareness

If your employees don't have the proper training, they won't know the clear signs of emergencies in confined spaces. Oxygen levels of 19.5 percent or less may cause rapid heart rate, rapid breathing, clumsiness, fatigue, and emotional upset. As oxygen further decreases, nausea and vomiting, dizziness, collapse, seizures or convulsions, and coma occur, and eventu- ally cause death. In just a few minutes, unconsciousness or death may occur following exposure to carbon dioxide, nitrogen, argon, or other asphyxiants. If your employees are trained, they'll know how to assess themselves and their colleagues if they have very low oxygen levels and the actionable steps they need to do.

Here are the things confined space training can teach your employees:

- Learn how to recognize potential hazards in restricted or confined spaces.
- Implementation of risk control measures.
- Choose, utilize, test, store, and fit personal protective equipment (PPE).
- Learn about a confined space entry permit.
- Emergency procedures.

Recognize Potential Hazards

Confined space training educates your employees about potential hazards found in confined spaces. In that way, they'll be able to take the necessary safety measures to avoid an accident.

Here are some examples of potential hazards in confined spaces:

a. Lack of Oxygen: In a confined space, oxygen is removed via naturally occurring reactions. For instance, reactions between oxygen and certain soils. Chalk or limestone and groundwater tend to produce carbon dioxide that displaces oxygen. Lack of oxygen may also be a result of rust formation inside tanks.

b. Vapors, Gases, and Fumes: In places where proper ventilation is lacking, such as confined spaces, fumes and poisonous gases can easily build up. Gases can easily leak when a gas pipe leaks or from contaminated land in confined spaces. Also, paint fumes, welding, and adhesives can create a harmful or toxic atmosphere that can harm your employees.

c. Flooding: If your employees are not properly trained to handle flooding, they can get trapped inside confined spaces or buried. Liquids can flood confined spaces quickly, particularly in sewer or drainage work, which can trap and potentially drown those within. Also, solids can flood confined spaces, such as in trench collapses. Flooding can happen in seconds, which leave workers no time to escape.

d. Fire and Explosions: Liquids, flammable vapors, dust, and gases can increase the risks of fire and explosions. It increases further in areas with tools that spark are used or where hot works are performed within confined spaces.

e. Dust: In confined spaces, dust can also buildup due to activities carried out, such as grinding and drilling. Dust can cause respiratory problems. Also, it increases risks of fire and explosion, especially if the area lacks proper ventilation.

f. Oxygen: Too high oxygen levels are also dangerous, which may lead to fire and explosions.

g. Temperature: In construction work, hot conditions may lead to increased body temperature, which is a major problem in confined spaces, leading to collapse, exhaustion, and heatstroke.

h. Access Restrictions: Because confined spaces are difficult to access, escaping will be difficult, since it also restricts access to emergency rescue. When your employees are inside confined spaces, remember that there's no easy way out. That's why proper training is important to know what they need to do in such situations. **i.**

Others: The other potential hazards in confined spaces include solids or liquids stored within confined spaces, moving equipment parts and despots or sludge build up.

Proper Formulation of Policy

Formulation of confined space policy is crucial in every company, most especially if your employees always need to work in confined spaces. By letting your employees (both forefront and management staff) undergo confined space training, you can create better-confined space policy or update your exist- ing policy to ensure safety.

Here are some details included in a confined space policy:

- Confined space entry permit should be completed by supervisors. Supervisors should define all possible hazards. For a safe entry and exit, employees should review specific entry permit prior to entering confined spaces.
- Openings, like manholes, should be temporarily covered, guarded by railings, or other forms of effective barriers to prevent accidental slips or falls. These safety barriers protect your employees who are performing their duties in confined spaces.
- All workers who are entering a permit-required confined space should wear protective gear or full-body harness while working in the confined space. Also, the harness should be hooked to a reliable retrieval line, which leads to a tripod system.
- Isolate all hazardous energy sources related to confined spaces, possibly exposing the entrants to injury.
- Activities like welding, spark-producing cutting, or soldering make the atmosphere hazardous. That's why a generator or vehicle exhaust should be drawn into confined spaces, depending on the proximity to the opening.
- Forced air ventilation should be provided in confined spaces based on the monitoring, the nature or type of work, or comfort level. The forced air should be clean and should be continuously provided until work is finished.
- Always keep a Material Safety Data Sheet (MSDS) for chemical products used in entering a confined space. Using volatile chemicals, like PVC cement or products containing solvents, can quickly change the atmospheric conditions in confined spaces, which creates a dangerous environment.

Prepares Employees to a Higher Level Position

As a company, you need to assign higher level positions to qualified employees. When it comes to assign- ing supervisors and entry attendants in confined spaces, you should ensure that the employees you'll choose have undergone the necessary confined space training. Authorized entrants should receive the necessary confined space training and authorized by the supervi- sor to enter a confined space. Also, all authorized entrants should wear and use personal protective gear, entry supplies, tools, and equipment. With confined space training, all entrants will be equipped with the right knowledge, skills, and discipline working in confined spaces. On the other hand, entry attendants should not perform activities that can interfere with the monitoring and protection of authorized entrants. All communication modes should be maintained to monitor the status of the entrants, alerting entrants of any changes in the condition, or if evacuation is needed. Entry attendants should also perform to initiate the confined space rescue process providing relevant informa- tion needed to facilitate a rescue. For startup companies, you would eventually need to assign team leaders or supervisors to handle or supervise confined space responsibilities. An entry supervisor coordinates all permits, monitoring, and equipment, and overall entry procedure.

Here are the responsibilities of an entry supervisor:

- Ensures that all employees involved in the confined space job are physically fit and receive the
- proper training to properly perform the tasks.
- Evaluates possible hazards during entry with in-depth knowledge and skills in determining the mode, the signs and symptoms, and exposure consequences.
  Confirm that all specified tests by the confined space permit have been carried out and all equipment and procedures are in place before the permit is signed and allow the start of entry of personnel in confined spaces.
- Assign entry roles and responsibilities to all workers before entering a confined space.
- Terminate the entry when the entry is finished or cancel the permit as needed.
- Ensures the availability of rescue services.
- Prevent unauthorized access in confined spaces.
- Verifies the barricade system's effectiveness around any openings.

Confined space training is necessary, so your employees will be able to recognize and deal with potential hazards posed by confined spaces. A professional training and education business can help you in ensuring that your employees are properly equipped with the right knowledge and skills to perform work in confined spaces.
Also, it'll help you choose the right people to be assigned to higher level positions, like supervisors and entry attendants. Prioritize the safety of your employees to also establish a good reputation for your business by complying with confined spaces safety standards.

Course object

Course Objectives

This Confined Space entry Training is designed to teach participants how to:-

- Identify and control confined space hazards
- Work safely within confined spaces
- Complete relevant risk assessments and permits
- Issue entry permits for confined space operations
- Operate various confined space safety equipment to allow for vertical or horizontal entries
- Understand the effects of airborne hazards on the body
- Use a gas detector and interpret readings
- Discharge the obligations of a standby person, and supervise confined space operations.
- Compliance with Confined Space Regulations
- Understand planning for emergencies & rescue
- Emergency arrangements & procedures
- Casualties need to be recovered quickly

Course Outline:-

Theoretical Knowledge:

- Identifying confined spaces
- Hazard identification processes
- Australian Standards and relevant legislation
- Roles and responsibilities of management and employees
- Risk assessments and hierarchy of hazard controls
- Issue confined space work permits
- Work site policy and procedures
- Lockout and tag out methods of isolation
- Atmospheric monitoring and gas detection
- Tripods, VED's and fall protection equipment
- Practical entry into a confined space
- Safety and emergency procedures

Practical Skills:

To successfully pass this course, participants must demonstrate the following:

- The capability to complete a confined space entry permit prior
- to entering the confined space;
  Atmospheric testing in a confined
- space
  The proper setup and use of rescue equipment, including tripod, rope and harness;

- An understandingofproperrescueplansand procedures;
- An understandingofpracticalentryintoand evacuationfromconfinedspace(s);
- The abilitytoperformaproper lock-out/tag-outprocedure.

Participant's EligibilityCriteria.

- Designation:Technician,Roperiggingtrainee,
- The participantsmustbeabove18years
- Participantsmustbephysicallyandmentallyfit. Must haveanOriginal&CopyofvalidmedicalcertificatenotmorethanSMonthsOld.
- Participantsmustbefully&properinasnug fitting clothing,SafetyShoes,reflectorand safety helmets
- Original certifiedcopyofI.D. document/passport(driver'slicense not accepted).
- Learners must have basic numeric literacy and be able to understand, read and write English (special needs candidates can be accommodated on request).
- Attendees must be physically capable of entering and working in a confined space.
- Knowledge of Hazard Identification strongly recommended

Who Should Attend?

Anyone who supervises individuals entering and working within a confined space as well as the confined space entry supervisor, attendant and entrant(s). This course is recommended for:

- Confined space supervisors
- Regular confined space workers
- Electrical engineers
- Safety inspectors
- Safety personnel
- Injury prevention personnel
- Maintenance personnel
- Emergency services personnel (fire,
- ambulance, police)
- WHS officers
- Risk managers
- Mine managers
- Telecommunications and cable installation
- personnel
- Lift operators and installers
  Transport industry workers
  Utility industry workers.

This course is recommended for people working in:

- Vats
- Silos
- Sewers
- Pipes
- Hoppers
- Tanks
- Boilers
- Utility vaults
- Access shafts
- Water supply towers
- Aircraft wings
- Pump stations
- Manure pits
- Storage bins
- And manholes are just some examples of confined spaces.

Duration: 3 days training of not less than 24hrs

Outcomes:

- Prepare to enter and work safely in low
- risk confined spaces
- Enter and exit confined spaces safely
- Follow procedures and work safely
- Deal with emergencies
- Use appropriate behaviour for working
- in low risk confined spaces
  Use general knowledge for working in low risk confined spaces
  Apply industry specific knowledge for working in low risk confined spaces

4. PERSONAL PROTECTIVE EQUIPMENT INSPECTION TRAINING. (PPE).

Course overview

Personal ProtectiveEquipment trainingis important because the proper use of specialized clothing and work accessories can prevent injuries in the workplace. It is important for employers to be committed to establishing proper safety practices and providing a safe work environment. The goal of this course is to help employers reduce their employees' exposure to workplace hazards and protect them from serious injury by learning how to properly use Personal Protective Equipment (PPE). As with other HR Classroom trainings, employers can fully document trainee activity. Your organization's own policy can also be inserted directly into each training. The course looks at legislation relating to PPE, the various types of PPE that protect workers from hazards, and how to determine the need for PPE. With this knowledge, learners will be fully prepared to select and use PPE properly so health and safety is upheld at work.

Course Objectives

Bytheendofthiscourselearners will have a thorough understanding of:

- The importance of personal protective equipment, the relevant legislation relating to it, risk
- assessments, and employers and employees' duties.
- How to decide if PPE is needed, how to properly select PPE, and how to use it effectively.
- The importance of safety signs, maintaining and properly storing equipment, and ensuring that it
- is suitable for its intended user.
- The various breathing, skin, and eye protective equipment available and how to use them.
  The various ear and head protective gear available and their uses.
  The various body and foot protective equipment available and their uses.

Course Outline;

- Introduction andDefinition of Personal
- Protective Equipment (PPE)
- Hazard Assessment
- Personal Protective Equipment Selection
- Elements of proper PPE training
- Primary types of PPE:
- Eye and Face Protection
- Head Protection
- Hand Protection
  Foot Protection
- Hearing Protection
- Respirators
- Protective Clothing
- Your company's policies on PPE use in the
- workplace
  Quizzes and final review quiz

Participant's Eligibility Criteria.

- The participants must be above 18 years
- Participants must be physically and mentally fit.

Who Should Attend?

This Personal Protective Equipment training is suitable for anyone who works in an industry with high-risk activities, which often require the use of additional protection beyond other control measures. It is particularly useful for people in charge of upholding health and safety at work and selecting and providing PPE, such as employers and supervisors. But it is also suitable for employees, as it fully educates learners on how to meet legal requirements and use PPE properly.

Assessment and Certification

- The participants will be accessed by means of written and practical's skills exercise
- Participants must score 80% in written test and 100% in practical's to be cleared as COMPETENT
- IDENTITY-CARD/LICENCE will be issued to only participants cleared as a COMPETENT
- IDENTITY-CARD/LICENCE will be issued and dispatched within 1Month of the receipt of 100% payment

Duration: 1 days training of not less than 8hrs

5. WORK AT HEIGHT SAFETY ORIENTATION

Course overview

From use of simple Pole, Tower, stepladders & other structures to safety harnesses, the Work at Height apply to all work where there is a risk of a fall liable to cause personal injury, and are therefore relevant to nearly all businesses. This orientation will dispel mysteries and myths attached to work at height and show how they can be applied appropriately at all levels of an organization. The Orientation is for 1 day and the content includes practical elements – correct use of safety harnesses or ladders and stepladders where required or practical.

Working at height' means working in a place (Elevation) where a person could be injured by falling from it, even if it is at or below ground level (Safe Ground). It refersto any work that takes place where a person could fall a distance that can cause personal injury. This includes working on a Pole, Ladder. Tower, or flat roof, falling through a fragile surface or even falling into anopening in a floor or a hole in the ground. The key point is that workers don't need to fall far to be seriously injured or even killed.

Statistics shows that. Working at height is one of the main causes of fatalities and major injuries in Kenya accounting for nearly 3-in-10 fatal injuries to workers. Here at VISCAR INDUSTRIAL CAPACITY LTD, we look at some key hazards, safety culture and the impact of regulations, discussing how personal protective equipment (PPE) can further supportsafe practice.

Benefits for Training on Work At Height

ForEmployees&Workers engaged in Work at Height

- Gain knowledge, skills and experience that are necessary to select and set up working at heights equipment ready for safe use and operation.
- Identify risks in the workplace and eliminate or reduce the risk of severe or fatal injuries.
- Demonstrate to others that you are taking the necessary steps to meet the requirements of National & International standards & statutory requirements.
- Use of fall protection system and devices, with rescue measures.

For Employers

- Proactive measures to manage your claims history by reducing any likelihood of industrial injury
- claims by their employees and sub-contractors.
- Comply with the legal and statutory requirements including the Health and Safety at Work.
- Able to set in place safe systems and work and ensure that you get the best performance from
- plant and equipment.
- Increasing awareness of the risks associated with working at heights.
- Encouraging workers to take steps to avoid, prevent or reduce risk of falls from height.
- Providing a simple, flexible and interactive training experience for employees, including
- supervisory and managerial staff.
- Standardizing training for all staff.

Orientation objectives

This Orientation aims to enable staff at all levels to understand the risks and legal implications of working at height and the practical measures that should be employed to control them.

On completion of the course delegates should have a basic understanding of:

- Work at Height Regulations
- Employees and employers legal duties under
- Regulations
- Hierarchy of risk control
- Edge protection
- Access towers, structures and work platforms
- Fall restraint and Arrest
- Poles, Ladders & stepladders
- Risk assessment considerations
  - o Site
  - o Task
  - o Equipment
  - o Personnel
- Pre-use checks
- Inspection & examination

The Work At Height Safety Orientation and its application for Height Safety Skills, is aimed at offering our services to clients in the Construction, Utility, Telecom, Manufacturing, Municipalities, Mining, Media, Services, Oil Rigs & Individuals.

We have the complete height safety solution for you. To make sure we keep providing winning safety solutions and market emerging Safety threats, we only use the latest Health and Safety state of the art technology and employ qualified and experienced Height Safety Trainers.

Orientation Outlines

This course not only includes the presentation of theory, but also encourages interaction with delegates and their Delegates are encouraged to ask questions and have the opportunity to discuss issues and problems within their own workplaces.

1. The A, B, C,D of Work At Height (Fall Protection).
2. Fundamental Facts of Fall Protection.
3. Fall Clearance & Swing Hazards
4. Inspection & Maintenance
5. Regulations & Standards
6. Work At Height Terminologies

Who Should Attend?

I. Personnel required to work at height
II. Managers
III. Supervisors
IV. Individuals responsible for teams or groups of employees who require understanding of working at height.

Any person working on an elevated position, using a portable (Ladder) or fixed structure, to gain access and perform work or rescues at height.

Duration: 1 days training of not less than 8hrs

Basic Fall Arrest

Any person working on an elevated position using a portable or fixed structure to gain access on height, must learn the best industry practices of Fall protection by securing themselves with a safety system

Full Body Harness

Fall Arrest Rescue

Any person working on an elevated position using a portable or fixed structure to gain access on height, needs to be rescued in the event of an accident in the best professional way while minimizing more injuries to the victim.

Rescue Kit

6. INDUSTRAL SAFETY TRAINING

Value Proposition

The industrial workplace is riddled with safety hazards. Keeping your employees aware of their surroundings, aware of the proper ways to reduce incidents, and of the regulations industrial environments must comply with, is ground zero for safety management. In the end, proper industrial safety training pays for it by reducing downtime from accidents, reduces claims and lawsuits and, it in time, can also reduce your insurance rates.

Training Objectives:

The highly adaptable program helps individuals to:

- Reduce injuries and health problems among your co-workers
- Build on your knowledge of OSHA regulations
- Learn the fundamentals needed to deal with potential hazards
- Demonstrate competency for working safely in an industrial setting, and
- Gain knowledge of changing regulations, guidance documents, and regulatory interpretations.

Course Outline

1. Occupational Safety & Health Management
2. Occupational Safety & Health Act (OSHA) 2007
3. Workplace Hazards: Classification & Control
4. PPE
5. Risk Assessment
6. Machinery Safety
7. Construction Safety
8. Fire Safety
9. Electrical Safety
10. Safe Systems of Work
11. Occupational Accidents
12. Workplace Inspection Techniques

Training methodology

1. Presentations
2. Practical activities
3. Critiques and case studies

Instructional materials

- Training manual
- Safety Video Clips

Target audience:

1. Engineers
2. Site supervisors
3. Technicians
4. Production supervisors
5. Technical staff

Duration: 3 Days

MANAGERS AND TEAM LEADERS SAFETY TRAINING PROGRAMS

7. MANAGING SAFELY TRAINING

Course Overview:

Course Duration: 3 Days

- Do you know if your managers and supervisors know their responsibilities in relation to current safety legislation?
- How do you ensure that your managers and supervisors are implementing safe work practices?

Managing Safely is unlike any other course. You'll find a practical programme, full of step-by-step guidance, and a sharp business focus. But you'll also find that the highly innovative format and content engages and inspires your staff – critical to getting safety and health embedded across the whole organisation.

This popular course provides managers and supervisors with the information they need to prevent workplace accidents, incidents and illnesses and to develop a safety culture in the workplace. It delivers Efficient and effective learning – health, safety and environmental fundamentals are covered in a single programme

Course objectives:

- Identify roles and responsibilities in relation to current occupational health and safety legislation
- Understand the components of an safety management system and systematic implementation
- Identify hazards at work and apply appropriate strategies to reduce the risks of injuries arising from the hazards.
- Identify the role of consultation in regards to representing employees and resolving occupational health and safety issues
- Understand the importance of timely incident investigation and reporting of incidents
- Understand the roles and responsibilities concerning injury management and the return to work process

LearningOutcomes:

Upon completion of this course, leaners will be able to:

- Find applicable OH&S legislation
- Know your health and safety
- responsibilities
- Determine ways of meeting your
- OH&S responsibilities
- Identify hazards and develop safe
- work practices

Take leadership in developing and implementing an OH&S program

Understand consequences of non-compliance

Exercise due diligence

Benefits to the Business:

- Greater productivity, from fewer hours lost due to sickness and accidents
- Improved company-wide safety awareness culture and appreciation of safety measures
- Active staff involvement to improve the workplace
- Enhanced reputation within your supply chain

Course Outline

- Safety principles and risk management
- Legislation
- Safety principles, Assessing and Controlling Risks
- Understanding Responsibilities
- Understanding hazards - Hazard recognition and
- control measures
- Hazards and control measures for chemical,
- physical and biological hazards
- Ergonomics — practices to prevent
- musculoskeletal disorders

Investigating incident and accidents
Work at Height Safety
Measuring safety performance, reward and recognition

Target Audience

Who is Managing Safely for? Managing Safely is designed for managers and supervisors in any sector, and any organisation worldwide. They won't suddenly become safety experts – but they'll get up-to-speed on the practical actions they need to take, and gain the knowl- edge and tools to tackle the safety and health issues they're responsible for. Importantly, Managing Safely makes a powerful case for safety and health being an integral part of day-to-day management and business.

Training Methodology:

Instructor-led In-person Training comprising of:

- PowerPoint presentations
- Case Studies and Group Activities
- Role Plays

8. FALL PROTECTION PLANNER TRAINING

Course Overview

A registered Fall Protection Planner is a professional responsible for the planning of safety and protection of people working at height where there is a risk of injury from a fall.
Fall Protection Planner has been aligned to registered unit standards. One is assessed against the outcomes of the unit standards by completing a knowledge assignment that covers the essential embedded knowledge stipulated in the unit standards, and by compiling a portfolio of evidence that provides proof of your ability to apply the learning to your work situation.

Benefits of FallProtection PlannerTraining:-

- Enhanced safety of personnel working at heights
- Performing a risk assessment of the worksite where work is to be done at height
- Demonstrating knowledge of fall arrest rescue equipment and advanced fall arrest rescue
- Developing a fall protection plan and fall arrest pla n

Course objectives

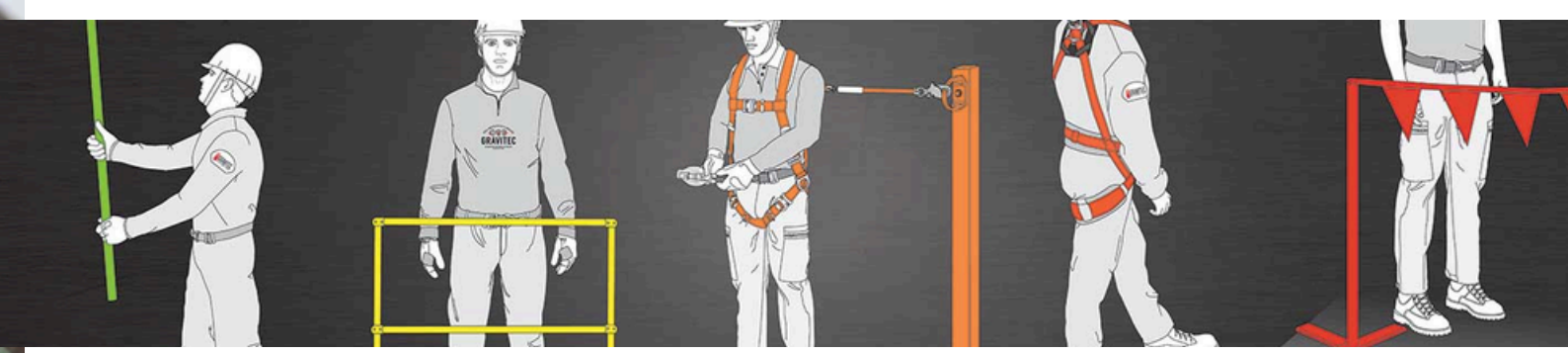
The course is aimed at those individuals who will be responsible for the safety and protection of people working at heights where there is a risk of injury from a fall.
The course will equip learners with the necessary knowledge, skills and understanding to develop fall protection plans for people working at height, required by the Occupational Health and safety act.

Course Outline

- Identification of risks and hazards
- Basic knowledge of reporting a fall risk incident.
- Evaluation of risks
- Documented work procedures
- Monitoring of the plan
- Review of the plan
- Demonstrate knowledge of fall arrest rescue equipment and advanced fall arrest rescue techniques
- Develop a fall protection plan
- Manage safety of personnel working at heights
- Develop and complete a site information form.

Course Standards

- Unit Standard: US229994 – Assess Work Sites for work at height and prepare a fall protection plan.
- Unit Standard Level:
- NQF 4 Credits:
- 3 Field: Towers, Utilities, Construction, Media, Advertising Services, Cleaning, Property and Rescue
- Services Certificate is valid for 3 years.
- Designation: Fall Protection Planner.
- Certifying Body: IWH (Institute For Work At Height).



Who Should Attend?

i. Managers
ii. Site Supervisors
iii. Safety Officers
iv. Legally appointed Construction Regulations Section persons.
v. Individuals responsible for teams or groups of employees who require understanding of
vi. working at height.
This course will enable anyone who is involved in managing people for work at height to develop (write) and implement a fall protection plan

Course Duration: 2 days training of not less than 16hrs

Criteria for Obtaining the Professional Designation/ Entry Requirements

- Original certifiedcopy of I.D.document/passport(driver's license not accepted).
- Copy of valid medical certificate.
- Learners must have basic numeric literacy and should be proficient in English reading and writing.

Training Requirements

- Trainees Musthave SAQA 229995 / 229998 qualification (If not, then course will run over 5 days and include 229995 / 229998)

Training Methodology

The training methodology includes facilitator presentations, readings, individual activities, group discussions and skill application exercises. Know what you want to get out of the programme from the beginning and start applying your new skills immediately. Participate as much as possible so that the learning will be interactive and stimulating.

9. FALL PROTECTION IMPLEMENTER TRAINING

Course Overview

Whetherworking ona tower orelevated structure, employees are often subjected to serious risks while working at height. But Occupational Safety and Health (OSHA) regulations, changing jobsite requirements, developing a fall-protection program and implementing it can seem overwhelming without proper training.

Benefits for Implementation of Fall Protection Plan Training: -

1. 2. 3. Broader understanding of Work atheight equipment andlimitations.
In-depth knowledge on fall protection plans, based on legislation governing work at height.
Ability solve problems through critical and creative thinking in work at height scenarios

Course Objectives

This is a Continuous Professional Development (CPD) course where the trainees will go through the aspects of the Fall Protection Plan. The Supervisor and Manager will get to understand the topics of the plan, how it was compiled and the legislative components behind the plan for ease of implementation: -

- Helps in Analyzing the work zone easily.
- Makes it simpler in having an understanding of ABCD's of Work At Height
- Able to calculate the Fall Clearance.
- Have an emphasis for team training they supervise and work with.
  Proper Inspection and Maintenance of Equipment's (PPE's).

Course Outline

- The requirements to perform work at height.
- The planning process to prepare for work at height.
- The method of access to be used when working at height. Interpret of Regulation Knowledge of the importance of the distribution of a Fall Protection Plan. Communication of a Fall Protection Plan.
- The procedures for the inspection, stor age and care of equipment.
- The need to ensure correct record keeping. Implement fall risk control measures.
- The required documents to implement a Fall Protection Plan.

Course Standards

- Original certified copy of I.D. document/passport (driver's license are not accepted).
- Learners must have basic numeric literacy and be able to understand, read and write English (special
- needs candidates can be accommodated on request).
- Credits: 3
- Field: Towers, Utilities, Construction, Media, Advertising Services ,Cleaning , Property and Rescue
- Services Certificate is valid for 3 years.
- Designation: Fall Protection Plan Implementer.
- Certifying Body: IWH (Institute For Work At Height).

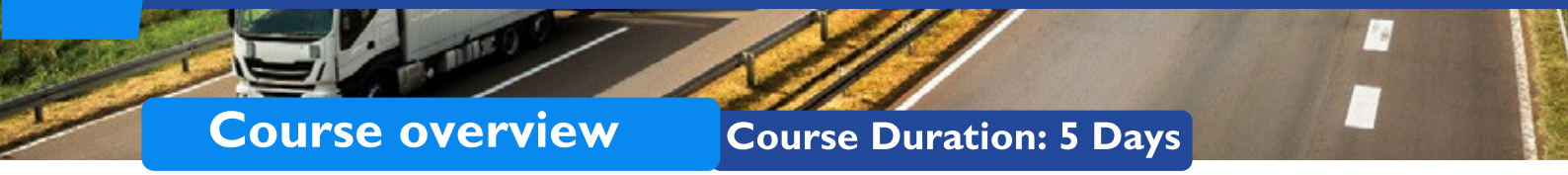
Who Should Attend?

i. Managers
ii. Site Supervisors
iii. Safety Officers
iv. Legally appointed Construction Regulations Section persons.
v. Individuals responsible for teams or groups of employees who require understanding of
vi. working at height.
This course will enable anyone who is involved in managing people for work at height to develop (write) and implement a fall protection plan

Course Duration: 2 Days Training of not less than 16hrs

10. FLEET SAFETY MANAGEMENT TRAINING

Developing an Effective Fleet Safety Program



Course overview

Course Duration: 5 Days

Fleet Safety Management training is designed to help the delegates understand the importance of fleet Safety on business operations, as losses from transportation incidents are significant which include death, injury, wage losses, hiring and train- ing expenses, higher insurance, premiums, prop- erty damage, and business losses. As thelogistics and transportation costscan account for more than70% of organizations Supply Chain costs and are related to many risks and disruptions, many disruptions are unfortunately caused by accidents. Adequate Fleet Safety management is essential for optimal execution of delivery of goods and transport of people.

Training highlights;

- Importance of having Fleet Safety Plan
- Requirements in regard to the use of
- vehicle and transport of personnel
- Adequate qualification standards and
- driver selection Driver training
- requirements for the organizations and international transport Appropriate way of driver behavior monitoring and evaluation Incident investigation and reporting

Learning Outcomes:

Upon completion ofthe training,participants will be able to:

- Embed safety culture in your fleet
- Develop a fleet safety plan
- Comply with the requirements for driver
- training and evaluation
- Prepare for the upcoming requirements
- regarding the professional drivers
  Adequately select the vehicles for the fleet
  Properly investigate and report incidents and use lessonslearned

Training Methodology:

This highly interactive training program is more hands-on training rather than theoretic learning (examples based on real life cases).

Benefits to the Organization

The organizations need to protecttheir people and assets, as well as business operations from the injuries and damages that might be caused through the use of their fleet, this is achieved by:

- Adequate implementation of vehicle section program
- Selection of drivers and achievingthe driver qualification standards
- Proper monitoring and rewarding schemes for the driver's troughdriver evaluation and monitoring
- Use of modern systems for fleet management and driver monitoring
- Effective investigation techniquesand lessons learned implementation

Benefits to Individuals

Theparticipantsonthis training course will gain the full insight into the modern methods of Fleet Safety Management through:

- Learning how to develop a Fleet Safety Management Plan
- Understanding the new requirements for driver qualifications
- Getting acquainted with mother methods of driver behavior monitoring
- Acquiring the knowledge of the ways to approach driver's hearts and minds
- Learning from the examples of other companies and countries
- Understanding the relations with the police, judiciary and vehicle inspection facilities

Course Outline

TheBigPicture of Fleet Safety

- Fleet Safety Management Planning
- Risks and Costs of Incidents
- International Standards and Driver
- Qualification Requirements
  Duties and Responsibilities
  - Company
  - Management
  - Safety Management
  - Operators andDrivers

account for more than 70% of organizations Supply Chain costs and are related to many risks and disruptions, many disruptions are unfortunately caused by accidents. Adequate Fleet Safety management is essential for optimal exe- cution of delivery of goods and transport of people.

Development of Fleet SafetyManagement Plan

- Elements of the Fleet Safety Management Planning
- Legal Requirements
- Driving Hours
- Inspections
- Authorization of Vehicle Use
- Driver Selection

Driver Training Monitoring and Evaluation

- Legal Requirements of Driver Training
- Industry Specific Requirements of Driver Training
- Driver Orientation and Meetings
  Driver Behavior Monitoring and Evaluation
  Driver Health Monitoring
  Rewarding and Disciplinary Actions

Fleet Management - Vehicle Selection and Fleet Maintenance

- Vehicle Maintenance Program
- Responsibilities for Vehicle Maintenance
  - Company
  - Operator
  - Driver
- Vehicle Inspections
- Modern Technologies for Vehicle Monitoring
- Vehicle Recovery Planning

MotorVehicle Safety:

- Use of mobile phones
- Driving Under Influence
- Safety belts use and speed monitoring

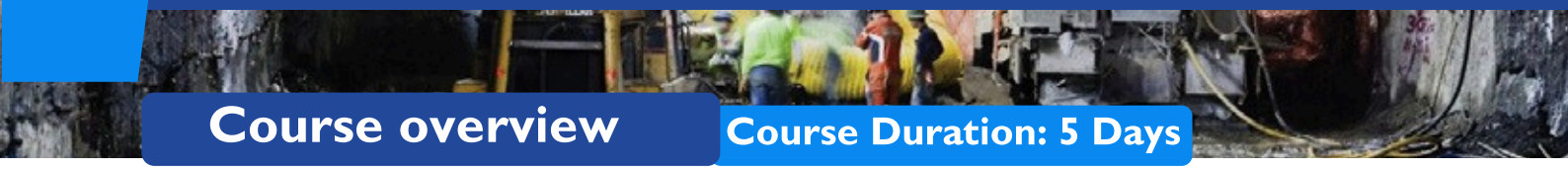
Incident Investigation and Reporting

- Legal Requirements for Incident Investigation
- Incident Investigation Policy for the Company
  Responsibilities for Accident Investigation
  Cooperation with Authorities
  On-scene Investigation and Evidence Gathering

Target Audience:

Managers, Supervisors and Team Leaders in charge of Fleet Management

11. UNDERGROUND WORKS SAFETY TRAINING



Course overview

Course Duration: 5 Days

Underground works may mean working under reduced light conditions, difficult or limited access and egress, with the potential for exposure to air contaminants and the hazards of fire and explosion, underground construction workers face many dangers. Managers and supervisors therefore have a responsibility to ensure that the staff get proper training for safety, minimizing accident, and mortality associatedwith working within undergroundspaces.

Course Outline

Trenches Hazard Controls

Workers in Trenches will face among others: -

- Hazardous atmospheres
- Cave-ins
- Water accumulation
- Falling loads
- Underground utility lines
- Vehicles and surface structures

Protective systems :

- **Benching** – cutting into the sides of an excavation in stable soil to create horizontal levels with vertical or almost-vertical faces between the levels
- **Sloping** – creating a gradual incline in the excavation's walls away from the bottom of the excavation
- **Shielding** – using a trench box or other similar support system to prevent cave-ins
- **Shoring** – installing supports to prevent unstable soil from moving in the excavation

Responsibilities of a supervisor:

- Ensures that all employeesinvolvedin the job are physicallyfitandreceivethe proper training toproperlyperformthe tasks.
- Evaluates possiblehazardsduringentry with in-depthknowledgeandskillsin determiningthemode,thesignsand symptoms,andexposure consequences.
- Confirm thatallspecifiedequipment and proceduresareinplacebeforethe work is signedandallowtostart.
- Assign rolesandresponsibilitiestoall workers beforeenteringthetrenches space.
- Ensures theavailabilityof rescue/emergencyservicesor measures.
- Prevent unauthorized personsnearthe job.
- Verifies the barricade system's effectiveness around anyopenings.

Target Audience

Managers and Supervisors leading teams working underground and on surfaces

12. ROOF WORKS SUPERVISION TRAINING

Course overview

Duration: 1 Day

Working on roofs is a hazardous activity because it involves working at height. Roof work accounts for a quarter of all deaths resulting from fall from height. Falls through fragile materials, such as roof lights and asbestos cement roofing sheets, account for more of these deaths than any other single cause. People accessing roof tops are not only roofers but also maintenance and installation workers for example in telecommunication fibre projects and falls in the course of such works have led to serious injuries, often resulting in permanent disabilities and in worst cases fatalities.

This course is designed to enable managers and team leaders provide supervision to enable supervision of telecommunications services safely on roofs. The aim of this course is to provide students with the comprehensive understanding of safe work practices when installing or repairing telecommunications equipment on roof structures. It applies to individuals employed as technicians and installers who are required to safely install or repair telecommunications equipment on roof structures.

The Course has been designed to enable the managers and team leaders supervising roof works to:

- Understand height safety legislation and standards
- Know to perform risk assessments and control measures
- Know how to recognize suspension trauma
- Understand Pre and post use inspection of all personal fall arrest equipment
- Know how to identify and correct fit a fall arrest harness
- Demonstrate fall restraint, work positioning and fall arrest techniques
- Understand safe use of tools and materials
- Understand loads on roof surfaces
- Supervise Installation of roof safety systems
- Understand anchor point selection and inspection
- Demonstrate correct rigging of anchorage slings
- Demonstrate correct use of self-retracting lifelines

Target Audience:

Managers, Supervisors and Team Leaders in charge of roof works.

Other courses

1. Fire Safety and Emergency response training
2. First Aid and CPR certification
3. Ergonomic and Office Safety Training
4. Swimming: Lifesaver Training

Occupational Safety and Health Management Safety and Health Management Contents:

- Elements of safety management
- Elements of safety policy and effective implementation
- Worker participation
- Motivation for safety enhancement
- Management of change
- Role of training
- Performance monitoring
- Administrative elements of the Factories and Other
- Places of Work Act Cap 514 including:
- Registration of workplaces
- Documents required to be kept under the Act
- Mention existing subsidiary legislation
- Powers of occupational safety and health officers
- Prohibition notices
- Improvement notices
- Offences relating to contraventions under the Act.
- Health and safety committee rules
- Formation of Committees
- Organization of the committee
- Functions and duties of the committee
- Meetings and minutes of the committee
- Roles in the committee
- Duties of the occupier
- Duties of registered safety and health advisers
- Training of the committee
- Health and safety audit
- Offence in relation to audits and other offences DOSH 8
- Occupational accidents
  Dangerous occurrences as defined under the seventh schedule in the Factories and Other Places of Work Act, Cap 514
  Evacuation and emergency response
- Economic importance of accident prevention
- Accident investigation techniques
- Accident analysis and classification
- Accident reporting
- Personal protective equipment (PPE)
- Type of PPE
- Personal hygiene in the use of PPE
- Maintenance of PPE
- Criteria for selection
- Training & education on correct use o
- PPE
- Demonstration on proper usage of
- PPE
- Safe work procedures
- Job hazard identification and analysis
- Importance of Operational Manual
- information
- Safety precautions with practical
- examples
- Permit to work
- Role of training
- Performance monitoring
- Work in confined spaces
- Ergonomics
- Workplace inspection techniques
- Types of inspections
- Preliminary preparation of the
- inspection
- Executing the inspection
- Data analysis and report writing
- Implementation of the findings
- Use of check lists
- Hazard spotting – practical
- Occupational Safety
  Machinery safety:
  Meaning of Machinery:- Prime Movers;-Transmission machinery
  Hazards associated with machinery
  Mechanical hazards;
  Types of motions of machinery parts
  Machinery safeguards (Guarding of dangerous parts of machinery, Protection against electrical hazards).
- Training inexperienced workers;
- Safe use of hand tools
- Wood working machinery rules
- Eyes protection Rules
- Construction Safety

Our Team





Some of Our Clients Include

FARM AFRICA
HYDRO VICTORIA
REGENERATIVE AGRI-AQUACULTURE
barena
Lattice
LIVINGWOOD
CONSULTANTS LIMITED
LAKE VIEW FISHERIES
Echo Network Africa Foundation
Catalyst for Development
AQUARECH

LIVINGWOOD
CONSULTANTS LIMITED

Kisumu County, Nyanza
admin@livingwood.co.ke
@livingwoodL
Livingwood Ltd
LivingWood Ltd
+254 708 201 133
+254 713 500 365