



RIWAL SAFETY TRAINING

COURSE CATALOGUE

RIWAL SAFETY TRAINING COURSE CATALOGUE

Riwal Safety Training has been operating since 2017 as part of Riwal Denmark. We became the first certified IPAF training and education center in Denmark and the only center in Scandinavia with an IPAF-certified senior instructor.

Our instructors have over 25 years of extensive experience in safety-related tasks.

The goal of Riwal Safety Training is to equip individuals to work safely and effectively. We offer specialized advice, training, and customized courses, both on-site and in-house. Our commitment to professionalism and quality in teaching is paramount as we strive to be the best in our field.

Our ambition is to enhance the competencies of our customers and trainees in line with all legal requirements and industry standards. Riwal Safety Training has safety advisors located throughout Scandinavia and is always prepared to take on a wide range of safety-related tasks.

Courses and other services offered by Riwal Safety Training Denmark:

- IPAF Category 1A (1A+), 1B (1B+), 3A (3A+), 3B (3B+)
- IPAF Load-Unload
- IPAF Harness inspection
- MEWP Spotter
- First Aid Courses
- Fall Protection / Daily Harness Inspection
- Confined Space (Basic/Advanced) Level 1 / Level 2 / Level 3
- Inspection of EN3 Hand Fire Extinguisher
- Advice and Inspection of Fall Protection Equipment Before and After a Purchase
- Chemicals Course
- Elementary Fire Fighting
- Hot Work
- Manual Handling
- Work Environment Safety Advice for Companies and Construction Sites
- Emergency Plans for Companies and Construction Sites
- ADR Basic Course for Office and Warehouse Personnel according to Chapter 1.3 (Banksman & Slinger)

Contact information

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IPAF (INTERNATIONAL POWERED ACCESS FEDERATION)

At Riwal, we take pride in offering IPAF courses to the global workforce because we believe that safety should always come first. With an IPAF lift course, you and your employees will be well-prepared to carry out a variety of work tasks.

There is a growing demand for lift operators to be IPAF certified, especially for those who work across borders. It is essential for operators to hold a valid PAL card.

At Riwal Safety Training, we offer training tailored to the categories that are relevant to your daily work. This approach allows us to meet both individual needs and the requirements of specific projects.

The IPAF courses consist of a two-part test, which includes a theoretical component and a practical component. Both parts must be successfully completed to pass the course. After successfully finishing the course, participants receive a course certificate, a PAL card (Powered Access License), a logbook, and a safety guide. The PAL card is valid for five years from the date of issuance.

At Riwal we teach in the following categories:

- 1A and 1B (full course and E learning)
- 3A & 3B (full course and E learning)
- 1A+ & 1B+
- 3A+ & 3B +
- MEWP Spotter E-Learning
- MM MEWP for Managers
- Harness Brugerkursus
- Load-Unload Trucks

Price:

- 1 category, full course 2300 DKK per person excl. VAT
- 2 categories, E learning 1995 DKK per person excl. VAT
- 2 categories, full course 2921 DKK per person excl. VAT
- 3 categories 3665 DKK per person excl. VAT

Duration:

- 7.5 hours



MEWP SPOTTER

This course is specifically designed for individuals tasked with the role of a MEWP (Mobile Elevated Work Platform) spotter on major construction sites. It is intended for those who will be directly involved in overseeing the use and operation of lifts (MEWPs).

The MEWP Spotter course aims to develop and enhance participants' skills in assessing safe working environments for MEWPs, as well as in understanding relevant procedures. Participants will learn about the responsibilities associated with their role, how to identify hazards when working with MEWPs, and the most important task of the spotter: to supervise both the lift and the lift operator effectively to prevent dangerous situations and accidents. Additionally, participants will be trained in emergency procedures, including how to perform emergency operations of the lift and rescue individuals from the lift at heights (3A, 3B).

This is a custom course tailored to meet the specific needs and challenges of the customer.

Please note that an IPAF (International Powered Access Federation) certificate is not issued upon completion of this course.

The MEWP Spotter course includes the following topics:

- Relevant legislation
- The role and responsibilities of a MEWP Spotter
- Procedures for using emergency lowering systems
- Identification of hazards during lift operations
- Hand signal communication

Price:

- 1500 DKK per person excl. VAT

Duration:

- 4 hours



FIRST AID COURSES

Riwal Safety Training provides a variety of first aid courses. Our Basic First Aid Course helps trainees develop essential skills in general first aid and introduces them to various first aid equipment. Additionally, we offer an extended first aid course that includes extra elements tailored to meet the specific needs and challenges of our customers.

The Basic First Aid Course covers the following topics:

- First aid for cardiac arrest
- First aid for accidents
- First aid for acute illnesses
- First aid for acute injuries

At Riwal, we offer the following courses:

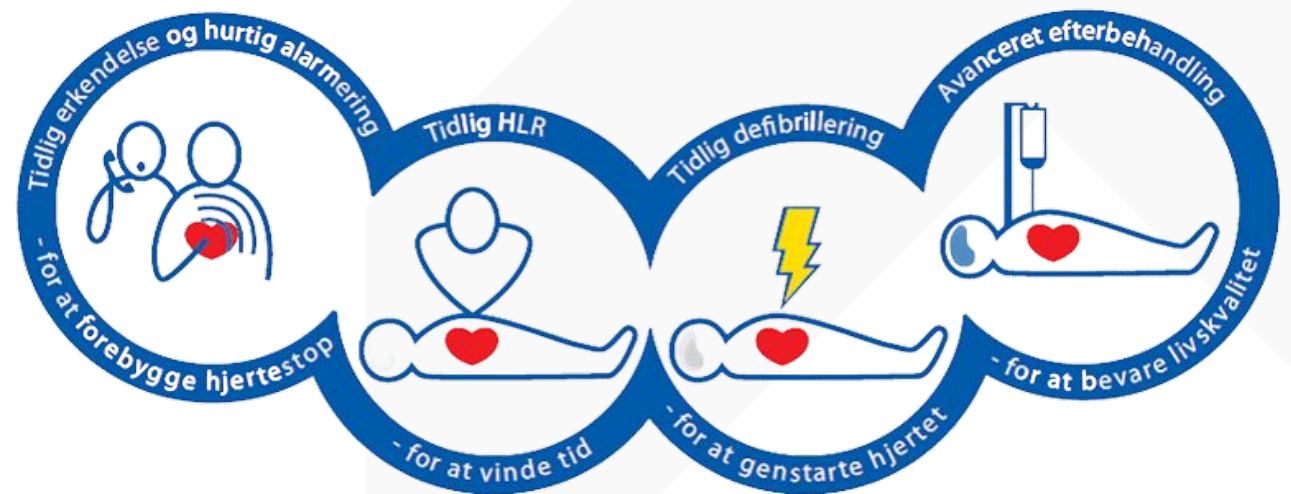
- Basic First Aid Course

Price

- Basic First Aid Course 1250 DKK per person excl. VAT

Duration

- Basic First Aid Course - 7.5 hours



FALL PROTECTION

Riwal Safety Training also provides customized courses tailored to meet specific client needs.

Our safety advisors possess over 25 years of experience in fall protection, equipment, and solutions, making them highly qualified in this area. Each course is designed to address the unique challenges faced by our customers.

At Riwal, we offer the following courses:

- Fall Protection / Daily Harness Inspection (cf. At-guideline D.5.5-3)
- Basic Competent Inspection Person: Inspection of personal protective equipment for working at height, including:
- EN 358: Support Belts and Lines
- EN 361: Fall Protection Harnesses
- EN 397: Work Helmets
- EN 362: Connecting Links

(Note: The certificate obtained from these courses is valid for three years.)

Price:

- Fall protection / Daily harness inspection - 3250 DKK per person excl. VAT
- Basic Competent Inspection Person - 3250 DKK per person excl. VAT

Duration:

- Fall Protection / Daily Harness Inspection - 7.5 hours
- Basic Competent Inspection Person - 7.5 hours



CONFINED SPACE

Riwal Safety Training offers a variety of courses focused on fall protection and the inspection of related equipment.

One of our key courses is Confined Space Training. In this course, trainees develop the necessary skills and understanding for working in small, confined spaces. This includes learning about evacuation and rescuing a colleague using a harness, tripod, rope winch, and safety line or fall arrester.

Participants will gain knowledge to select the appropriate equipment for descent and recovery and learn how to use it correctly under supervision. Additionally, the course covers the use of detection equipment and escape devices. Key topics include risk assessment for confined space work, health hazards, safety equipment, user control, and first aid for individuals in confined spaces. The course also includes practical exercises to enhance hands-on experience.

This training can be tailored to meet the specific needs and challenges of each customer. Our Confined Space certificate is valid for two years. However, the validity period may vary internationally. For instance, in England, there may be a requirement to complete a Confined Space Refresher course annually.

At Riwal we offer the following courses:

Basic Confined Space Level 1 / Level 2 / Level 3

Advanced Confined Space (with fresh air apparatus/fixed fresh air supply)

Price:

- Basic Confined Space 3250 DKK per person excl. VAT
- Advanced Confined Space 6500 DKK per person excl. VAT

Duration:

- Basic Confined Space - 7.5 hours
- Advanced Confined Space - 15 hours



MANDATORY INSPECTION OF EN3 FIRE EXTINGUISHER

Riwal Safety Training provides inspection services for your fire extinguishing equipment. Our team is experienced, trained, certified, and fully qualified to perform inspections on EH3-type fire extinguishers.

According to the EN/DS 2120 standard, hand-held fire extinguishers must be inspected annually and undergo pressure testing every five years. However, inspection intervals may vary by up to six months according to American standards.

The following hand-held fire extinguishers are included in these requirements:

- Powder extinguishers
- Pressurized water extinguishers
- CO2 extinguishers
- Fire blankets
- Hose reels and hose reel cabinets

Price

Hand extinguisher inspection - DKK 91 per unit excl. VAT
Within a radius of 50 km. from Riwal, no additional travel costs are charged
(travel in addition - DKK 3.70 per km.)



ADVICE AND INSPECTION OF FALL PROTECTION EQUIPMENT

Fall protection equipment/rescue equipment must be inspected by a "competent person" once every 12 months, cf. Danish AT (guidance D.5.5-3) regulations –this is a statutory inspection. Safety advisors at Riwal Safety Training are trained, competent, and certified to carry out such inspections and we strive to be the best on the market.

You can safely entrust us with your inspection tasks and we will ensure that everything is thoroughly checked and documented.

An inspection includes: The equipment is checked according to the manufacturer's regulations.

A test certificate is prepared.

The certificate is sent electronically.

The equipment is marked with a statutory annual sticker.

Riwal Safety Training offers competent and certified inspections of, among other things: the following fall protection equipment/rescue equipment:

- Fall protection harnesses / seat belts / belts EN 361, EN 813, EN 358
- Straps EN 354
- Fall absorber EN 355



CHEMISTRY COURSES

The Chemical Hazards/Oil Spill course is designed to equip participants with essential knowledge regarding procedures and regulations related to chemical hazards and oil spills in the workplace. Participants will learn how to respond to and manage pollution incidents in the safest manner possible, as well as familiarize themselves with various types of spill kits and their components.

The course covers the following topics:

- Different types of spills
- Proper use of spill kits and how to check their contents
- Procedures for handling pollution incidents
- Methods for disposing of contaminated items
- Requirements for personal protective equipment (PPE)
- Assessment of hazards and risks
- Utilization of safety data sheets
- Symbols used to indicate hazardous and chemical substances

This course is suitable for all individuals who may encounter spill situations while performing various work tasks. Participants should have both knowledge and practical experience in spill control and prevention.

This course is customized to meet the specific needs and challenges of the client. The certificate awarded upon successful completion is valid for two years.

Price:

- 1100 DKK per person excl. VAT

Duration:

- 4 hours



ELEMENTARY FIRE FIGHTING

The purpose of a course in Elementary Fire Fighting is to give the participant a basic knowledge of fire fighting and to learn, through practical exercises, how to extinguish an emerging fire correctly using small extinguishing equipment.

At the same time, the participant learns which extinguishing agents should be used for different types of fires and to assess when they need extra help. Through theory and practical exercises in the course, the participant gains the knowledge and skills that enable him/her to evacuate the workplace and prevent the fire from getting out of control, all while taking into account their own safety

Our goal is to make the participants as safe and prepared as possible so that they can act in the event of a possible accident, and thus help reduce the extent of the accident.

This is a customer-specific course that is adapted to the customer's specific needs and challenges.

The certificate for a passed Elementary Fire Fighting course is valid for 2 years.

At Riwal Safety Training, the Basic Fire Fighting Course includes:

- What a fire is and how it spreads
- Emergency evacuation and evacuation
- Alarming the fire department
- Extinguishing methods and hand-held fire extinguishers
- 'Practical exercises

Price:

- 1100 DKK per person excl. VAT

Duration:

- 4 hours

HOT WORK

Hot work refers to welding, roofing, angle grinding, heating, soldering, drying, weed burning, and other work where you operate with heat-generating tools in connection with machine assembly, conversions and extensions, modernizations, maintenance work, repair work, etc.

Hot work includes all work where there is a risk of igniting building parts and the like, or when working with tools that generate heat, and where there is a risk of starting a fire.

This is a customer-specific course that is adapted to the customer's specific needs and challenges.

The certificate of a passed Hot Work course is valid for 2 years. However, no DBI certificate is issued for this course

After completing the course, the student will have developed theoretical and practical skills within:

- Insurance conditions/legislation
- Fire Theory
- Construction conditions
- Pressure cylinders
- Manual extinguishing equipment
- Extinguishing methods/exercises
- Areas with special risks of fire ignition

Price:

- 3175 DKK per person excl. VAT

Duration:

- 7.5 hours



MANUAL HANDLING

The Manual Handling course equips participants with essential knowledge and skills to work safely across various industries. This course enhances participants' awareness of ergonomics, fosters positive manual handling behaviors, and ensures that they can perform manual handling tasks safely, thereby reducing the long-term risk of musculoskeletal disorders.

This is a customized course designed to address the specific needs and challenges of the client.

The certificate of completion for the Manual Handling course is valid for two years.

Through a combination of theory and practical exercises, the course enables participants to:

- Understand the importance of performing work tasks safely and sensibly, in accordance with legal requirements relevant to their industry.
- Identify aspects of their job tasks that may increase the risk of developing musculoskeletal injuries.
- Demonstrate safe manual handling practices, including the correct handling of equipment.
- Recognize signs and symptoms of injuries related to poor manual handling techniques and understand the reporting methods.
- Propose solutions for manual handling issues in various work areas.

Price:

- 1100 DKK per person excl. VAT

Duration:

- 4 hours



WORKING ENVIRONMENT AND SAFETY ADVICE

Riwal Safety Training offers professional and versatile occupational health and safety advice for companies and construction sites.

We have extensive experience in fall protection and confined spaces as well as general safety conditions and safety solutions for a number of industries, workplaces, and construction sites. We want a collaboration where you, as a company/workplace, create measurable value through the safety insight we can provide you, as well as through possible implementations of new/improved procedures for your working environment.

Riwal Safety Training can, among other things, help you with:

- 360` degree inspection of the construction site/workplace
- Support and advice from our Safety Advisors
- Advice on PPE and other protective equipment. Follow-up on safety data sheets and their location.
- Specific topics to be investigated Information on legislative changes for the working environment
- Advice/assessment for Risk Assessments.
- Development of safety information
- Review and development of safety procedures.
- Development of Safety Induction material for employees
- Development of desired safety courses.
- Development of a safety advisor course, specifically for your workplace Working at height Working in tanks and wells let us help you get a handle on occupational safety.

Price: Safety Advisor 1075 DKK per hour excl. VAT - included driving 50 km.

Radius from Riwal Riwal Safety Training offers to come out and inspect the tasks, this is done free of charge if you subsequently purchase one of our service products.

EMERGENCY PLANS

The emergency plan for the company and the construction site serves as a crucial tool for preventing accidents and ensuring proper response when an incident occurs.

This plan clearly outlines the roles and responsibilities of each team member, specifying who does what and when, in order to effectively control and manage any accidents that may arise.

Pricing:

- Safety Advisor: 1,075 DKK per hour excl. VAT, which includes travel within a 50 km radius of Riwal.
- Riwal Safety Training offers complimentary inspections of tasks; this service is free if you later purchase one of our service products.



ADR 1-3 ADR BASIC COURSE FOR OFFICE & WAREHOUSE STAFF

For commercial transport of dangerous goods, the starting point is that a training requirement applies to both drivers and other employees with dangerous goods tasks. Training helps prevent accidents

For commercial transport of dangerous goods according to the full set of regulations, i.e. where all relevant provisions of the ADR Convention apply, the following training requirements apply:

The driver must have a valid ADR certificate according to section 8.2.1 of the ADR Convention covering the type of goods to be transported.

Other employees with dangerous goods tasks, e.g. packers and loaders, must be trained according to Chapter 1.3 of the ADR.

For commercial transport of dangerous goods according to an exemption provision in the dangerous goods regulations, training requirements will still apply in the vast majority of cases:

The driver must either have a valid ADR certificate or be trained according to Chapter 1.3 of the ADR. Other employees with dangerous goods tasks, e.g. packers and loaders, must be trained in accordance with Chapter 1.3 of the ADR. In the case of commercial transport of dangerous goods, training requirements will therefore apply in the vast majority of cases, ensuring that all employees involved are instructed in the conditions that apply to the transport in question.

Price:

- 3700 DKK per person excl. VAT

Duration:

- 7.5 hours



BANKSMAN SLINGER

The Banksman and Slinger course is designed for individuals involved in lifting operations, inspecting lifting equipment, and planning the lifting of heavy objects. This course offers both theoretical and practical training, introducing participants to various lifting and slinging standards, assessment tools, equipment, and hands-on exercises. Participants will undergo evaluation throughout the course, both theoretically and practically. Our experienced instructors will ensure that all participants are well-equipped to perform tasks related to Banksman and Slinger roles.

This course is tailored to meet the specific needs and challenges of the customer. A certificate confirming successful completion of the Banksman and Slinger course is valid for two years.

Upon completing the course, participants will gain knowledge about:

- Laws and regulations
- Definitions and responsibilities
- Lifting and lifting equipment, including inspections
- Planning and briefing for lifting operations (including the role of the lifting supervisor or monitor)
- Selection of appropriate lifting equipment
- Correct use of lifting gear and accessories
- Hooking methods
- Hand signals (as per Health and Safety (Signs and Signals) Regulations 1996 L64)
- Lifting loads

Please note: An OPITO certificate is not issued upon completion of this course.

Price:

- 6500 DKK per person excl. VAT

Duration:

- 15 hours

