

TRAINING COURSES

Practical Workplace Health & Safety Training

Build competence. Improve confidence. Prevent harm.

Vita Anchor Development Solutions provides practical safety training, awareness sessions and skills development for individuals, teams, contractors, small businesses, projects and events. Our aim is to make safety knowledge understandable, relevant and applicable in the real workplace.

OUR TRAINING PARTNERSHIP

Accredited training: Where an accredited course or qualification is required, Vita Anchor facilitates delivery through **Data Matrix (Pty) Ltd.** Data Matrix specialises in Occupational Health and Safety, lifting equipment, construction equipment and soft-skills training, as well as risk auditing, gap analysis and ergonomic assessments. Its training material is designed and aligned with QCTO / SAQA and various SETA requirements. Specific accreditation and certification depend on the course selected and should be confirmed before booking.

Vita Anchor short courses: Practical, non-accredited short courses, awareness sessions and workplace-focused programmes are delivered directly through Vita Anchor Development Solutions. These are designed for practical knowledge, workplace awareness, toolbox learning and skills development where an accredited qualification is not required.

Data Matrix's course profile lists more than 200 courses and explains that training can be provided on site or at its training centre, with arrangements made around client needs. Course durations and availability should be confirmed before booking.

FEATURED COURSES

FIRST AID

Data Matrix lists several First Aid pathways, including **Perform Basic Life Support and First Aid Procedures – 2 days**, **Provide Risk Based Primary Emergency Care / First Aid – 4 days**, and **Provide First Aid as an Advanced First Responder – 5 days**. Training focuses on appropriate emergency response and first-aid procedures for the level selected. The exact course, entry requirements, assessment and certification should be confirmed when booking.

RISK ASSESSMENT

Options listed by Data Matrix include **Hazard Identification and Risk Assessment (HIRA) – 1 day**, **Conduct a Continuous Risk Assessment in the Workplace – 2 days**, and **Risk Assessment – Baseline – 5 days**. These programmes address identifying hazards, evaluating workplace risks and applying appropriate controls.

INCIDENT INVESTIGATION

Data Matrix lists **Accident / Incident Investigation – 1 day**, **Conduct an Investigation into Workplace Incidents – 3 days**, and **Investigate Safety, Health and Environmental Incidents – 3 days**. The focus is on structured investigation of workplace incidents and developing an understanding of causes and corrective action.

WORKING AT HEIGHTS

Data Matrix lists **Working at Heights – 2 days**, plus related options such as **Working at Heights and Rescue – 3 days**, **Working at Heights and Ladder Inspection – 1 day**, **Harness Safety – 1 day** and **Ladder Safety – 1 day**. The training addresses safe planning and practices when work is performed at height.

FALL PROTECTION

The Data Matrix profile specifically lists **Fall Protection Planner – 3 days**. Related working-at-heights options include **Harness Safety** and **Working at Heights and Rescue**. The programme is suited to people who need to understand and plan fall-protection measures for work at height.

FIRE SAFETY

Data Matrix's emergency-preparedness list includes **Advanced Fire Fighting – 2 days**, **Apply Fire Fighting Techniques – 2 days**, **Perform Basic Fire Fighting – 1 day**, **Demonstrate Knowledge Pertaining to Fires in Working Places – 2 days**, **Fire Marshall – 1 day** and **Use of Hand Operated Fire Fighting Equipment – 1 day**. The appropriate option can be selected according to the learner's role and required level.

EMERGENCY PREPAREDNESS

Data Matrix lists **Emergency Preparedness – 1 day**, **Emergency Action Plan – 2 days**, **Evacuation Drill – 1 day**, **Evacuation Warden – 1 day**, **Evacuation Co-ordinator / Controller – 1 day**, and **Emergency Preparedness and Response Procedures – 3 days**. These options support workplace emergency planning, roles, evacuation and response arrangements.

OHS AWARENESS

Relevant Data Matrix options include **Basic Health and Safety – 1 day**, **Health & Safety Awareness – 1 day**, **Apply Health and Safety to a Workplace – 1 day**, **Health and Safety Principles in the Workplace – 2 days**, and **Safety Induction – 1 day**. These provide practical understanding of workplace health and safety responsibilities, hazards and safe working principles.

TOOLBOX TALKS

For short, focused safety communication, Data Matrix lists **Daily Safe Task Instructions – 1 day**. Vita Anchor can also provide practical toolbox-talk support focused on hazards, controls and safe work practices relevant to a specific workplace, task, project or event. The objective is to help teams start work with a clear understanding of risks and controls.

WORKPLACE SAFETY

Data Matrix offers related workplace-safety programmes, including **Maintain Occupational Health, Safety and Housekeeping – 1 day**, **General Health & Safety – 1 day**, **Safety for Supervisors – 1 day**, **Safety Induction – 1 day**, **Safety and Supervisory Leadership – 2 days**, and **Task Analysis and Safe Work Procedures – 1 day**. These can be selected according to the workplace and learner role.

ERGONOMICS

Data Matrix lists **Ergonomic Principles – 1 day** and **Ergonomic Risk Assessment and Auditing – 3 days**. The first provides awareness of ergonomic principles, while the longer option addresses ergonomic risk assessment and auditing.

PRACTICAL VITA ANCHOR SHORT COURSES

Vita Anchor Development Solutions can also deliver short, practical learning sessions around workplace safety, risk awareness, emergency readiness, event safety and everyday safe work practices. These can be designed around the needs of your organisation, project or event and are not presented as accredited qualifications unless specifically arranged through the accredited training partner.

WHY TRAIN WITH US?

- Practical, workplace-focused learning
- Options for individuals, teams, contractors and organisations
- Training can be considered for workplaces, projects and events
- Accredited pathways available through our Data Matrix partnership
- Short-course and awareness options available directly through Vita Anchor
- Training can be tailored to the needs and risks of the workplace

MANY MORE COURSES ARE AVAILABLE

The courses above are only our featured safety and workplace-development options. Data Matrix's profile lists more than 200 courses across health and safety, emergency preparedness, lifting equipment, working at heights, earth-moving equipment, electrical operations, bush clearing, soft skills, driving and road safety, and general courses. If you don't see the course you need, contact Vita Anchor and we can help identify the appropriate option.

NEED TRAINING FOR YOUR TEAM?

Tell us what you need, how many people require training and whether you need an accredited course or a practical short course. We will help you identify the appropriate training route.

Vita Anchor Development Solutions

Developing People • Strengthening Businesses • Creating Possibilities