



Safe Access to Substation Training Programme

▪ Substation Access Training (half day training)

Covers the safety requirements for working in the vicinity of High Voltage electrical equipment, to include:

- highlighting electrical hazards
- the precautions necessary to avoid danger
- the arrangement of equipment within substations and switch rooms
- safety procedures and steps to be taken in an emergency

A set of suitable Safety Rules will be prepared and a copy given to everyone attending the course a week or two prior to the training.

▪ First Aid Awareness (four hours training)

Objectives:

- know the action to take in an emergency situation
- know and demonstrate basic life saving techniques
- diagnose and deal with injury and illness in the workplace

Outline Content:

Records	AED
Aims of First Aid	Hypoxia and Choking
Primary and Secondary Survey	First Aid Equipment and Personal Safety
Aftercare/Transport	Wounds, Bleeding and Splinters
Top to Toe Survey	Shock
Recovery Position	Dealing and treating electric shock
Angina/Heart Attack/Cardiac Arrest	Fractures and Soft Tissue Injuries
CPR	