

NORTHERN ❁ STRANDS

northernstrands.com

NORTHERN STRANDS

SAFETY TRAINING



WHY TRAIN WITH NORTHERN STRANDS?



Northern Strands offers a multitude of safety training courses for construction, mining and agricultural industries. We have the ability to provide flexible on-site training. Please call us to discuss booking training for dates that are not listed in our online calendar. Our seminars are taught by knowledgeable and experienced instructors who hold several accreditations from industry leaders such as Crosby, Capital Safety, Honeywell, and Occupational Health and Safety.

The Courses offered are:

- **Fall Arrest**
- **Overhead Crane**
- **Crosby® Rigging**
- **Below the Hook Rigging Training**
- **Winch Safety**
- **Wirelock® Socketing**
- **Suspended Access Equipment**

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 the 40 hour Overhead Crane course which can be completed in four 10 hour days or five 8 hour days. Northern Strands is able to accommodate these training seminars 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 less than 8 hours with experienced users.

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.

OVERHEAD TRAVELING CRANE

Northern Strands Overhead Traveling Crane Operator Course (40 hrs)

If you are about to or currently are operating an Overhead Traveling Crane less than 50 tonnes (110,000 lbs.) in capacity, you are required to be a competent crane operator by the Occupational Health and Safety Regulations, 1996. In order to be officially 'competent', an overhead crane operator must either have completed or be in the process of completing a training program that follows the guidelines of Table 16 in the Appendix of the OH&S Regulations.

As such Northern Strands is now offering a training program that meets and exceeds the training criteria of Table 16. Northern Strands Overhead Crane course covers:

- **The regulations pertaining to cranes.**
- **Different types of cranes and their applications.**
- **Performing site evaluations.**
- **The Pros and Cons of both VFD crane controls and direct drive controls.**
- **Maintenance procedures and log book requirements.**
- **40 hours of combined classroom and practical training.**

The overhead traveling crane course also includes a rigging course that emphasizes hands-on learning and includes:

- **Rigging inspection.**
- **Load estimation.**
- **Signaling procedures.**

As with all of our other course offerings, Northern Strands 40 hour Overhead Traveling crane course can be taught on-site or at one of our facilities upon request. If you or your employees are operating an overhead traveling crane less than 50 tonnes in capacity, Northern Strands Training can provide you with competent operator training!

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 (3) years.

BELOW THE HOOK RIGGING



A combination introductory/intermediate level training program, below the Hook Rigging details and expands on the concepts from the ASME B30.9, B30.10, and B30.26 volumes as well as Part XIV of The Occupational Health and Safety Regulations, 1996. This program is geared toward workers in Saskatchewan, offers a diverse set of hands on exercises and also serves as 8 of the required 40 hours as per the Table 16 Minimum Training Requirements for Competent Operator of a Crane.

Overview of course topics:

- **Rigging Safety** – recommended delineation, PPE use, inspection intervals, hand signals, tagline requirements, critical lifts.
- **Working Load Limit** – definition, commonly used safety factors in rigging, ultimate loads, wire rope termination efficiencies.
- **Rigging Forces** – determine load weight using volume, calculate location of Centre of Gravity and effect of angular rigging tension.
- **Slings** – sling configurations (hitches) and their effect on working load limits, application, limitations of use, and inspection guidelines for all common sling types.
- **Hardware** – application, limitations of use, and inspection guidelines for shackles, hooks, links/rings, turnbuckles, eye bolts, swivel hoist rings, fist grip/u-bolt clips and wedge sockets.
- **Load Handling** – application, limitations of use and inspection guidelines for snatch blocks, multi-part line blocks, lever hoists, chain falls and plate clamps.

The course duration is typically a very full 8 hour day; certificates issued are valid for 3 years.

AIR WINCH SAFETY TRAINING



Northern Strands Air Winch Safety Training offers you a one-of-a-kind course. 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)]

Air Winch Safety Training:

- **Teaches you how to properly and safely anchor a air winch 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 Air Winch Safety Training course also contains a practical hands-on demonstration where you will receive training on rigging up and using a pneumatic tugger.

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

After completing the course you will be issued an Air Winch 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 pouring a socket.**
- **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 in our state of the art test bed.**

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.

TRAINING FAQS



I notice you are Saskatchewan based. Do you offer out of province training?

• Yes, we offer out of province training. In fact, we have run training courses internationally. i.e. Wirelock Socketing in Peru and Mongolia. Please contact us to discuss potential training in your region.

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 always 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.

Where can I buy my rigging or fall arrest equipment after completing the courses?

• Northern Strands has multiple divisions that can supply our trainees with all the equipment they need. Our Rigging division sells a wide variety rigging and fall arrest equipment, including; wire rope, shackles, hoists, harnesses and lanyards. Plus we have a Fall Protection division that installs commercial Fall Protection Systems. We use, sell and install the equipment we train people on how to use!

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 using 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 workplace incidents.

The leading causes of workplace incidents are:

- **Compacency**
- **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 six major divisions that offer needed tools and technical knowledge in mine hoisting and attachments, general rigging, engineered fall protection, suspended access, training and agriculture terminal maintenance.

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. 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 offers a multitude of safety training courses for construction, mining and agriculture industries. We have the ability to provide flexible on-site training. Please call us to discuss booking training for dates that are not listed in our online calendar. Our 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 and Occupational Health and Safety.

BESIDES TRAINING, WHAT ELSE DOES NORTHERN STRANDS OFFER?

The Courses offered are: Fall arrest, Overhead Crane, Crosby® Rigging, Tugger Safety, Wirelock® Socketing, Suspended Access Equipment and General Mine Safety Awareness training. 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 the 40 hour Overhead Crane course which can be completed in four 10 hour days or five 8 hour days. 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.

The Agriculture Terminal Maintenance Division is able to provide products and services for fabrication & assembly, general repair, car progressioner, and agriculture terminal maintenance. We stock Nordstrong parts for all sizes of car progressioner, provide cables, accessories, connection kits, gearboxes, motors, brakes, specialty bearings and housings. The Northern Strands Group of Companies has also recently outfitted a Mobile Railcar Progressioner Servicing Unit custom suited to service a multitude of railcar loadout facility maintenance requirements. This all-terrain unit is built off of a Yanmar C25R Track Machine and carries a service deck outfitted with a rope greasing system,

socketing vice, heavy duty winch, hoisting davit, service greasing system, and welder/generator/air compressor combination unit to accommodate a variety of loadout servicing needs including rope greasing, component replacements, general system inspections/servicing, rope tensioning, welding repairs, and more. The Mobile Railcar Progressioner Servicing Unit comes fully site compliant with positive air shutoff, fire extinguisher, beacon, lighting, and ROPS.

Northern Strands Certifications and Associations: COR Safety certified, ISNET, Mission Zero Charter Member, Canadian Dam Association Sustaining Member, AWARE, SAIA, CASA, SRCA

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COMPANY LOCATIONS

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Visit the Northern Strands Training Calendar to see open training
www.northernstrands.com/calendar.aspx

