

**FRSITO STRUCTURED TRAINING PROGRAMME NC OCCUPATIONAL HEALTH AND SAFETY  
(WORKPLACE SAFETY) (LEVEL 1) VERSION 3 40 CREDITS**

**Trainee Name:**

This programme has a minimum of 40 credits - 18 compulsory credits and 22 elective credits.

The following unit standards are *compulsory*.

Unit ID	Description	Level	Credit	Holds
497	Protect health and safety in the workplace	1	3	
17593	Apply safe work practices in the workplace	2	4	
2977	Read texts for practical purposes	1	4	
3483	Fill in a form	1	4	
3490	Write an incident report	1	3	
<b>TOTAL</b>			<b>0</b>	

***ELECTIVES***

A minimum of 22 credits is required from the elective lists A and B. Ensure that you have identified any prerequisite(s) unit standard(s), and if necessary include these unit standards in the elective lists if they are not already held.

**Elective A**

A minimum of 11 credits is required from elective list A.

Please enter the credit value in the **Select** column.

[Click on this link to provide details.](#)

Unit ID	Description	Level	Credit	Select
<b>TOTAL</b>				

**Elective B**

Select the balance of credits from the unit standards in the attached schedule.

Please enter the credit value in the **Select** column.

[Click on this link to provide details.](#)

Unit ID	Description	Level	Credit	Select
<b>TOTAL</b>			<b>0</b>	

**PLEASE GO TO NEXT PAGE TO CONTINUE**

**Overall programme total**

Compulsory	0
Elective A	
Elective B	0
<b>TOTAL</b>	

..... <b>Signed (Employer/Host)</b>
..... <b>Signed (Trainee)</b>
..... <b>Date</b>

*Attach a copy of this schedule to the signed and completed Training Agreement and return to:*  
**FRSITO**  
**PO Box 11 988**  
**WELLINGTON**

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**ELECTIVE A**

\* denotes a prerequisite

**DOMAIN - WORKPLACE FIRE AND EMERGENCY RESPONSE**

Unit ID	Description	Level	Credit
3271	Suppress fire with hand extinguishers and fixed hose reels	2	1
4647	Explain principals of fire science	2	1

**DOMAIN - CORE HEALTH**

6402	Provide resuscitation level 2	1	1
6401*	Provide first aid	2	1
6400*	Manage first aid in emergency situations	3	2

**Please note: units from the Occupational Health and Safety domain can also be used in elective A.**

**ELECTIVE B**

**DOMAIN - FIRE AND RESCUE SERVICES - GENERIC FIRE FIGHTING**

Unit ID	Description	Level	Credit
3278	Demonstrate knowledge of command and control structure of an emergency service provider	1	2
3270	Establish and deliver water supplies for fire fighting	2	3

**DOMAIN - FIRE AND RESCUE SERVICES - STRUCTURAL AND INDUSTRIAL**

3283	Demonstrate knowledge of personal safety at fire and emergency incidents	2	4
3309	Carry out and report on inspections for fire and rescue risk planning	2	2

**DOMAIN - WORKPLACE EMERGENCY RISK MANAGEMENT**

16798	Take preventative measures against emergencies in the workplace	2	3
17279	Demonstrate knowledge of the coordinated incident management system (CIMS)	2	2

**DOMAIN - WORKPLACE FIRE AND EMERGENCY RESPONSE**

16797	Identify, prepare for, and take action in a workplace emergency	2	3
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**DOMAIN - OCCUPATIONAL HEALTH AND SAFETY PRACTICE**

19522	Undertake job safety analysis	2	4
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**DOMAIN - WRITING**

3490	Write an incident report	1	3
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**Please note: other unit standards may be used in elective B.  
Contact your FRSITO Regional Training Coordinator for details.**