

## Easy to book

Our website [www.ramirent.se](http://www.ramirent.se) features a booking system with all courses currently available. After registering, you will receive a booking confirmation and a reminder by e-mail or text message in good time before the course starts. At [www.ramirent.se](http://www.ramirent.se) you can even download PDFs for the courses in which you are interested.

## We tailor courses for you

- Internal training courses
- Can be adapted to your needs
- Ask about your choice of language

### Get in touch with us!

Call +46 63-55 15 85 or email us at [utbildning@ramirent.se](mailto:utbildning@ramirent.se) to tell us about your needs and we will suggest a solution.

## Download

At [ramirent.se](http://ramirent.se) you can even download PDFs for the courses in which you are interested.

### Welcome to Ramirent!

Do you need to rent a machine for the day or are you planning to set up a complete work site? Ramirent is one of the leading companies in the industry and has a broad offering of modern and well-maintained machines. Our skilled and experienced personnel help you find the right solution for your specific needs. We are always close to hand with customer centres throughout Sweden – from Trelleborg in the south to Kiruna in the north. Find your nearest customer centre at [www.ramirent.se](http://www.ramirent.se).

RAMIRENT BYGGGÅRDEN SVENSKT TRÄSKOGSUTBILDNING



# Courses for a safe workplace

# Courses in safety and productivity

**Work at heights**, in traffic, with hot processes and similar activities that entail risks. We know from experience that most workplace incidents, accidents and occupational injuries could have been prevented with the right equipment and the right actions. In the event of an accident, the consequences can be mitigated with the right knowledge and tools. All of Ramirent's courses are based on current legislation, regulations and standards and are taught by certified instructors.

The highest productivity with retained safety is a cornerstone of our courses. Each course is concluded with a theory test. This guarantees that your personnel – in-house or outsourced – have the knowledge required in their particular fields of work. We register all course attendances and remind you when it is time for a follow-up under current regulations.



## LIFT TRAINING – BASIC

**Why?** Laws and regulations require that anyone using a lift is well acquainted with the task and has their employer's written permission to operate a lift. The theoretical and practical skills required to operate a lift must be documented.

**How?** This course is aimed at lift users, supervisors, service personnel and health and safety representatives. The participants learn to effectively and safely use mobile work platforms. We cover lift types, designs, use, inspections, checks and regulations. Practical exercises using common lift types.

LENGTH  
**1**  
DAY



## LIFT TRAINING – CONTINUATION

**Why?** The international standard for mobile work platforms, which has been translated into the Swedish standard, provides the basis for this continuation course in the safe and effective use of lifts. Participants must have already attended the course Lift Training – Basic.

**How?** The participants shall have regularly worked with the appropriate lift type. The course extends knowledge and we share experiences. We cover machine types, working methods, checks, inspections, laws and so on.

LENGTH  
**4-5**  
HOURS



## FALL PROTECTION USER TRAINING

**Why?** When working at heights the risk of falling to lower levels is the first priority for preventative measures. If you cannot use guard rails or other collective fall protection, then personal fall protection must be used. The design and construction of such protection is defined in laws, regulations and standards.

**How?** The participants learn the principles behind personal fall protection equipment and which equipment is required for different types of work. Safety shall be achieved without obstructing work. We cover laws and regulations, product categories and more.

LENGTH  
**4-5**  
HOURS



## SCAFFOLDING 2-9 METRES

**Why?** According to current regulations, anyone who assembles, disassembles or substantially alters a scaffold must have attended a documented course/information session. Anyone working on scaffolding at heights of 2-9 metres must have attended a general training course. Anyone managing or supervising work must have at least the same level of training.

**How?** We cover laws and regulations, planning, sizing, materials and assembly.

LENGTH  
**1\***  
DAY

\*Plus 1 day of self-studies.



## SAFE LIFTING WITH LIFTING DEVICES

**Why?** According to current regulations, slingers/signallers and other concerned personnel (both employees and outsourced staff) must have documented knowledge in order to use lifting devices and lifting accessories.

**How?** The course covers all prescribed aspects concerning safe lifting. The participants learn to effectively attach and use lifting devices without compromising safety. We cover lifting devices, roles and responsibilities, risk assessment, laws and regulations, signals and signs and more. The aim is good productivity with complete safety and the faultless handling of goods.

LENGTH  
**4-5**  
HOURS



## WORK ON ROADS 1 & 2

**Why?** Trafikverket, the Swedish Transport Administration, requires that anyone conducting roadwork on behalf of or on roads that fall under the administration has the necessary skills for working in such an environment. Under the Swedish Work Environment Act responsibility for this falls to the employer.

**How?** The course includes the areas required for each type of work. The course is provided for all personnel who are to conduct roadwork on roads that fall under Trafikverket and is aimed at drivers of all types of vehicle for road maintenance, service and the like.

LENGTH  
**1**  
DAY



## HOT WORK

**Why?** Insurance company safety regulations require that fire protection officers and fire guards, as well as personnel conducting hot work that entails a fire hazard (that is, involves heating or spark generation), are trained and certified.

**How?** Those conducting hot work together with concerned supervisors, subcontractors and company management are trained in fire knowledge, safety regulations, insurance company regulations and the organisation of temporary work sites. Practical exercises are conducted. Participants who pass the course receive a certificate valid for five years.

LENGTH  
**1**  
DAY



## FIRST AID, CPR & AED (DEFIBRILLATION)

**Why?** By allowing all personnel to attend courses in cardiopulmonary resuscitation (CPR), you increase the chances of saving lives. An automated external defibrillator (AED) kept on site and knowledge of how to use it can mean the difference between life and death.

**How?** We teach the basics of CPR, including airway obstructions. The participants learn how to act if someone stops breathing or has a heart attack: symptoms, alarm procedures, equipment use, safety and team training. After completing the course, participants can act as first-aiders if someone's heart or breathing stops and use a defibrillator.

LENGTH  
**6**  
HOURS



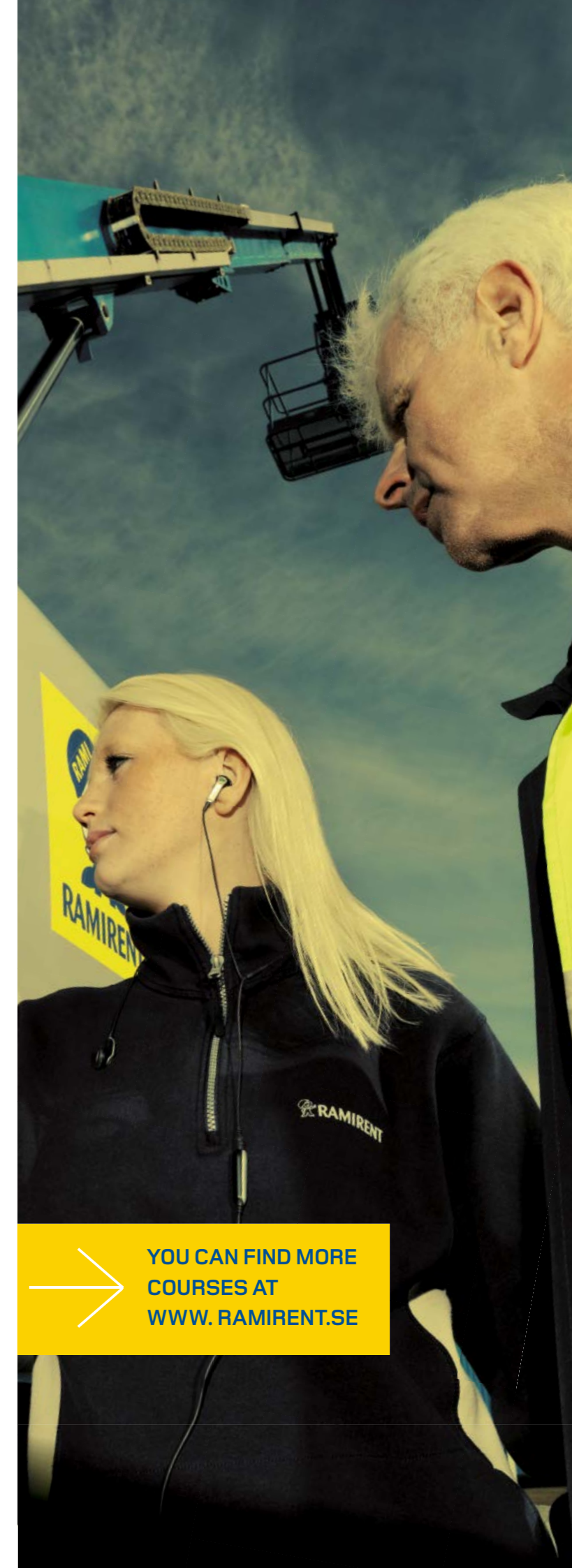
## FORKLIFT OPERATOR TRAINING A & B

**Why?** Under the Swedish Work Environment Act employers must ensure that employees have any necessary training. Operating a forklift truck at the workplace requires documented theoretical and practical knowledge.

**How?** The course, which complies with Sweden's Truckläroplanen TLP10, is taught by our certified and experienced instructors. The course covers forklift types and use, designs, material and goods handling, goods types, ergonomics, inspections and maintenance, economics, traffic and safety, as well as practical exercises. A forklift truck license is issued if the driving and theory tests are passed.

LENGTH  
**2-4**  
DAYS

The specified time is approximate. We adapt the course to the experience and size of the group. For all courses in Swedish, participants must be at least 18 years of age and have a good understanding of the Swedish language.



YOU CAN FIND MORE COURSES AT  
[WWW.RAMIRENT.SE](http://WWW.RAMIRENT.SE)