

# COURSE CATALOGUE

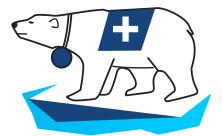
SAFETY TRAINING AND CONSULTING SERVICES

YOUR NATIONAL SAFETY TRAINING LEADERS

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NOVEMBER 2024



## ARCTIC RESPONSE CANADALTD.

Arctic Response Canada Ltd. opened in Yellowknife, NT, in 2001, delivering arctic survival and outdoor technical rescue programs to government and private sector employees throughout Canada's northern territories. Since then, we have expanded to meet the pre-employment and job-specific training needs of every northern sector and have steadily expanded our reach to provide training and services throughout southern Canada and internationally. In many cases, Arctic Response has become the industry standard and leader for safety training and we are proud to have aided in the development of national training standards for both private and public sector groups.

Our training programs are designed for individuals and groups working and traveling in some of the most environmentally extreme and remote areas on Earth. Workers in such locations need to be better prepared, more self-reliant, and realistic in their approach to workplace safety, and our programs are based on these principles. The investments we have made in developing effective and regulatory-compliant training packages are contributing to a growing safety culture throughout Canada and abroad.

A training curriculum is only as good as the instructor delivering it, and our people are the cornerstone of our success. Arctic Response instructors are outstanding adult educators drawn from a wide variety of high-intensity professions including technical rescue, military, outdoor education, teaching, and adventure expedition guiding. Many bring firsthand experience in the field and industrial roles held by our clients. Our instructors are passionate teachers, subject matter experts, and have the critical judgment to make training effective, exciting, and safe.

In addition to training, Arctic Response also offers a range of professional services including safety planning and consulting, on-the-job mentoring, wildlife monitoring, medic services, equipment sales and rentals, mould remediation, and more.

Yellowknife remains our flagship office and is the coordination hub for training across the North. A second training and administrative centre opened in Edmonton in 2010. From these locations, Arctic Response can deliver training anywhere in Canada.

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#### First Aid Courses

Our federally, provincially, and territorially accredited first aid training courses are built on authentic, hands-on, scenario-based training designed to prepare students to successfully deal with unexpected medical emergencies. Training is available at the following levels:

#### Intermediate Workplace First Aid and CPR | 2 days

 $\ensuremath{\textbf{CPR}}\xspace$  | Available at the following levels:

- A Adult patients | ½ day
- B Adult and child patients  $\mid$  ½ day
- C Adult, child, and infant patients  $\mid \ \ensuremath{\mathscr{V}}_2$  day

BLS Provider Level C, adult, child, and infant patients  $\frac{1}{2}$  day

#### AED Provider and CPR | ½ day

**Blended Online Intermediate First Aid** | 2 days | Please contact us for more details. Online first aid training is available through Rescue 7 to work at your own pace. Training has a self-guided online portion followed by a practical skills demonstration done in-person at Arctic Response

### Advanced First Aid (80 hour level)

Advanced First Aid Course enables graduates to stabilize emergency situations in pre-hospital environments. Training is ideal for security personnel, teachers, health and safety committee members, designated workplace first aid team members, volunteer firefighters, internal EMS personnel, wilderness guides, camp instructors, and lifeguards. Content includes primary and secondary scene management, advanced first aid procedures, airway management, oxygen therapy, c-spine management, spinal boards, patient packaging, motor vehicle accidents, and patient transfer to Emergency Medical Services.

## Wilderness First Aid

Wilderness First Aid is essential training for those who work, travel, or play in remote areas more than one hour from advanced medical care. Training prepares candidates to deal with the types and degrees of trauma they will realistically encounter while on the land. Candidates are required to think through challenges and apply problem-solving skills rather than simply following prescribed to-do lists.

Prior to training, Arctic Response can meet with your training stakeholders to identify company specific policies and training objectives to ensure this training reaches its maximum efficacy.

#### Levels of Training Available:

Wilderness First Aid and CPR 3 days

Integrated Intermediate and Wilderness First Aid and CPR 4 days

Advanced Wilderness First Aid Bridge Course 3 days

Advanced Wilderness First Aid and CPR 5 day

Wilderness First Responder 10 days

## Wilderness First Responder Bridge Course 5 days

Please contact us to determine which training stream best suits your organization's needs.

## Animal First Aid

Animal First Aid is essential training for pet owners and handlers. The program begins with a review of toxic substances, basic nutrition, and dental needs. Participants learn how to respond to emergencies including if the animal is choking, has ingested poison, or if their heart stops through a blend of theory and practical, hands-on scenarios.

Canine First Aid 1 day Feline First Aid 1 day



## FIELD SAFETY TRAINING

#### Wildlife and Firearms



The Canadian Firearms Safety Course (previously known as the Firearms Acquisition Course) training is mandatory to obtain a Possession and Acquisition License (PAL). Content includes safe firearms practices, handling and carrying, understanding different types of firearm actions, ballistics, firing techniques and procedures, care and maintenance, storage, display, transportation, and responsibilities of firearms owners and users.

The course and associated license covers all firearms classified in Canada as non-restricted (generally speaking, this refers to rifles and shotguns). A Possession Only License is available for minors 12 to 17 years old.

1 - 2 days

#### **Predator Defence and Firearms Handling**

Predator Defence and Firearms Handling is intended for any individuals who work or travel in areas inhabited by bears, cougars, wolves, wolverines, moose, large marine mammals, or other dangerous wildlife. Training is broken into two segments: one day of interactive, classroom-based training focusing on behavioural understanding of applicable wildlife; and one day of scenario-based practical training in a wilderness environment. Exercises train and rehearse candidates in an escalating range of appropriate responses to potentially dangerous wildlife, from physical posturing and shouting, use of non- lethal deterrents such as bear bangers and pepper spray, to the use of lethal force with firearms. The firearms training portion, which includes the use of bean bag rounds, rubber slugs, shot, and lead slugs, is tailored to your specific needs and context and is conducted under strictly controlled conditions.

The non-restricted Canadian Firearms Safety Course is strongly recommended as a prerequisite.

2 days

### Wildlife Awareness

A simplified version of the Predator Defence and Firearms Handling course, Wildlife Awareness consists of a condensed delivery of the same core classroom modules, as well as practical training in the use of non-lethal deterrents such as bear bangers and bear spray. It does not include any firearms training.

1 day

### **Basic Firearms Handling**

Ideal for individuals handling firearms for the first time or veterans seeking a refresher, Basic Firearms Handling aims to increase safety, comfort, and skill in using shotguns and rifles. Content includes a review of safe firearms practices, handling and carrying, understanding different types of firearm actions, ballistics, firing techniques and procedures, care, and maintenance. Practical training is conducted at a shooting range under the close supervision of our qualified instructors.

1 day

#### Land Navigation

Land Navigation training introduces participants to map, compass, and GPS (Global Positioning System) use through a blend of classroom and tabletop exercises followed by practical field training. Content includes direction and location finding, route planning and following, declination, use of latitude/longitude and UTM grids, topographic maps, triangulation, and GPS navigation techniques. Improved leadership, self-confidence, and team interaction are collateral benefits of this course as candidates are required to work collaboratively to achieve common goals. Programs include Introduction to GPS (1-day), Land Navigation (2-day), or Land Navigation (4-day) and can be tailored to your organization's needs.

2 days

### Introduction to Wilderness Tracking

Introduction to Wilderness Tracking builds the foundational knowledge for observing and interpreting ground sign to make deductions about human and animal behaviours. Students will learn and practice observation skills through a blend of classroom-based and practical training in the field. Wilderness Tracking integrates traditional tracking knowledge with modern tactics, theory, and science. Training can be tailored and expanded to meet the needs of search and rescue teams, outdoor enthusiasts, or law enforcement and emergency response organizations.

#### **Chainsaw Operator**

Appropriate for candidates of all skill and experience levels, our Chainsaw Operator courses are designed to place and keep safety at the forefront of the operator's mind, regardless of specific tasks or working conditions. The following levels of training are available:

#### Level 3 (Intermediate) Operator

Required training for operators involved in tree falling operations. Advanced content includes assessing potentially dangerous trees, troubleshooting for hazardous situations such as leaners and spring poles, and precision tree falling.

3 days

#### Level 2 (Basic) Operator

Required for operators involved in any chainsaw work except for tree falling. Content includes safe techniques for brushing, bucking, and limbing. Level 2 may be available to candidates in a Level 3 course failing to meet the passing standard for intermediate operations.

2 days

#### Level 1 (Awareness Level) Operator

Awareness training is appropriate for those working around chainsaws, but not performing cutting operations. Content includes basic safety awareness and chainsaw care and maintenance. Level 1 certification may be available to candidates in a Level 2 or 3 courses failing to meet the passing standards for basic or intermediate operations.

1 day

#### **Bruschcutter Operator**

Brushcutter Operations is an additional module that can be included in either the Level 2 or Level 3 courses and covers the care, maintenance, and safe operation of brushcutter saws.

1 additional day

#### Chainsaw Operations on Ice

Chainsaw Operations on Ice is tailored to your needs and context. Content includes ice hazard analysis and risk management, emergency procedures for on-ice incidents, care maintenance for cold weather and freezing water chainsaw operations, and specific cutting techniques for cutting ice at varying thicknesses. Course length and cost is determined based on the specific modules required.

Please contact us for more information.

#### Dangerous Tree Assessor

Dangerous Tree Assessor training is for individuals and organizations working in forest environments to learn how to identify, classify, and take appropriate action when faced with a dangerous tree. Training can be stand-alone or added as an additional module to the Chainsaw Operator program.

Please contact us for more information.

#### **ATV** Operator

The ATV Operator program is designed for field workers and recreational ATV users. Training includes pre-trip planning and inspection, handling and operating skills, basic user maintenance, and riding techniques on varied terrain. Custom training options are available and include riding techniques for challenging terrain, weighted cargo racks, towing loaded trailers, water and obstacle-crossing techniques.

Candidates must provide their own ATV. A limited number may be available for rent from Arctic Response.

1 to 1.5 days

#### **UTV** Operator

The UTV Operator program is intended for individuals required to operate UTVs for work purposes and focuses on realistic challenges faced in the field and safe strategies for addressing these. Training includes preventative maintenance, pre-trip inspections, field troubleshooting, safe operating techniques, emergency procedures, and operations with cargo. The UTV Operator program can be customized to suit your organization's operational requirements, context, and environments.

1 to 2 days





## Arctic Survival

Arctic Survival programming equips candidates with realistic skills and knowledge to survive in the arctic or subarctic if lost, stranded, or involved in a vehicle breakdown. Training begins in class reviewing the Seven Priorities of Survival, Search and Rescue capacities, and essential survival equipment. Participants then spend the remaining days and nights in practical survival scenarios, balancing their priorities and monitoring their physical and mental well-being. Arctic Survival is designed for individuals who work on the land, passengers, and aircrews travelling through the north. Training is intended to push an individual's limits in a safe environment and is not to be mistaken for camping.

Training can be conducted in either Boreal regions or Barren Lands, each presenting unique survival challenges.

Winter or Summer Survival | 4 days

Introduction to Winter Survival | 2.5 days

### Wilderness Readiness

Wilderness Readiness is designed to prepare participants for emergencies and unexpected stays in remote field working environments. Content includes pretrip equipment and route planning, an overview of the six priorities of survival, basic navigation with map, compass, and GPS, signaling devices and techniques, communication devices and plans, shelters, basic wildlife awareness, Search and Rescue capacities and limitations, and response strategies when lost or stranded.

Instructors will also review your organization's pre-trip Standard Operating Procedures (SOPs), identify potential dangerous situations for field workers, and work to improve your field safety policies and practices.

Wilderness Readiness is not a survival course - it prepares participants for shortterm emergencies in remote environments.

1 day

### Wilderness Emergency Communications

Advances in technology have made tracking and communicating with workers in remote locations easier than ever, but effective use of these devices is essential to ensuring worker safety. Wilderness Emergency Communications can be customized to the specific technologies used by your organization including Garmin InReach, Spot, satellite phones, and more. Training is designed to demonstrate and rehearse the tracking and communications functions, basic troubleshooting, and ensure workers are comfortable performing these tasks in the field.

1 day

### On the Land Youth Programming

Arctic Response Youth Programs aim to develop closer relationships with nature by teaching core survival and fundamental outdoor skills in a safe, fun, and controlled environment. Youth programs are customizable, and can include a blend of the following:

- Hunting & Wildlife Training
  - Predator Defence
  - Hunting, Trapping, and Game Dressing
- Bushcraft Skills
  - Camp Craft
  - Shelter Building
  - Fire Starting

- Safety Based Training
  - First Aid
  - Water Safety
  - Survival
  - Navigation
- And more!

Please contact us for more information.



## Ground Search and Rescue (GSAR)

Ground Search and Rescue (GSAR) courses are designed for volunteers or professionals, Arctic Response is pleased to offer GSAR training at these levels:

#### Fundamentals

Basic level training with classroom and on the land practical training, with at least one overnight. Training includes national and local SAR knowledge, GSAR related legal responsibilities, rescuer safety, navigation and search tactics

4 day minimum

#### Team Leader

Team Leaders are responsible for leading less experienced team members in carrying out a search plan safely and effectively. A failure at this level of leadership may well result in prolonged search times and injuries or death to rescuers and victims. Training includes both theory and practical training with at least one overnight

4 day minimum

#### Search Manager

GSAR Search Manager training prepares candidates to carry out the primary search management roles of a GSAR overhead team (headquarters). The management structure is based on the internationally recognized Incident Command System (ICS), which provides an effective, organized method of multi-agency operations. To improve local area capabilities, Search Manager courses should train candidates from all agencies that may work together during actual searches, such as RCMP and volunteer GSAR teams, rather than training in organizational "stovepipes".

5 day minimum

### **Incident Command System**

The Incident Command System (ICS) is a standardized, on-scene, allhazard Incident Management System based upon a scalable response. ICS standardizes response and operational procedures to reduce the potential for miscommunication and mismanagement between agencies. The course introduces ICS and provides an overview of the history, features, principles, and organizational structure. Incident Command System training is appropriate for a variety of organizations beyond emergency response teams. Management personnel with responsibilities to action internal emergency plans for life threatening events to employees, property or environmental damage or similar events, will benefit from this training.

Training is available at two levels:

#### ICS 100

ICS 100 level training provides an overview of the organization, roles and responsibilities for on-scene immediate responders.

#### ICS 200

ICS 200 level training details the roles for persons with response coordination responsibilities.

A combined course including both the 100 and 200 levels can also be provided.

Please contact us for more information.



#### **Introduction to Wilderness Risk Management**

Any work or travel in remote locations or challenging environmental conditions entails a suite of hazards and risks that must be carefully considered to keep employees safe. Introduction to Wilderness Risk Management equips participants with effective strategies to inventory risks for any activity and provides a range of tools for assessing (both qualitatively and quantitatively) the frequency, severity, and exposure to a given risk. Approaches to reducing the different dimensions of risk are applied to client- specific examples, resulting in a meaningful experience that will have direct and positive impacts on the way in which work is planned and executed.

While training is typically one day in length, expanded and customized deliveries are available upon request.

1 day

#### Introduction to Wilderness Crisis Management

Introduction to Wilderness Crisis Management focuses on all aspects of managing a crisis in the field, including overseeing team members, maximizing resources, coordinating emergency evacuations. Graduates of the program have the skills to plan for successful crisis resolution before it occurs. Introduction to Wilderness Crisis Management is a stand alone course that can be included in other field rescue or wilderness training packages.

1 day

## Swiftwater Safety and Rescue – Field Workers and Teams

Swiftwater Safety and Rescue is designed for individuals working, traveling, or playing in and around rivers. Dry land training provides in-depth analysis of river features, morphology, and hazards, an overview of the effects of cold water on the human body and related first aid skills, safety equipment options, principles of rescue, and basic rescue techniques. Practical training challenges candidates to become comfortable reading river features, identifying safe routes for wading, swimming, and paddling through rapids, all while maintaining heightened situational awareness. Rescue techniques practiced include talk rescues, throwbagging, mechanical advantage systems, strong swimmer rescuers, and techniques for quickly and safely dealing with specific hazards such as strainers, sweepers, hydraulics, and foot entrapments.

2 days

#### Swiftwater Safety Awareness

Classroom contents includes most of the modules from the Swiftwater Safety and Rescue course, with an emphasis on hazard identification and avoidance. The practical training day builds comfort and confidence in river reading, wading and swimming techniques, and basic throwbag skills. It is recommended that any individual or organization identifying the need for swiftwater safety training strongly consider the full two-day Swiftwater Safety and Rescue course.

2 days





### **Big River Safety and Rescue**

Large rivers present unique risks and hazards to workers and travelers and require varied approaches to safety. Big River Safety and Rescue is customized to your organization's specific needs and context. Course content includes cold water physiology, moving water awareness and rescue techniques, boat handling in moving water, first aid for cold water, emergency scene management skills, and mechanical advantage systems for victim and equipment recovery.

2-3 days | Please contact us for more information.

### Pleasure Craft Operator's Card (PCOC)

Any individual (regardless of age, experience, or location) operating a boat equipped with a motor (gasoline or electric) is required by federal law to obtain a Pleasure Craft Operator's Card (PCOC), sometimes referred to as a boating license. The PCOC course covers all aspects of boating safety and knowledge required to successfully pass the Transport Canada exam, which is administered by our accredited examiners at the conclusion of the course. Upon successful completion of the exam, participants will receive a temporary license, and can expect their permanent license to arrive by mail a few weeks later. The Pleasure Craft Operator's Card does not expire.

1 to 1.5 days

### **Boating Safety and Operations**

Boating Safety and Operations is ideal for anyone operating boats for work, travel, or recreation. Training can be customized to include boats outboard or inboard motors of any size and different bodies of water. The theory portion covers pre-trip planning, mandatory and recommended safety equipment, Transport Canada Regulations, effects of cold water on the human body, emergency first aid for water-related injuries, basic maintenance, and troubleshooting, and where applicable, river morphology. Practical training is on the water, where candidates are put through progression of drills designed to develop and improve basic boat handling skills, emergency maneuvers, docking, trailering and appropriate responses to man overboard and capsized boat scenarios.

2 days

### **Boating Safety Awareness**

Boating Safety Awareness is a condensed version of the Boating Safety and Operations course which includes the theory modules and does not include practical training on the water. It is recommended that any individual or organization identifying the need for boating training take the two-day Boating Safety and Operations course.

1 day

#### Small Vessel Operator Proficiency (SVOP) and Basic Safety (SDV-BS)

The Small Vessel Operator Proficiency (SVOP) and Small Domestic Vessel – Basic Safety (SDV-BS); formerly known as Marine Emergency Duties or MED A3) certifies participants to operate small commercial marine vessels through this Transport Canada approved program. Course contents include captain responsibilities, collision regulations and avoidance, navigation, search and rescue, boating handling, weather, tides, and currents.



5 days | Please contact us for more information.

## Cold Water Safety Awareness

Drowning rates in the North have been and continue to be alarmingly high when compared to the rest of the country, largely due to a lack of understanding of the hazards of cold water and failure to take the appropriate preventative safety measures. Cold Water Safety Awareness is a one-day program ideal for all northerners. Course contents include the effects of cold water on the human body, basic rescue and first aid techniques, pre-trip planning, options for safety equipment, and basic emergency response principles. Content is delivered through informative presentations, northern case studies, and class discussions about participants' personal experiences.

1 day

### **Marine Navigation**

Marine Navigation covers similar principles to our Land Navigation training (page 13) and shifts the focus to marine applications. The use of nautical charts and marine plotters are emphasized, enabling candidates to successfully plan and execute precise routes on the water. Boating Safety and Operations training is a recommended prerequisite for this course.

2 days

#### **Integrated Land and Marine Navigation**

Integrated Land and Marine Navigation encompasses the content of both the land and marine courses in a condensed 3-day delivery. Candidates will receive all the core components of both courses and apply these to both land and marine navigational challenges.

3 days

## Ice Safety and Rescue - Field Workers and Teams

Ice Safety and Rescue - Field Workers and Teams two-day training program has become the industry standard for organizations working on or around ice in the north. The dry land component addresses such topics as cold-water physiology and first aid, ice processes, incident command systems, personal protective equipment options, principles of rescue, and rescue equipment operation. The field portion of the training engages candidates in safe and controlled through-the-ice drills and scenarios covering self-rescues, talk rescues, rope and reaching aid rescues, boat rescues, and strong swimmer rescues, and practical mechanical advantage systems employing ropes and pulleys for casualty retrieval. Training can be customized to the client's needs and context, ensuring that rescue techniques and practices represent the number of rescuers, type of equipment, and degree of isolation are considered.

2 days

#### **Snowmobile Safety and Operations**

Snowmobile Safety and Operations develops planning, awareness, and riding skills of candidates of any experience level who operate a snowmobile for work or recreation. Practical exercises allow candidates to progressively increase their comfort and ability to ride under various conditions, and to deal with unexpected emergencies. Content includes a review of applicable laws, regulations, and bylaws, company specific policies, pre-trip planning, basic user maintenance and troubleshooting, loading and unloading from a trailer, safe riding techniques, emergency maneuvers, assessment of terrain hazards, and the essentials of winter survival. Candidates must provide their own snowmobile. A limited number may be available for rent from Arctic Response.

1 to 1.5 days





Certificate, permitting them to operate a snowmobile within city limits.

The City of Yellowknife Snowmobile Safety Course and License is required for any individual operating a snowmobile with Yellowknife city limits who does not possess a valid driver's license. Training is open to any individual 12 years of age or older. Content is comparable to the Youth Snowmobile Safety training, but successful candidates will receive a City of Yellowknife Snowmobile Safety

1 day

#### Youth Snowmobile Safety

Youth Snowmobile Safety is an awareness-level safety course for young snowmobile riders, focusing on the fundamentals of pre-trip planning, assessing environmental hazards, basic parts and maintenance, safe use of trails, hand signals, basic riding techniques, and appropriate laws, regulations and bylaws. Training can be customized to suit individual clients' needs.

1-2 days | Please contact us for more information.

#### **Ice Auger Operations**

Ice Auger Operations provides candidates with insight into common hazards associated with power ice augers. The brief classroom portion includes equipment familiarization, care, maintenance, troubleshooting, operational techniques, PPE, and environmental considerations. An in-class task hazard analysis and risk management plan specific to the practical training site is conducted prior to heading out for the field training portion. Practical training allows candidates to develop and demonstrate proficiency in various exercises using the power augers. The training drills, operating guidelines and procedures, and equipment can be tailored to the client's needs.

1 day

## Aircraft Underwater Egress

Aircraft Underwater Egress training prepares passengers, crew and pilots for over-water emergencies while traveling in small fixed-wing and rotary-wing aircraft. Training is built around what do in the moments leading up to, during, and following a ditching in water to maximize the odds of survival. Practical, inthe-water training with our fixed and rotary wing simulators recreate common scenarios associated with underwater egress, and allows candidates to build confidence and competence in escaping an upside down aircraft underwater.

Upon request, this training can also include the use of emergency bottled oxygen and can be conducted in lake settings to better simulate the cold and reduced visibility likely to be encountered in real ditching.

1 day

### **Aircraft Safety**

Aircraft Safety training is applicable to any individual traveling in small fixed-wing or rotary-wing aircraft.

#### Level 1 Basic Aircraft Safety

Basic Aircraft Safety includes personal and organizational pre-trip planning, an overview of the capacities and limitations of search and rescue, orientations and tours of aircraft commonly used in the north with a focus on the location and operation of emergency exits, equipment, ELTs, and communication devices.

1 day

#### Level 2 Hover Exit Safety

Hover Exit Safety provides advanced training for individuals needing to access or egress rotary wing aircraft away from a prepared landing pad. Subject to the client's specific safety policies and training objectives, training may include slinging, long lining, hover exits, toe-in exits, and single skid exits.

1 day

#### Load Slinging

Load Slinging prepares participants to safely prepare and load rotary-wing aircraft slings. Delivery begins in-class with lectures and discussion, followed by an afternoon of practical training. Course content includes crew responsibilities, PPE, lift and load planning, weights, load packing basics, and emergency planning. Course content is customized to client needs and context.

1 day

Course fees do not include flight or ground time with the aircraft, but Arctic Response can arrange for aircraft rentals upon request.

### **Small Aircraft Extrication**

Small Aircraft Extrication is awareness-level training for non-professional rescue personnel who may be first on scene of a small aircraft crash site. Following a brief classroom session, participants spend most of the day in practical training exercises that include scene survey, security, crash scene hazards, victim access and extrication hand tools, and preservation of evidence.

1 day

## **Radio Operator** Restricted Operator Certificate with Aeronautical Certification (ROC-A)

ROC-A provides candidates with instruction in regulations, operating procedures, emergency communications, radio terminology and phraseology, and equipment fundamentals. ROC-A is recommended for any field workers or emergency responders who may find themselves needing to use a VHF radio to communicate with aircraft or ground stations. The course concludes with candidates writing the Industry Canada exam, thereby allowing them to obtain their restricted operator's license.

An online version of this course is now available.

½ day

## **Radio Operator** Restricted Operator Certificate with Marine Certification (ROC-M)

ROC-M provides candidates with instruction in regulations, operating procedures, emergency communications, radio terminology and phraseology, and equipment fundamentals. ROC-M is legally required to operate a VHF or MF/HF radio on recreational vessels and commercial vessels up to 8m on Canadian waters. The course concludes with candidates writing the operators exam, thereby allowing them to obtain their restricted operator's marine license.

An online version of this course is now available.

1 day

"Great place. Great instructor. They also do S.A.R, search and rescue training, as well as the P.A.L. Super helpful. Awesome people" - Andrew D.

"Thought it was an excellent course. Enjoyed that we flew with two different pilots to see the differences" - Hover Exit Student





## INDUSTRIAL SAFETY COURSES

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#### WSCC Supervisor Safety Course

The NWT/NU Workers Safety & Compensation Commission (WSCC) Supervisor Safety Course introduces supervisors to occupational health and safety legislation, particularly the Safety Acts and Occupational Health and Safety Regulations. Training defines a supervisor's direct role and responsibilities toward workplace safety, best practices in identifying and controlling hazards, instruction in contractor safety management, and practical, industry-relevant exercises.

The NWT/NU WSCC defines a supervisor as "an individual authorized by an employer to oversee or direct workers"; it is an employer's responsibility to ensure supervisors participate in a familiarization program delivered in a format suited to the supervisor's level of knowledge, training, and experience. Upon completing the program, supervisors understand their roles and responsibilities concerning legislation, and can competently and safely oversee the work of others. The WSCC Supervisor Safety program fulfills the WSCC requirement for employers to train employees at any supervisory level.

2 to 3 days

#### Fire Extinguisher Operations

Fire Extinguisher Operations training includes fire theory, types of extinguishers and agents, principles of fire extinguisher use, review of first aid for burns and smoke inhalation injuries, and practical exercise using controlled fire. Each student will operate one 5 lb. ABC fire extinguisher on a live, controlled fire during the practical phase of training.

½ day

## Workplace Hazardous Materials Information System (WHMIS)

WHMIS training introduces participants to legal requirements, industry standards, and best practices. Training is classroom-based and includes the development, application, and translation of WHMIS labels, use of MSDS sheets and components of the workplace WHMIS safety system.

½ day

## Transportation of Dangerous Goods (TDG) for Ground Shipments

Transportation of Dangerous Goods (TDG) for Ground Shipments is classroombased training through the approved TDG training package from Danatec. Content includes TDG safe working practices, safety labels and placards, regulations, emergency action plans, and shipping documentation. Tailored training is also available for employees with specific duties/responsibilities for the handling of dangerous goods and can be customized to focus on specific classes of dangerous goods.

1 day

## Transportation of Dangerous Goods (TDG) for Ground and Air Shipments

Transportation of Dangerous Goods (TDG) for Ground and Air Shipments course covers all elements of the TDG Ground program and additional modules required for air shipments. Training teaches participants their responsibilities under the TDG Act and Regulations for the preparation, offering, and acceptance of dangerous goods. TDG for Ground and Air Shipments covers the current IATA Regulations used by air carriers during the preparation and acceptance of dangerous goods for air transport.

2 days

#### **Traffic Control Person**

A Traffic Control Person (TCP), also known as a Flag Person, Flagger, or Signaller, is a competent person who possesses the knowledge, experience, and training to perform traffic control and flagging duties at a worksite. Traffic Control Person training is based on the NWT/NU Code of Practice and covers roles and responsibilities, clothing, accessories, and PPE for various conditions, traffic control equipment, directions, configurations, radio communications, emergency preparation and response.

1/2 day



#### **Basic Food Safety**

Basic Food Safety training is intended for food handlers in many settings, including restaurants, catering, and community programs. The course teaches workers about food safety and handling, empowering them to conduct their work responsibly and professionally, ensuring employee and customer safety, and reducing liability risks to the employer. Arctic Response is accredited through TrainCan to deliver Basic Food Safety.

2 days

#### **Advanced Food Safety**

Advanced Food Safety is designed for managers, head chefs, menu planners, and individuals responsible for food orders. Training builds on the Basic Food Safety Training program, adding Hazard Analysis Critical Control Point training to design, implement, and maintain safe food flow systems. Arctic Response is accredited through TrainCan to deliver Advanced Food Safety.

2 days

#### **Confined Space Entry**

Confined Space Entry training provides practical safeguards to the dangers of entering confined spaces for the purpose of work. Content is largely hands-on, and includes practice with atmosphere testing equipment, Self-Contained Breathing Apparatus (SCBA), and other related equipment. Students learn confined space classifications, suitable pre-entry procedures, rescue methods and retrieval equipment.

Confined Space Entry one-day delivery is intended for individuals with previous training and experience working in and around confined spaces.

1 day

## Fall Protection

Fall Protection training teaches the hazards of working at heights and provides practical safeguards to protect against the dangers of falling. Content includes relevant legislation for working at heights, ladder safety, slips, trips, and fall prevention, methods for calculating clearance heights, harness use, and the effects of falling on the human body. Fall Protection can be customized to your organization's needs.

1 day

## **Fall Arrest Rescue**

Rescuing fallen workers that are suspended by a harness or other arrest equipment is a legal requirement of an employer's fall protection program. We review the client's typical working conditions, current safety program, available equipment and resources, and anticipated time for emergency responders to arrive to customize a relevant and effective Fall Arrest Rescue program. Training includes suspension trauma and other common injuries associated with fall arrest, emergency scene management, and first aid.

3 days

## Elevated and Aerial Work Platforms (EWP and AWP)

Elevated and Aerial Work Platforms certifies participants to operate EWPs/ AWPs. Training includes worker and employer responsibilities, harness use and inspection, types, uses, components, inspections, and practical operation of EWPs/ AWPs. Elevated and Aerial Work Platform training can be customized to a client's specific needs and context.

1 day

## **Rigging and Lifting**

Rigging and Lifting trains individuals to prepare and sling loads, and operator lifting devices like hoists, jib cranes, gantry cranes and monorails. Content includes equipment familiarization, limitations, inspections, load analysis and calculations, reviews of appropriate legislation, safe operating practices, and a review of company-specific practices to ensure safety and compliance.

2 days



## H<sub>2</sub>S Hazard Awareness

 $H_2S$  Hazard Awareness is intended for all workers in the petroleum industry who may be exposed to Hydrogen Sulphide ( $H_2S$ ). Training covers the physical properties and health hazards of  $H_2S$ , strategies for self-protection, and basic rescue techniques. Each student must operate a Self-Contained Breathing Apparatus (SCBA), detector tube device, perform CPR, and demonstrate rescue lifts and drags.

1 day

## H<sub>2</sub>S Alive

 $H_2S$  Alive is delivered through Energy Safety Canada and prepares workers for working in environments with Hydrogen Sulphide ( $H_2S$ ). Training covers the hazards of  $H_2S$ , identifying and detecting  $H_2S$ , self-protection, and  $H_2S$  incident response.

1 day

## **Asbestos Hazard Awareness**

Asbestos Hazard Awareness is a preliminary overview and introduction to the hazards presented by asbestos in the workplace. Content includes the fundamentals of what asbestos is, its hazard and the health effects of exposure, identifying asbestos-containing material, relevant legislation, regulations, and codes of practice, control procedures, and PPE.

1/2 day

## Asbestos Abatement Worker

Asbestos Abatement Worker training prepares students to work in all categories of asbestos work risk environments. The NWT/NU WSCC requires this level of training for working in moderate and high-risk asbestos environments. Content includes the properties, history, and health effects of asbestos, identifying asbestos and asbestos-containing materials in the workplace, relevant legislation, regulations, and codes of practice, PPE, asbestos abatement methods and procedures, and air monitoring and analysis. Hands-on training covers NIOSH half mask air purifying respirator sizing and inspection, qualitative fit testing on half mask APR (and/or on full face piece PAPR), equipment use, glove bag and moderate risk demonstrations, work procedures, and decontamination.

2 days

## Spill Response: Level 1

Spill Response: Level 1 is awareness level training for all personnel who made be involved in a wide variety of hazardous material spills. Content includes legal and ethical obligations, reviews and rehearsals of employer-specific response plans, and the integration of partner agencies who may become involved in the event of a hazardous material spill. Spill Response: Level 1 meets or exceeds the recommendations of OSHA 29 CFR 1910.120, and elements of NFPA 471 and 472 standards have been incorporated into this training.

1 day

## Spill Response: Level 2

Spill Response: Level 2 training is a deeper examination of the risks and hazards associated with a wide range of material spills and the safe and appropriate steps to take should such a spill occur. Training is customized to your organization's needs, allowing prevention and response training to meet organizational procedures and plans. Discussions of the legal and moral obligations to respond to hazardous materials spills are included. Training is split between lectures, discussions, and scenarios to train employees in activating response plans.

2 days

## Ground Disturbance Level II

Ground Disturbance Level II is provided through Global Training Centre for workers performing or supervising ground disturbance. This program provides candidates with the knowledge and skills to perform ground disturbance compliant with legislative regulations. Level II is the standardized program recognized by industry regulators.

1 day



## Verbal Defence and Conflict Management

Verbal Defence and Conflict Management tactical communications program is designed to provide your staff with the skills necessary to establish and maintain professional presence and diffuse difficult verbal encounters while maintaining dignity and respect for all those involved. The program also allows frontline staff to build upon their existing skill sets and provide them with additional tools to generate voluntary cooperation while diffusing potentially dangerous encounters. Training explores the nature of conflict, professionalism, de-escalation, personality traits and their relation to conflict, language choices, verbal deflectors, and techniques for redirecting behaviour and generating voluntary cooperation.

Overview Course 1/2 day Introductory Course 1 day Comprehensive Course 2 days "Good to have an understanding of chemicals now. Thank you for offering the course. I look forward to future courses" - WHMIS Student

> "Very informative, time flew by. Very knowledagble instructor!" - WSCC Supervisor Course Student





## DRIVER TRAINING

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### Skid Control & Collision Avoidance

Skid Control & Collision Avoidance training prepares students to drive in Canada's difficult conditions. Students will learn effective techniques to reduce the risk or collisions and injury, including pre-trip planning, vehicles technologies and evasive manoeuvres. Training includes a classroom theory portion then each student will have one-on-one driving time with the instructor to learn safe winter driving.

1 day

### **Roadside Emergencies and Survival**

The Roadside Emergencies program provides critical information and handson training for individuals who travel in remote areas and/or severe weather conditions by road. The classroom portion outlines individual and organizational level pre-trip planning, and can integrate your organization's current pre-trip and contingency plans. Our instructors can help develop new plans and enhance your existing plan throughout the course. Practical training includes vehicle and tire inspections and maintenance, use of 2-wheel, 4-wheel, and all-wheel drive, techniques for self-removal from ditches and snowbanks, roadside emergency scene management, emergency shelters, and signals.

1 day

### 4 Wheel Drive Awareness

4 Wheel Drive Awareness is designed for students operating 4x4 vehicles including trucks and SUVs. Students will be taught the benefits and limitations of 4x4 vehicles including the increased risk of instability and roll-over.

During the in-vehicle portion, instructors evaluate driving performance, provide constructive feedback and suggestions, and facilitate guided practice. Participants will also be guided through simulated four wheel drive emergency maneuvers in a safe, controlled environment.

1 day

## **Trailer Operations**

Trailer Operations educates drivers on how to properly load and tow trailers both on and off road. Training includes how to safely drive, brake and back up trailers. The course is equally split between theory and hands-on training. Teaching points include WSCC & Department of Transportation requirements and recommendations related to trailer units and components, pre-trip inspections, basic maintenance, and hands-on exercises and scenarios.

1/2 day | Per group of up to 3 drivers

## Safe Backing

Safe Backing is designed to help reduce backing crashes and incidents. Content includes an interactive classroom portion and an in-vehicle instructional session. Training identifies backing hazards and provides coping strategies, techniques, and maneuvers to avoid potential causes of crashes. Students will discuss the hazards and considerations needed to safely backup. In-vehicle training includes pre-operation inspections, correct backing techniques and procedures using staged obstacles, and corrected drives and practices. The practical section has three portions: student observation, instructed drive and remedial drive.

½ day

## Winch Operations

Winch Operations takes students through the basics of safely operating a winch. Training includes basic parts and maintenance, hazard identification and management, safety practices, guidelines for attachments. Students will also conduct practical exercises to learn pulling techniques, and vehicle retrieval.

½ day

## **Driver Evaluation and Remedial Training**

Driver Evaluations are designed for organizations which employs professional drivers. Our expert instructors will evaluate the driving safety, knowledge, and competency of your workers and provide you with a detailed report including recommendations for any additional training or monitoring required. Customized training to suit your vehicles, worksite conditions, organizational policies and operational needs can be developed and delivered to maximize effectiveness and efficiency. Pre-hire, ongoing, and post-accident evaluations are available for Class 5, 3, 2, and 1 drivers.

1-2 hours per employee

## Air Brakes Training

Air Brakes training is required for any driver operating a vehicle equipped with air brakes; including class 3 vehicles, school busses and RVs. Students will learn to safely operate and inspect air brake systems and upon successful course completion can apply to have their air brake ("Q") endorsement. Candidates must be 18 years of age, hold a valid Class 5 licence, and complete a medical examination.

1 day

## **Class 3 Driver Training**

Class 3 driver training is a comprehensive program consisting allowing operators to drive any 3-axle vehicle (as well as Class 4 and 5 vehicles) upon completion of their road test. Arctic Response offers several training streams for students of various skill and driving experience. Training includes comprehensive pre- and post-trip inspections, cargo securement standards and legislation, defensive driving techniques, chaining up procedures, and basic vehicle maintenance and care. Arrangements can be made to have a Department of Infrastructure examiner conduct the required exams immediately following the training in order to maximize success rates. Class 3 training can include Air Brakes training.

Please contact us for more information

## **Class 7 and Class 5 Driver Training**

Class 5 and 7 training is for students looking to get their learners or full driver's licence. Both programs involve a classroom portion covering rules of the road, collision avoidance, impairments and distractions to get ready to take the knowledge test. Class 5 students will also spend time with the instructor driving in town and on the highway learning defensive driving techniques, parking and reversing. Arrangements can be made to have a Department of Infrastructure examiner conduct the required exams immediately following the training in order to maximize success rates.

Course lengths and fees vary based on your needs  $\ \mid \ \mbox{Please contact us for more information.}$ 

## **Class 4 Driver Training**

A Class 4 licence is required for individuals operating a van or bus with a maximum seating capacity between 10 and 24 persons, a taxi, or an ambulance. If the vehicle is equipped with an air brake system, the operator will also require an air brakes or "Q" endorsement. Training is a combination of classroom, in-vehicle observation, and driving time under the supervision of our expert instructors. Arrangements can be made to have a Department of Infrastructure examiner conduct the required exams immediately following the training in order to maximize success rates. Participants must be 17 years old to enter training, 18 years old to be licensed, and must possess a valid Class 5 licence. Training fees and durations are dependent on the number of individuals and vehicle types to be included.

Please contact us for more information.

## **Class 2 Driver Training**

A Class 2 licence is required for individuals operating a bus with a seating capacity exceeding 24 persons. If the vehicle is equipped with an air brake system, the operator will also require an air brakes or "Q" endorsement. Training is a combination of classroom, in-vehicle observation, and driving time under the supervision of our expert instructors. Arrangements can be made to have a Department of Infrastructure examiner conduct the required exams immediately following the training in order to maximize success rates. Participants must be 17 years old to enter training, 18 years old to be licensed, and must possess a valid Class 5 licence. Training fees and durations are dependent on the number of individuals and vehicle types to be included.

Please contact us for more information.

## **Defensive Driver Course (NWT)**

Defensive Driving is designed for drivers requiring a higher standard of knowledge and competency, specifically regarding appropriate procedures and protocols to follow to maintain an effective defensive driving standard. Training goes into driving regulations and environments, with an emphasis on northern and Territorial roadway systems. It also includes updates on current driving practices and procedures. The full range of driver impairments are explored with emphasis on prevention and coping measures.

The GNWT DOT have advised that 3 demerit points may be subtracted upon successful completion of this course.

1 day



## CAREER BUILDERS

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Heavy Equipment Operator 5	0
Basic Field Worker Training Package 5	1
Basic Industrial Safety Training Package 5	2
Wildlife Monitor/Wildlife Safety Technician 5	3
Wildlife Monitor - Fundamentals 5	3
Wildlife Monitor – Intermediate	3
Wildlife Safety Technician 5	3
Train the Trainer Programs	4
Construction and Mould Remediation Apprentice	4



## Insulator (Heat and Frost)

Heat and Frost training prepares participants to challenge the Year 1 Insulator: Heat and Frost trade exam. The course is designed with a blend of in-class and practical, hands-on instruction, participants learn how to apply calcium silicate, glass foam, fibreglass, and other kinds of insulation as a barrier to cold, heat, and sound. Students will learn how to apply materials to industrial equipment, safe handling and disposal practices, and receive related industrial certifications. Course content includes:

- Standard and specific workplace safety
- Asbestos Awareness
- Accessories, tools and equipment
- Hot and cold applications
- Dual temperature applications
- Math and blueprint level 1

## **Trades Entrance Exam Preparation**

The Trades Entrance Exam Preparation program prepares individuals to take the Trades Entrance Exam in the Northwest Territories and Alberta. The course covers math, science, English, and mechanical reasoning with an emphasis on practical skills and test preparation.

The 12-week program covers the content of Entrance Exams 1 to 4 (Alberta) or Categories A, B, C (NT), students taking Entrance Exam 5 will require one additional week of training.

Course Content:

#### Orientation and Diagnostic Assessment

• Study Skills and Exam Strategies

#### Mathematics for Trades

- Basic Arithmetic and Number
  Operations
- Geometry and Measurement
- Algebra Basics
- Applied Math Problems in Trades

#### English Language Skills

- Reading Comprehension
- Grammar and Writing Skills
- Workplace Communication

Please contact us for more information.

## Science Fundamentals for Trades

- Basic Physics
- Basic Chemistry

## Mechanical Reasoning and Spatial Awareness

Mechanical Principles

#### **Review and Mock Exams**

- Mathematics Review
- English and Science Review
- Mechanical Reasoning Review
- Simulated Pre-Trades Entrance
  Exam
- Exam Strategy Workshop





## Heavy Equipment Operator

Learn to operate and maintain heavy equipment such as skid steers, bulldozers and backhoes. Practice by working on real community projects to give real-world experience and achieve community goals. Our training program is highly flexible and can take place over several years, each serial focusing on certain machines or job types. Students will receive several safety certificates and logged work hours for their resume. We conduct training to certify students on these machines:

- Bulldozers
- Frontend Loaders
- Backhoes
- Road Grader
- Skid Steers
- Elevated/Aerial Work Platforms
- Telehandler
- And More!

Additional training can include:

- Class 3 Driving and Airbrakes (page 44)
- Intermediate Workplace First Aid (page 8)
- Spill Response Level 1 and 2 (page 37)
- Ground Disturbance
- WHMIS (page 33)
- Transportation of Dangerous Goods (page 33)

## **Basic Field Worker**

The Basic Field Worker Program includes a variety of our field safety courses to prepare individuals for working in the wilderness, including wildlife monitors, environmental workers, hunters, and more. The core Basic Field Worker Program includes:

- Wilderness First Aid (page 9)
- Canadian Firearms Safety Course (Non-restricted) (page 12)
- Predator Defence and Shotgun Handling (page 12)
- Introduction to GPS (page 13)

Training is customizable and other programs can be added to suit your organization's training goals and location. Additional courses can be added like:

- Swiftwater Safety and Rescue (page 21)
- Boating Safety and Operations (page 23)
- ATV Operator (page 15)
- Pleasure Craft Operator Card (page 22)
- Ice Safety and Rescue (page 25)
- Arctic Winter Survival (page 16)
- Land Navigation (2 or 4 days) (page 13)
- And More!





## **Basic Industrial Safety Training**

The Basic Industrial Safety Training Program includes courses that prepare workers to operate in a variety of worksites safely, and can be tailored to specific worksite requirements or provide a range of skills for pre-employment training. The core Basic Industrial Safety Program includes:

- Intermediate First Aid (page 8)
- WHMIS (page 33)
- Transportation of Dangerous Goods (Ground) (page 33)
- Fire Extinguisher Operations (page 32)
- Spill Response: Level 1 (page 37)

Elective programs can include:

- Fall Protection (page 35)
- Qualitative Fit Testing
- Confined Space (page 34)
- H<sub>2</sub>S Awareness (page36)
- H<sub>2</sub>S Alive (page 36)
- Asbestos Abatement Worker (page 37)
- And More!

## Wildlife Monitor / Wildlife Safety Technician

Wildlife Monitors are employed to protect others from potentially dangerous interactions with wildlife are entrusted with considerable responsibilities and need to be properly trained to perform these duties safely, effectively, and professionally.

Training includes preparation for field operations including the development of wildlife safety policies, interaction and cooperation with local authorities, behaviours of wildlife, leadership and the preparation, use and maintenance of wildlife safety equipment. Candidates are also taught wildlife response, maintaining control, use of non-lethal and lethal force and wilderness first aid. Candidates are also trained in post-incident skills including reporting to organizational leadership and relevant government authorities, media awareness, and logging encounters to distill lessons learned, enabling the submission of recommendations for improvements to company wildlife safety policies.

Levels of training available:

Wildlife Monitor - Fundamentals 5 days Wildlife Monitor – Intermediate 10 days Wildlife Safety Technician 20-25 days





## **Train-the-Trainer Programs**

Become an instructor of Arctic Response's industry leading programs. Candidates with an interest and passion for teaching of all skill levels and experience may apply. Training begins by going through the Basic Method of Instruction Program (BMIP) which teaches learning theory, effective teaching strategies, course development and assessments and evaluations. Then candidates are taken through their specific training program. Throughout training, candidates will learn to master the course contents, exercises and course timings. Successful candidates can start their career as an Arctic Response certified instructor and will have additional opportunities to become an instructor in additional courses if they chose so. Many of our programs have train-the-trainer programs including:

- First Aid (page 8)
- ATV & UTV Operations (page 15)
- Snowmobile Safety and Operations (page 25)
- And More!

Please contact us for more details

## Construction and Mould Remediation Apprentice

Our apprenticeship program allows workers to get experience handling mould remediation and new constructions in the north. Learn to do assessments, inventory, remediation, plan development, removal of contaminated materials and rebuilding.

"An excellent teacher. I loved hearing his stories and knowledge" - IFA Student

#### "Arviat, Nunavut: I had the privilege to learn heavy equipment, it was awesome and the best staff by far!! I will never forget you guys!"

- Jessica M.





## OPERATIONS AND SERVICES

Medic and First Aid Attendant Services 58
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Equipment Sales and Rentals
Safety Planning and Supervision
Television and Film Crew Safety Planning and Supervision



### Medic and First Aid Attendant Services

Arctic Response has a team of certified medics and first aid attendants available for hire. In addition to their outstanding medical skills and knowledge, these individuals are experts in emergency scene management, evacuation coordination, and have the extensive field experience to ensure they are contributing members to any field project. All medics provide their own first aid field equipment.

Rates are based on the level of training and certification required and work schedules | Please contact us for more information.

### **Bear and Wildlife Monitors**

Highly trained and certified Bear and Wildlife Monitors are available for hire from Arctic Response. All personnel hold a valid firearm Possession and Acquisition License and training in (at a minimum) Wildlife Awareness, Predator Defence and Firearms Handling, Intermediate First Aid, Wilderness First Aid, and Aircraft Safety. Our approach always places human safety as our top priority, while doing everything possible to minimize harm or disruption to wildlife. Behavioral analysis of wildlife, ongoing communications with field staff, and constant monitoring for signs of activity greatly reduce the likelihood of any encounters. The use of a system of escalating deterrents safeguards your employees while also ensuring no animals are harmed unless absolutely necessary to protect human life.

Rates are based on the level of training and certification required and work schedules | Please contact us for more information.

## **Mould Remediation**

Arctic Response's professional and highly experienced team of remediation experts can handle any of your mould-related concerns. From initial assessments to determine the extent of the mould damage, remediation plan development, material sourcing, contaminated material removal, and rebuilding to the highest standards in the industry, we've got you covered. Our remediation teams have conducted projects in many arctic communities and can conquer the obstacles faced in remote and cold locations, to fix your current problems and prevent them from recurring.

Please contact us for more information

## Construction

Arctic Response's team of Red Seal carpenters, electricians, plumbers, and tradespeople provide construction services for new building, renovations, and repairs. Our experience building cabin homes and providing services in northern communities has equipped us to mitigate the challenges presented by northern construction projects, including material supply, equipment availability, and cold weather and moisture. We can also integrate construction work with on-the-job training, providing participants with the tools to maintain existing projects and continue work within the community.

Please contact us for more information

## **Occupational Health and Safety Consulting**

All organizations have a legal responsibility to adhere to occupational health and safety regulations. Whether starting from scratch or reviewing, updating, expanding, or fine-tuning your organization's safety plans and procedures, our expert consultants can support you along the way. Arctic Response's team of professional safety consultants can help your organization make and implement a Safety Plan. Once your Safety Plan is finalized, our consultants can help to design and monitor its implementation through on-the-job mentoring and training.

Please contact us if your organization is need of support to meet its safety goals and responsibilities.

## **Fit Testing**

Arctic Response offers Qualitative Fit Testing for workers using respirators. Using irritant smoke, the respirators seal will be tested for correct fitting and leakage. Fit Testing services can also be used to size respirators for workers.

## **Training Plans and Coordination**

Arctic Response offers consultation services for organizations seeking to review, update, design, develop, and implement safety and training plans. Our experts can assist in identifying mandatory and industry standard training programs and to ensure that safety and response plans are realistic, effective, and adequate for any operation in any location.

Please contact us for more information.

## Dangerous Tree Assessment and Removal

Arctic Response offers tree assessment and removal services for general maintenance, dangerous trees, and fire prevention. Our field experts can provide site assessments, perform removals, and take on a supervisory role for local workers.

Rates are based on the quantity and level of work required Please contact us for more information

## **Equipment Sales and Rentals**

Arctic Response can support you in identifying and procuring whatever safety or field equipment you may need for your operations. Some of our most popular items include:

- Survival kits
- First aid kits (meeting health and safety code standards)
- Ropes and related hardware
- Ice rescue kits
- Training equipment
- Firearms and ammunition
- Training manuals

And if we don't have it, we probably know where to get it  $! \mid \mathsf{Please}$  contact us for more information.

## Safety Planning and Supervision

Arctic Response provides safety planning and supervision for a range of events including organized events such as races and festivals, specific operations such as recovering vehicles that have fallen through ice, and safety coordination for television and film crews working in challenging environments. Recent operations include safety coordination and supervision for Yellowknife's Rock and Ice Ultra, the annual Frostbite 45 adventure race and numerous television and film crews.

## Television and Film Crew Safety Planning and Supervision

Filming in harsh environmental conditions can be a daunting challenge for any crew, especially those unaccustomed to climate and weather. In addition to providing medic and safety supervision while filming, our experts can assist production teams in planning to ensure the safety of their crew, while still capturing the most exciting and desirable shots. Customized training and briefings for crew are also available



# Our Team

Mike Rarog	Owner, President
Tanja Rarog	Finance and HR Manager
Eric Rarog	Chief Instructor
Oliver Rarog	Chief Operating Officer
Dave Rarog	Logistics Coordinator
Jessica Morris	Regional Manager NT/NU
Mateya Bluett	Regional Manager AB and Southern Canada
Terry Hyde	Remediation Project Manager
Jesse Beland	Heavy Equipment Operator and Driving Lead Instructor
David Kilshaw	Industrial Training Lead Instructor
Cory Ketchum	Security Lead Instructor

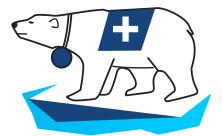
# Testimonials

*"Instructor went above and beyond greatness to teach us proper techniques. Highly recommend the instructor to teach us more courses!" -* IFA Student

> "Thank you Arctic Response for offering such a great opportunity for supervisors in Kinngait. I look forward to more of taking your courses in the future!" - WSCC Supervisor Student

"I had a great time learning year 1 HEO training, Also awesome instructors good understanding explanation when asking or when need help with task given...I'd like to take the year with the awesome company thanks for having me to be part of the program." - Gavin N.

> "I thought the location was great as it was very valuable to feel how it is to fall through the ice and especially the polar dip! The instructor are great!" - Ice Safety and Rescue Student



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NOVEMBER 2024





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NOVEMBER 2024