

CAREER TRAINING PROGRAMS

Funding or financing options may be available!
Call Joe or Shannon at 902-539-9766 to learn more.

OCCUPATIONAL HEALTH & SAFETY
DIPLOMA PROGRAM

26 weeks
Designed to meet the education requirements of
the CRSP®

CLASS 1 DRIVER – TRACTOR TRAILER
PROGRAM

14 weeks
7 industry certifications
Includes 4 weeks of on-the-job training
(internship)

CLASS 3 DRIVER

5 weeks
Air Brake endorsement
7 industry certifications

SAFETY CERTIFIED LABOURER
PROGRAM

4 weeks
25 industry certifications

EARTHMOVING OPERATOR

12 weeks
Backhoe & Excavator Certification
Nova Scotia class 3 license
Industry certifications

SCAFFOLD ERECTOR PROGRAM (SAIA)

7 weeks
First step toward SAIA Journey Person



ONLINE TRAINING

Did you know that we offer more than 50 courses
through our corporate training portal? Our Rapid
Technology platform allows employers to:

- Assign training to employees
- Track and manage training programs
- Reduce costs
- Improve efficiencies in delivering training

Some of our most popular online courses
include:

- WHIMIS
- Occupational Health & Safety
- Hazard Awareness

Visit metiatlantic.com to set up your customized
portal and learn more!



The best insurance you can buy for a new driver!
We have spent more than 40 years developing
and improving programs to help new drivers be
confident and safe on the road.

- YD Course
- YD Course + Road Test
- Defensive Driving ~ 6 Hour Course



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Cape Breton Owned & Operated Since 1991

CAPE BRETON'S
SAFETY TRAINING
EXPERTS



ENVIRONMENTAL, SAFETY
& DRIVER TRAINING

METI IS A PROUD FRANCHISEE OF



YOUNG DRIVERS®
Sydney: 902-562-5359
www.yd.com
Sydney@youngdrivers.com

Young Drivers of Canada Cape Breton

Safety Training

Our courses are available at our campus or at your location. Group pricing is available.

ENERGY SAFETY CANADA (ESC)

- Common Safety Orientation (CSO)
- ESC Confined Space Entry & Monitoring
- ESC Fall Protection
- ESC Fire Watch (Spark Watch)
- ESC Elevated Work Platform
- H2S Alive

CONFINED SPACE

- Confined Space (NS)
 - NB or PE Regulations & Certification
- Confined Space Rescue
- Confined Space Hazardous Entry
- Confined Space Refresher
- ESC Confined Space Entry & Monitoring
- 2-Day Workplace NL Confined Space Entry

FALL PROTECTION

- Fall Protection (NS)
 - NB or PE Regulations & Certification
- ESC Fall Protection
- 2 Day Workplace NL Fall Protection
- Working at Heights (WAH for Ontario)
- High Angle Rescue (NFPA)
- Rope Access SPRAT Certification Program
- Fall Protection Equipment Inspection

CONSTRUCTION AND INDUSTRIAL SAFETY

- Basic Frame Scaffold – Staging User & Erector
- Basic Frame Scaffold – Staging User
- Hoisting & Rigging
- Blueprint & Plan Reading
- Basic Tool Safety
- Lockout Tagout
- Basic Personal Protective Equipment
- Power Line Hazard (PLH)
- CSTS (Construction Safety Training Systems)
- Ground Disturbance– Level 201
- Trenching & Excavating Awareness
- Pipeline Construction Safety Training (PCST)
- Ladder Safety
- Erosion & Sediment Control
- Hazard Assessment
- Incident Investigation

OCCUPATIONAL HEALTH & SAFETY

- WHMIS 2015 (GHS)
- OH&S (1/2 day)
- OH&S Rep (1day)
- Intermediate First Aid Level C- CPR&AED (2 Day)
- Basic First Aid Level ‘C’ CPR & AED (1 Day)
- Wildlife Awareness
- Workplace Violence & Harassment
 - Awareness & Prevention
- Substance Abuse Awareness & Prevention
- Bloodborne Pathogens
- BASICS.fst (Food Safety)
- Basic Fire Safety
- Joint Occupational Health & Safety
 - (JOSH Committee/Representative)

DRIVING & OPERATING

- Forklift Operator Safety Training
- Rough Terrain Tele - Handler
 - Forklift Operator (Zoom Boom)
- Boom Lift Operator -
 - JLG under 80’ (Ariel Platform)
- Scissor Lift Operator
- Skid Steer Operator
- Aerial Lift Training (Boom & Scissor)
- ESC Elevated Work Platform
- ATV/UTV Training
- Defensive Driving Course (6 Hour)
- Professional Driver Improvement Course PDIC
 - (1 Day)
- Air Brake Endorsement Training
- Cargo Securement
- Fleet Vehicle Safety Training
- Snowplowing Safety

NEWFOUNDLAND SAFETY

- NL Fall Protection (2 Day)
- NL Confined Space (2 Day)
- NL Power Line Hazards

ROAD SAFETY

- Traffic Control Person (TCP)
- Temporary Workplace Signage (TWS)
- Alberta Flag Person
- Transportation of Dangerous Goods (TOG)

ENVIRONMENTAL SAFETY

- Hazardous Waste Worker

RESPIRATORY SAFETY

- Respiratory Protective Equipment (RPE/APR/SCBA/ SABA/Bottle Watch)
- Air Purifying Respirator (APR)
- Quantitative Fit Testing
- Qualitative Fit Testing
- Maintenance & Care of Respirators
- H2S Alive (Energy Safety Canada)
- Gas Detection

LEADERSHIP SAFETY

- Hazardous Waste Supervisor
- Effective Supervision & Communication
- Safety Auditor
- Occupational Health & Safety Management
- Hazard Management Process (FLHA, JHA, JSA)

SERVICE INDUSTRY

- BASICS.fst (Food Safety)
- Fundamentals for Success in the Service Industry
- Advanced Service Industry Workplace Skills
- Serve Right
- Workplace Etiquette

RENTAL

- Equipment, Classroom and Computer Lab Rental

SECURITY

- Alberta Basic Security Training

SAIA SCAFFOLD APPRENTICESHIP

- Level 1 (2nd year) 2 days (REQUIRES 1600 HRS EXPERIENCE)
- Level 2 (3rd year) 2 days (REQUIRES 3200 HRS EXPERIENCE)
- Level 3 (Journey person) 3 days (REQUIRES 4800 HRS EXPERIENCE)

REMEDIATION SAFETY

- Asbestos Awareness
- Asbestos Abatement Level 1*
- Asbestos Abatement Level 2*
- Asbestos Abatement Level 3*
- Lead Abatement*
- Mold Awareness
- Mold Abatement*
- Radiological Awareness
- (*Includes Practical Training)

RESCUE TRAINING

- Confined Space Rescue
- High Angle Rescue (NFPA)
- Tower Rescue Training
- Pole Top Rescue Training

CUSTOMIZED SERVICES

- Train-The-Trainer (For Organizations & Companies)
- Driver Assessment (Class 1, 3 & 5)
- Energy Safety Canada Exam Proctoring
- Facility Rental
- Hazard Identification
- Qualitative Fit Testing
- Quantitative Fit Testing
- Onsite Rescue Technician
- Incident Investigation
- OHS Consulting
- OHS Management System Development
- Pre-Audit Evaluation
- Safety Watch Attendants
- Scaffold Equipment Rental
- Youth Development Training

