



Harmony &
Help Academy

ACADEMY CATALOGUE





WELCOME TO HARMONY AND HELP ACADEMY

At Harmony and Help Academy, we believe education is more than a process, it's a purpose. Welcome to a space where learning meets impact, and ambition finds direction.

Our academy is built on a foundation of excellence, empowerment and inclusivity. Whether you're stepping into the world of health and safety, governance and compliance, or embarking on personal and professional growth, you've found a place where your potential will be nurtured and your goals supported.

This catalogue offers a gateway to our diverse, accredited and non-accredited training programmes, each designed to equip you with relevant, practical skills that meet the demands of today's industries. Here, every course is more than a qualification; it's a stepping stone toward transformation in your career, your community, and the world.

We're excited to be part of your learning journey. Welcome to Harmony and Help Academy where knowledge meets purpose.

VISION STATEMENT: To become South Africa's leading training academy in SSHEQ and GRC by offering value-driven, impactful, and nationally benchmarked learning solutions.

MISSION STATEMENT: To empower individuals and organizations through relevant, accessible, and high-quality education that cultivates a culture of safety, leadership, compliance, and continuous improvement.

OUR CORE VALUES

Excellence: We deliver training of the highest standard.

Integrity: We uphold transparency and accountability in our practices.

Empowerment: We create learning environments that build confidence and competence.

Inclusivity: We cater to learners of all backgrounds and levels.

Innovation: We continuously adapt and improve our learning methodologies.

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PROGRAMME PORTFOLIO

Accredited Qualifications

Delivered under QCTO accreditation frameworks:

- **Occupational Certificate:** Health, Safety and Quality Practitioner (NQF 5, 256 credits),
- **Occupational Certificate:** Occupational Health and Safety Assistant (NQF 4, 44 credits)
- **Skills Programme:** Basic Emergency First Aid Responder (NQF 2, 2 credits)
- **Skills Programme:** Intermediate Emergency First Aid Responder (NQF 3, 5 credits)
- **Skills Programme:** Advanced Emergency First Aid Responder (NQF 4, 6 credits)

Non-Accredited Short Courses and Skills Development Workshops

Designed for professional upskilling and workplace compliance:

- **SHE Courses:** Emergency Coordinators, Incident Investigation & Commander Training
- **Compliance Courses:** Legal Liability, POPIA, COID, Competition Act, Environmental Compliance, Construction Regulations,
- **Governance Courses:** ESG Reporting, Governance & Delegation of Authority
- **Risk Management Courses:** Hazards Identification and Risk Assessment – HIRA, Root Cause Analysis – RCA, Risk Register Development, Strategic Risk Assessment and Management

ISO-Based Management Systems Training

- **ISO 9001:2015 Quality Management System:** Introduction, Implementation and Internal Auditing
- **ISO 14001:2015 Environmental Management System:** Introduction, Implementation, and Internal Auditing)
- **ISO 45001:2018 Occupational Health & Safety Management System:** Introduction, Implementation and Internal Auditing



South African Institute of
Occupational Safety and Health
Corporate Member



LEARNING PATHWAYS & MODES OF DELIVERY

To support diverse learners, our programmes are delivered through:

Traditional Classroom Training	Online and Virtual Training	Blended Learning	Workplace-Based Learning
Facilitated in-person learning across key regions.	Real-time sessions, webinars, and self-paced modules.	Combining digital and physical learning to enhance outcomes.	Practical, on-site applications for technical programmes.

TARGET AUDIENCES

- High school graduates and young adults pursuing career pathways
- Working professionals seeking advancement or career changes
- Compliance Officers, SHEQ Professional, OHS Legal Appointees and etc
- SMMEs and large businesses needing customized training
- Public institutions enhancing staff capacity

FACILITATOR PROFILE

Our facilitators are seasoned professionals, combining industry expertise with adult education principles. They hold recognized SHEQ related technical qualifications, assessor and moderator credentials and are trained to deliver learner-centred, outcome-based education.

STUDENT SUPPORT & RESOURCES

Learners are provided with:

- Access to Learner Management Systems (LMIS)
- Training materials, stationery, and learner manuals
- Assessment and moderation support
- Career guidance and workplace placement assistance
- Alumni and mentorship programmes

TUITION & FINANCIAL SUPPORT

Course fees include tuition, materials, assessments, and access to learning platforms. Payment plans are available for eligible learners. Corporate packages include group rates and on-site training.

OUR ACCREDITATION & INDUSTRY PARTNERSHIPS

We are fully accredited by the QCTO and aligned with SAQA standards. We partner with industry affiliates such as SAIOSH, regulators, and private clients to ensure real-world relevance and recognition.

OUR COMMITMENT TO TRANSFORMATION

Harmony and Help Academy promotes inclusive, transformative learning aligned with national development goals. Our programmes support economic empowerment, skills transfer, and workforce readiness across underserved communities.

CONTACT US

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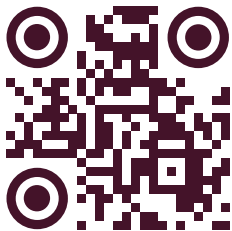
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**Learn Your Way To
Success With
H&H Academy**

COURSES OVERVIEW

Accredited Qualifications	Accreditation No. 07-QCTO/SDP050924085750	
Name of Course	NQF Level - Credits	Duration
Health, Safety and Quality Practitioner	NQF - 5 , Credits - 256	79 Weeks (18 Months)
Occupational Health and Safety Assistant	NQF 4, Credits - 44	6 weeks
Basic Emergency First Aid Responder	NQF 2, Credits - 2	2 Days
Intermediate Emergency First Aid Responder	NQF 3, Credits - 5	3 Days
Advanced Emergency First Aid Responder	NQF 4, Credits - 6	4 Days

Non-Accredited Courses		
Name of Course	Mode of Delivery	Duration
Incidents Management		
Incident Commander	Blended	5 Days
Incident Investigation	On-line/Physical	2 Days
Root Cause Analysis (RCA)	On-line	2 Days
Compliance Management		
Compensation for Occupational Injuries and Diseases Act (COIDA)	On-line	1 Day
Competition Act	On-line	1 Day
Construction Regulations	On-line/Physical	3 Days
Organisational Compliance Management	On-line	
Legal Liability	On-line	1 Day
Protection of Personal Information Act (POPIA)	On-line	1 Day
Governance Management		
Declaration of Interest	On-line/Physical	2 Days
Delegation of Authority	On-line/Physical	2 Days
ESG Reporting,	On-line/Physical	2 Days
Safety, Health and Environmental Management		
Supervisory Safety, Health and Environmental Management	On-line/Physical	3 Days
Natural Resources Preservation	On-line/Physical	3 Days
Environmental Pollution	On-line	1 Day
Waste Management	On-line	1 Day
Fire Fighting / Fire Marshal	Physical	2 Days

ISO Related Courses		
Name of Course	Mode of Delivery	Duration
ISO 9001 Quality Management System		
ISO 9001:2015 Introduction	On-line	1 Days
ISO 9001:2015 Implementation	On-line/Physical	5 Days
ISO 9001:2015 Internal Auditor	Blended	4 Days
ISO 14001 Environmental Management System		
ISO 14001:2015 Introduction	On-line	1 Day
ISO 14001:2015 Implementation	On-line/Physical	5 Days
ISO 14001:2015 Internal Auditor	Blended	4 Days
ISO 50001 Energy Management System		
ISO 50001:2018 Introduction	On-line	1 Day
ISO 50001:2018 Implementation	On-line/Physical	5 Days
ISO 50001:2018 Internal Auditor	Blended	4 Days
ISO 45001 Occupational, Health and Safety Management System		
ISO 45001:2015 Introduction	On-line	1 Day
ISO 45001:2015 Implementation	On-line/Physical	5 Days
ISO 45001:2015 Internal Auditor	Blended	4 Days



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