



MASTER PAINTERS TRAINING

Pathways for Industry

White Card Training

CPCWHS1001 Prepare to Work Safely in the Construction Industry

MASTER PAINTERS GROUP
TRAINING COMPANY (MPGTC)

WHITE CARD

CPCWHS1001
PREPARE TO WORK SAFELY IN THE CONSTRUCTION INDUSTRY

ENROLL NOW

Course information

CPCWHS1001 Prepare to Work Safely in
the Construction Industry

White Card Training

CPCWHS1001 Prepare to Work Safely in the Construction Industry

If you want to work in construction, you must have a White Card. Our one-day, face-to-face course gives you the knowledge and practical skills to stay safe on site and meet the mandatory general construction induction requirements in NSW and across Australia.

Who is this course for?

Anyone who:

- Is working or wants to work in construction or related trades.
- Is starting an apprenticeship, traineeship, or labouring role.
- Needs a White Card for site access, work experience, or casual work.
- No previous experience is required.

The unit of competency you will complete

CPCWHS1001 Prepare to Work Safely in the Construction Industry.

This nationally recognised unit:

This unit meets the general construction induction training requirements for working on construction sites in Australia.

It is recognised by:

- The Model Work Health and Safety Regulations (general construction induction provisions), and
- The corresponding WHS/OHS regulations in each state and territory (including NSW, QLD, SA, TAS, ACT, NT, WA and VIC).

Learners should note:

- A White Card issued on completion of CPCWHS1001 Prepare to work safely in the construction industry satisfies the national general construction induction training requirement.
- Additional site-specific and task-specific inductions will still be required by individual workplaces before commencing work.
- Licensing, legislative, regulatory or certification requirements apply to this unit. Relevant state and territory WHS/OHS regulators should be consulted to confirm current jurisdictional requirements.

Why this unit is essential:

- Must be completed before you can legally work on a construction site.
- Is recognised across Australia (subject to each state/territory regulator).
- Site-specific inductions are still required by individual workplaces, but this unit is the starting point for everyone.

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CPCWHS1001 Prepare to Work Safely in the Construction Industry.

How the course is delivered

Delivery mode:

- Face-to-face classroom and workshop (one full day) at our Arndell Park training centre.
- Or by arrangement at your school or workplace for group bookings.

Typical day schedule (example):

- 8:00 am Orientation & course overview.
Meet your trainer, emergency procedures, amenities, course outcomes.
- 8:15 am ID checks & documentation.
Verify identity, attendance, WorkCover/WHS requirements.
- 9:00 am Session 1: WHS laws and duty of care.
Roles and responsibilities, duty of care, safe work practices.
- 10:40 am Session 2: Hazards & risk control.
Identifying hazards, risk management, PPE.
- 12:30 pm Session 3: Communication & reporting.
WHS documents, signs and symbols, incident reporting.
- 1:30 pm Session 4: Incidents & emergencies.
Emergency response, first aid access, fire safety equipment.
- 3:10 pm Session 5: Practical PPE fitting.
Selecting and correctly fitting hard hat, high-vis, eye and hearing protection.
- 3:30 pm Session 6: Verbal & written assessment.
Knowledge questions and oral responses.
- 4:30–5:00 pm Administration & certification.
Final checks, evaluation, issuing of Statement of Attainment (subject to successful completion).
- Assessment is integrated throughout the day with videos, discussions, questions and practical demonstrations.

What you will learn

You will develop the skills and knowledge to:

- Identify and report hazards.
- Orally identify and report at least two construction hazards.
- Explain how risk could be reduced or removed.
- Use personal protective equipment (PPE).
- Select the right PPE for specific risks.

Correctly fit on yourself:

- Eye protection.
 - Hearing protection.
 - Hard hat.
 - High-visibility vest/shirt/jacket.
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- Respond to incidents and emergencies.
 - Understand basic emergency procedures.

Know types and purposes of fire safety equipment:

- Fire blankets.
- Fire extinguishers (water, CO₂, powder, foam).
- Hose reels and mains.
- Recognise WHS signs and documentation.
- Explain meanings of common safety signs and symbols.

Understand the purpose of:

- Job Safety Analyses (JSAs).
- Safe Work Method Statements (SWMS).
- Safety Data Sheets (SDS).

Know who keeps you safe on site

Roles of:

- First aid officers.
- WHS representatives.
- WHS committee members.
- Supervisors.

You'll also cover:

- Basic duty of care and the roles, rights and responsibilities of workers and PCBU's.
- Principles of risk management (identify, assess, consult/report, control, review).

Common construction hazards, including:

- Asbestos, confined spaces, electrical, excavations and trenches.
- Dust, noise, manual handling, traffic and mobile plant.
- Working at heights, UV exposure, plant and equipment.
- Construction emergencies and incidents: fire, chemical spill, structural collapse, injury, near misses.

Everyday safe work practices:

- Site amenities use, housekeeping, PPE, drugs/alcohol policy.
- Bullying/harassment prevention.
- Smoking and waste storage/removal.

Learning resources and classroom setup

We provide:

- Student learner guide and PowerPoint handout.

WHS reference documents and templates, such as:

- Codes of Practice (Construction work, Risk management).
- Hazard report forms and risk assessment templates.
- SWMS, toolbox talk templates, incident/accident report forms.

Practical PPE for demonstrations and practice:

- Hard hats.
- High-vis vests.
- Safety glasses.
- Hearing protection.

Our training rooms are equipped with:

- Desks and chairs (up to 20 students).
- Projector and screen/SmartScreen.
- Adequate lighting and climate control.

You just need to bring:

- Valid photo ID (as required by the regulator).
- Pen and notepad.
- Appropriate clothing and enclosed footwear.

Why choose Master Painters Group Training Company (MPGTC)?

Experienced industry trainers

Our trainers are trade-qualified, highly experienced construction professionals who have:

- Worked on real sites as painters, supervisors, and contractors.
- A deep understanding of both WHS law and day-to-day site realities.
- The communication skills to make safety practical, clear and relevant.

Participants consistently tell us they value:

- Real-world examples and case studies.
- Honest discussions about what actually happens on site.
- Clear explanations that make the legislation easy to understand.
- Practical, job-ready focus.

Our goal is that you don't just "tick a box" you leave with confidence to work safely from day one:

- Plenty of class discussions about real hazards and incidents.
- Hands-on PPE fitting and inspection.
- Focus on how to speak up and report issues appropriately.
- Emphasis on behaviours employers and site supervisors expect.

Recognised by industry

As the training arm of the Master Painters Association, we:

- Understand exactly what employers want in new workers.
- Have strong links with contractors, builders and related trades.
- Take our responsibility seriously to only support competent, safety-aware entrants into the construction industry.

Advantages of attaining your White Card

- Mandatory for any general construction or site work.
- Portable recognised nationally (subject to each jurisdiction's rules).

Signals to employers that you:

- Take safety seriously.
- Understand your basic responsibilities.
- Can follow site rules and procedures.

Opens doors to:

- Apprenticeships and traineeships.
- Labouring and trade assistant roles.
- Work experience and casual site jobs.
- Bookings and enquiries.

Be ready to start or progress your career in construction!!

Contact MPGTC:

Get your White Card with trainers who know the industry and walk onto site with the knowledge and confidence employers expect.