

## Who is it for?

This course is for anyone who has a responsibility for health and safety; employer, employee or self-employed. Whether you are a new business and want a clear understanding of your responsibilities or are looking for an update on the basics of workplace health and safety. This course will take you through the relevant legislation and on to how to identify the hazards and control the risks from your work.

## What is covered?

- Regulatory Requirements
- Roles and Responsibilities
- People at Risk
- Slips, Trips and Falls
- Manual Handling
- Personal Protective Equipment
- Equipment Safety
- COSHH
- Working at Heights
- Fire Safety
- First Aid
- Accident Reporting

## How long is it?

Half Day (3 – 4 hours)

Places are limited to 15 delegates per course and can be held throughout the UK at a venue of your choosing to keep disruption to your business to a minimum.

Upon completion delegates will receive a certificate of attendance.

**For further details of this or other courses call please call or email us.**

Asbestos ▪ First Aid ▪ Health and Safety ▪ Legionella ▪ Environmental ▪ Fire

## Who is it for?

This course is for anyone who is required to carry out manual handling activities at work. You will be introduced to the hazards of manual handling, the risks involved and the controls required to help prevent injury. You will also have the opportunity to practice techniques to lift, carry, push and pull objects safely assisting you with reducing the number of work-related injuries connected with manual handling. With clients from a variety of backgrounds we can make these courses specific to your area of need.

## What is covered?

- Regulatory Requirements
- Hazards, Risks and Controls
- Injuries from Manual Handling
- Assessing Manual Handling Risk
- Manual Handling Techniques

## How long is it?

Half Day (3 – 4 hours)

Places are limited 12 and can be held throughout the UK at a venue of your choosing to keep disruption to your business to a minimum.

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## Who is it for?

This course is for anyone who is required to undertake Risk Assessments and produce Method Statements. We will look at the process of carrying out Risk Assessments and then the measures suitable for controlling risks, including preparing Method Statements. With clients from a variety of backgrounds we can make these courses specific to your industry.

## What is covered?

- Regulatory requirements
- Hazard awareness
- Types of Risk Assessment
- Five steps to Risk Assessment
- Hierarchy of Control
- Method Statement
- Practical Risk Assessment
- Preparation of Method Statement

## How long is it?

Half Day (3 – 4 hours)

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### Who is it for?

This course is for personnel required to work at height and managers, supervisors, individuals responsible for teams or groups of employees who require understanding of working at height. The course aims to enable staff at all levels to understand the risks and legal implications of working at height and the practical measures that should be employed to control them.

### What is covered?

The Work at Height Regulations 2005 applies to all work where the risk of a fall could cause personal injury. The regulations place specific duties on employers and on those responsible for controlling persons who work at height. This course has been designed to give delegates an overview of the Work at Height Regulations and to provide delegates with awareness required to help enable successful and safe working at height.

- Review of applicable legislation
- Outline of the Work at Height Regulations 2005
- Duty Holders Responsibilities
- Considerations for Working at Height
- Hierarchy of controls
- Hazard elimination through design
- Consideration, selection, maintenance and management of access equipment.
- Hazards and controls of equipment used for work at height:
- Ladders and stepladders
- Mobile work Platforms
- Scaffolds and Scaffold Towers
- Podiums and similar access equipment
- Personal fall restraint systems
- Use of the HSE WAIT (Work at height, Access equipment, Information, Tool)

### How long is it?

One Day

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## WHO IS IT FOR?

This course is for anyone wishing to develop their knowledge of construction health and safety requirements and specifically the Construction (Design and Management) Regulations 2015 (CDM). People including Clients, Designers and Contractors have a range of health and safety responsibilities. This course provides delegates with an understanding of the steps relative to Health and Safety involved in projects from initial feasibility studies through to completion and handover.

## WHAT IS COVERED?

- Regulations and Duties
- Overview of CDM Regulations
- Hazzard Identification
- Risk Assessment
- Health and Safety files
- Roles and Responsibilities

## HOW LONG IS IT?

Half Day (3 – 4 hours)

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