

Health & Safety **Awareness**

TRAINING COURSES



Accident Investigation and Prevention

Accident Investigation and Prevention is a practical course that calls on a range of real life case studies to explain the importance of effective record keeping, the link between accidents and personal injury claims, and pre and post accident risk assessments.

This course teaches:

- The importance of writing and implementing an accident policy
- The principles of accident investigation, covering fault tree analysis
- The principles of accident prevention such as investigation outcomes and proactive monitoring
- RIDDOR requirements and guidance on reportable incidents

Designed for employees who are responsible for reporting, investigating and reducing accidents and incidents, this course counts towards CPD.

🕒 0.5 days

✓ In person or virtual



Construction design and management awareness

Calling on case studies from a range of projects, this course explains the importance of effective record management and how to discharge client duties in practical terms.

This course teaches:

- The principles of CDM Regulations 2015 and relevant case law
- The specific roles and responsibilities of the client, principal contractor, and principal designer
- When CDM applies, including maintenance work which exceeds 30 days or 500 hours
- The various stages in the CDM process, for example F10, the pre-construction and construction phase health and safety plans, health and safety files

A key part of CPD, this course is designed for workers involved in the construction, extension, demolition and refurbishment of sites, including instructing works, which may come under the CDM Regulations due to length of time.

 0.5 days

 In person or virtual



Contractor Management

Drawing on case studies and real accident data from construction sites during the previous 12 months, this course comprises practical sessions on the appraisal and approval of contractors and effective record keeping.

This course teaches:

- The importance of effective contractor management based around case law
- The Contractor Management process and its practical application
- The principles of permit-to-work systems (dependent on the target audience)
- The roles and responsibilities between clients and contractors

Designed for anyone involved in appointing, instructing, or otherwise controlling, contractors, this course counts towards CPD.

🕒 1 day

✓ In person or virtual



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Permit to work
All contractors must
obtain a valid permit to
work on this site

Manual Handling

This practical course draws on industry-relevant case studies and examples, while demonstrating good practice using items delegates are required to handle in their work.

This course teaches:

- The requirements of the Manual Handling Regulation Regulations and risk assessment
- Why regulations are necessary and accident statistics from similar industries
- The principles of elimination, mechanisation, and minimisation in relation to manual handling tasks
- The principles of effective manual handling including planning, equipment, training, and individual limitations

Designed for employees who carry out significant manual handling as part of their role, this course counts towards CPD.

🕒 0.5 days

✓ In person



Personal Safety and Lone Working

Drawing on real life case studies and accident data from the UK, this course explores the risks associated with lone working and how to mitigate them.

This course teaches:

- The risks associated with lone working
- Lone working and practical implementation
- The principles of lone working risk assessment and ways of minimising risk where lone working cannot be avoided
- The principles of personal safety during travel, when working alone and on site

Designed for anyone who completes site visits, including surveyors, building managers, estate agents and valuers, this course counts towards CPD.

🕒 0.5 days

✓ In person or virtual



Practical risk assessment

This practical course examines real sites and/or real case studies to practice risk assessment and can be tailored to include related assessments such as COSHH and manual handling.

This course teaches:

- The law and guidance in relation to risk assessment
- The principles of risk assessment using UK related case studies and examples
- The risk assessment process and complete examples
- What to do once assessments have been documented, for example implementation, explanation, additional controls and sign off
- The importance of effective record management

Designed for employees who are responsible for completing or reviewing risk assessments, this course counts towards CPD.

🕒 0.5 days

✓ In person or virtual



Site safety awareness course

Based on the RICS Surveying Safely Guide and HSE Guidance, this course explains relevant legislation and guidance for construction sites and the built environment.

This course teaches:

- How to establish safe sites during set-up
- How to review construction phase health and safety
- The selection and use of personal protective equipment
- How to plan site inspections and visits
- How to maintain your own and others' safety

Designed for property management and facilities management professionals who inspect properties as part of their day-to-day work activities, this course counts towards CPD.

🕒 0.5 days

✓ In person or virtual



Working at Height

A practical course that uses industry-relevant case studies and examples from the UK. Participants will gain an understanding of the principles of working at height and current legislation, while reviewing and comparing the various control measures such as scaffolding, portable ladders, elevating platforms, fall prevention and fall arrest systems and nets/airbags.

This course teaches:

- Control measure hierarchies, restrictions on access to drop zones and working near fragile surfaces in addition to other considerations
- The roles and responsibilities of those working at height, for example site managers, maintenance contractors and employees
- The principles of working at height risk assessments

Designed for anyone who is responsible for instructing and controlling people working at height, this course counts towards CPD.

🕒 1 day

✓ In person



Workstation/DSE Assessor

Using practical examples and demonstrations, this course explains how to set up comfortable and effective workstations, in addition to discussing the different ways organisations can deal with health issues identified via DSE assessments.

This course teaches:

- Legislation, guidance and case law in relation to DSE
- The principles of ergonomics and workstation set up
- DSE and its implementation
- The role of occupational health
- How to identify sources of further assistance in relation to any long-term health issues

Designed for employees responsible for carrying out DSE assessments or coordinating the findings of self-assessments, this course counts towards CPD.

🕒 0.5 days

✓ In person or virtual





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