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Courses – Health & Safety

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Level 1 Award in Health and Safety in the Workplace

Half Day

Health and safety in the workplace are of paramount importance to employers and employees alike. Level 1 Award in the Principles of Health and Safety within the Workplace (RQF) has been developed for learners in work or returning to work and who need upskilling in health and safety, providing them with an understanding of the main responsibilities of employees and employers, and the knowledge needed to work safely and legally. It can also be used to prepare learners to advance to a higher-level qualification.

Topics include:

- the main responsibilities for health and safety in the workplace
- how the workplace can affect health and safety



Level 2 Award in Health and Safety in the Workplace

1 Day

Keeping workplaces safe is both a legal and moral obligation, with severe consequences if local health and safety laws are not followed.

As a first level course incorporating fundamental occupational health and safety knowledge that will enable staff to contribute to any health and safety management system. This course can be structured to suit any work environment. It has been designed to give learners knowledge of the basic health and safety practices essential in the workplace and prepare them for progress to higher level training.

1-Day

Course outline:

- Legislation
- Health
- Safety
- Welfare
- The workplace and workplace equipment
- Risk assessment
- Manual handling
- Hazardous substances
- Ergonomics and workstation design
- An understanding in the responsibilities of employers and employees
- The benefits of good health and safety
- Steps to a risk assessment and how they can reduce accidents
- Near misses and ill-health
- Typical hazards and controls in a workplace
- Common causes of accidents, near misses and ill-health
- Emergency procedures
- The importance of recording accidents, near misses and ill-health



Fire Safety Training

Fire annually kills 700 people in the United Kingdom and costs approximately £1,500 million in insurance claims from industry.

For anyone who needs a basic understanding of fire safety awareness. This course teaches basic fire safety awareness as it applies to the workplace. Courses can be tailored to suit a specific audience and typically run for 3 hours.

Course outline:

- Causes of workplace fires
- Fire safety precautions
- Reducing the risks
- Fire fighting procedures
- Extinguisher recognition and use (theory and practical)
- Fire action planning
-

This course complies with the Regulatory Reform (Fire Safety) Order 2005.



Fire Marshal Course

For those appointed to carry out the duties of a Fire Warden or Fire Marshal. This course is tailored to the needs of the prospective Fire Marshal. Courses can be tailored to suit a specific audience and typically run for four hours. This course teaches basic fire safety awareness as it applies to the workplace. Courses can be tailored to suit a specific audience and typically run for 4 hours.

Course outline

- Fire legislation
- The basic chemistry of fire and its differing classes
- Fire fighting procedures
- Causes of fires and their prevention
- Emergency lighting
- Fixed fire fighting installations
- Evacuation assembly point and fire drills
- Fire alarms
- Fire hazards
- Routine fire safety inspections and maintaining a fire log
- Risk assessment awareness
- Extinguisher recognition and use (theory and practical)
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This course complies with the Regulatory Reform (Fire Safety) Order 2005.



Level 1 Award in Fire Safety Awareness Training 1 Day

Ensure your team have the perfect introduction to fire safety awareness. There's both a legal and moral duty to ensure workplaces are fire safe and that employees are aware of their responsibilities around fire safety. This level 1 Award in the Principles of Fire Safety Awareness (RQF) is the ideal introduction to the subject, and can support learners in any workplace, particularly new starters, where a basic understanding of fire safety is required.

Through this qualification, learners will understand that fire safety is the responsibility of every individual in the workplace.

Suitable for anyone who requires Fire Safety Awareness Training with a Level 1 certificate.

Topics included:

- The common causes of fire
- Actions to take in the event of a fire.
- Understand how fire risk is controlled in the workplace.



Level 2 Award in Fire Safety Principles

1 Day

Instil the principles of fire safety in your team.

All workplaces have a legal obligation to ensure their environment is safe when it comes to fire risks. Ultimately that comes down to ensuring your team have the required knowledge and understanding around fire safety.

The Level 2 Award in the Principles of Fire Safety (RQF) is aimed at anyone involved in the management of fire safety and is based in an area where fire is a risk.

Learners gaining this qualification will understand that fire safety is the responsibility of everyone, and will recognise the causes of fire, common hazards, and fire risk assessments. It can support those already in a workplace.

Suitable for anyone who needs an accredited Fire Safety Principles course at Level 2.

Course outline:

- Fire law
- Causes of workplace fires
- Fire safety precautions
- Emergency plan requirements
- Assembly point control
- Reducing the risks
- Carrying out and monitoring a fire drill
- Fire fighting procedures
- Fire extinguisher recognition and use theory.
- Practical use of fire extinguishers – dependant on a suitable area
- Fire action planning
- The basics of fire risk assessment





Principles of Manual Handling Half Day

Successful completion will prepare students to look carefully at their own work activities and contribute to the development of safer methods and tasks, in co-operation with their managers and supervisors.

Aimed at those who carry out manual handling activities at work.

Course outline:

- The process of manual handling in the workplace
- Manual handling injuries and the activities which cause them
- Manual handling assessment and control options
- Responsibilities imposed by the Manual Handling Operations Regulations

Level 2 Award in Safe Moving and Handling

Ensure your team keep themselves safe when moving and handling.

The majority of accidents resulting from moving and handling issues can be avoided with the proper training and knowledge.

The Level 2 Award in Safe Moving and Handling (RQF) has been designed for learners starting or returning to work, who need specific training around moving and handling, or for refresher training.

It aims to ensure learners understand that moving and handling must be carried out the right way, and that they recognise its importance in contributing to a safe working environment.

Topics include:

- Understanding the reasons for safe manual handling
- Understanding how manual handling risk assessments contribute to improving health and safety.
- Understanding the principles, types of equipment and testing requirements associated with manual handling safety.
- Applying safe manual handling principles



Safe Working at Height Half Day

The aim of this course is to assist learners in preparing to carry out Work at Heights, safely, within the workplace, preparing and using appropriate personal protective equipment (PPE), using equipment safely, following procedures and dealing with emergencies.

During this 3 hour qualification, learners will develop a basic awareness of working at height, focusing on key principles such as: safety considerations, legal obligations, hierarchy of control measures, reporting procedures for defective equipment and much more.

On successful completion of this course the learner will be able to:

- Prepare to work at height safely
- Enter and exit from height safely
- Prepare and use appropriate personal protective equipment (PPE) in accordance with manufacturer's specification (including harnesses)
- Use equipment and tools safely and in accordance with manufacturer's instructions
- Follow procedures and work safely
- Deal with emergencies
- Use appropriate behaviour for working at height
- Use appropriate knowledge for working at height
- Apply relevant statutory and industry standards for working at height



Principles of COSHH Half Day

Successful completion will prepare students to look carefully at their own work activities and contribute to the safer use of hazardous substances in co-operation with their managers and supervisors.

Course outline:

- Definition and types of substances hazardous to health in the workplace
- Health effects of hazardous substances and their causes
- COSHH assessments and control options
- Responsibilities imposed by the Control of Substances Hazardous to Health Regulations 2002

