

HEALTH & SAFETY AWARENESS 1-Day

Health & Safety Awareness

The Health & Safety Awareness course provides a basic introduction to understanding potential construction site hazards and provide practical advice on how everyone can contribute to keeping themselves, colleagues and the workplace safe.

It covers your individual and employer's responsibilities, including what you can do if you think anyone's health and safety is being put at risk.



This is a highly interactive course taught through case studies, classroom discussion, group work and individual or group presentations.

On successful completion of this course you will gain the CITB Site Safety Plus Certificate.

Certification for this course is valid for 5 years. To remain certified in this area, you will need to retake the course before the expiry date.



Who is it for?

The one day course is for those who require the CSCS Green Labourer Card to get on a construction site. It is ideal for those who work in construction or are looking to start a career in construction.

It is also recommended as a Health and Safety refresher of knowledge after five years.



Learning Objectives

By the end of the course, the delegate will have an understanding of:

- The need to prevent accidents
- Health and safety law
- How your role fits into the control and management of the site
- Risk assessments and method statements
- Performing safely and asking for advice
- How to report unsafe acts to prevent an accident.



Course Content

The units that the Health and Safety Awareness training course will cover are:

- Everyday Responsibilities
- Reporting and Preventing Accidents
- An Introduction to Health and Welfare
- Working At Height
- Manual Handling
- (PPE) Personal Protective Equipment
- First Aid and Emergency Procedures
- Control and Prevention of Fire
- Electrical Safety
- Hazardous Substances
- Handheld Tools and Equipment
- Safety with Site Transport
- Vibration and Noise
- Confined Spaces and Excavation
- Environmental Awareness.



Pre-requisites

The following pre-requisites are mandatory:

- To be able to read, write and understand English to a good level. Please contact us if you have any concerns in this area.
- Photographic ID and your national insurance number must be provided on the first day of the course.



How is the SSSTS is assessed?

- Full attendance is mandatory.
- Continuous assessment
- Multiple-choice test



What is included in this course?

- Highly experienced Instructor
- All courseware & classroom materials
- Multiple-choice exam
- CITB Site Safety Plus certificate on passing exam.



Group Courses

Group courses can be delivered on-site at your premises or at a local venue. In-house training offers advantages over booking public courses including:

- Cost savings
- Avoidance of travel expenses
- Tailoring to meet specific needs.

Want a bespoke roadmap?



Address

Olympic House,
28-42 Clements Road
Ilford, London, IG1 1BA



Email Address

info@pmexcellence.co.uk



Contact Number

+44 (0) 20 8553 0148



www.pmexcellence.co.uk

