



DURATION

1 Day

WHO SHOULD ATTEND

This course is for those who have entered, or are about to enter, the construction and civil engineering industry as a member of the workforce, to help them understand the potential hazards that they face at work on site.

It provides a practical summary of health and safety, welfare and environmental issues, identifying individual responsibilities for looking after themselves and others, what the employer's duties are and what should be done if they think anyone's health and safety is being put at risk.

AIM

The one day course aims to ensure that individual responsibilities are understood:

- ➔ Why they are carrying out their defined duties
- ➔ What is expected of them
- ➔ To ensure that they contribute to the safety of the workplace



AFI is pleased to be able to provide an extensive range of certified training courses in collaboration with Speedy Training.

Training grant aid is available for levy payers in accordance with the current CITB grants scheme.

For training held at your own location please ensure you make available a classroom suitable for the number of delegates attending, with a 240v power supply.

COURSE CONTENT

- ◆ General Responsibilities
- ◆ Accident Prevention and Reporting
- ◆ Health and Welfare
- ◆ Manual Handling
- ◆ Work at Height
- ◆ PPE
- ◆ Emergency Procedures and First Aid
- ◆ Fire Prevention and Control
- ◆ Hazardous Substances
- ◆ Electrical Safety
- ◆ Hand-held Equipment and Tools
- ◆ Noise and Vibration
- ◆ Site Safety Transport
- ◆ Excavations and Confined Spaces

KNOWLEDGE

At the end of the period of training, delegates will be able to:

- ◆ Understand the need to prevent accidents
- ◆ Have an understanding of health and safety law
- ◆ Identify how their role fits into the control and management of the site
- ◆ Understand the need for risk assessments and method statements
- ◆ Appreciate the need to perform safely and to stop and ask for advice if not sure
- ◆ Feel obliged to report unsafe acts to prevent an accident

The training methods used for this course include a high proportion of discussions, best practice sharing, syndicate exercises and case studies supplemented with classroom based tutorial.

Delegates will be continuously assessed during the course in preparation for the final examination.