



# HEALTH & SAFETY COURSES

- 02 Level 2 Health & Safety in the Workplace
- 03 Intermediate Certificate in Supervising Health & Safety
- 04 The Principles of Manual Handling
- 05 Risk Assessment Course
- 06 Stress Awareness
- 07 Level 2 Award in Conflict Resolution & Personal Safety
- 08 Occupational Dermatoses Awareness

## Health & Safety in the Workplace

---

Fundamental health and safety knowledge for all employees.

Good health and safety standards rely on employers and employees working together. This 1 day course delivers a foundation of knowledge required by everyone. It provides essential knowledge and understanding of health and safety for all employees.

### Course Content

- Legislation
- Health
- Safety
- Welfare
- The workplace and workplace equipment
- Risk assessment
- Manual handling
- Hazardous substances
- Ergonomics and workstation design
- Transport and vehicles
- Noise and vibration

### Assessment

Assessment: 30 multi choice examination questions

## **Intermediate Certificate in Supervising Health & Safety**

---

This 3 day course examines health and safety from a supervisory perspective. Supervisors have both a legal and moral responsibility to look after the health and safety of employees. This qualification will enable managers and supervisors to improve the health and safety culture of their organisation, whatever its size or activity.

### **Course Content**

- 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

### **Assessment**

Assessment: 30 multi choice examination questions

# The Principals of Manual Handling

---

A half day (principles only) or a 1 day course which introduces candidates to the hazards and risks involved in manual handling and outlines what to expect from a manual handling assessment. It will enable employees to develop safer manual handling techniques in the workplace.

## Course Content

- 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

## Assessment

Assessment: 30 multi choice examination questions

## Risk Assessment Course

---

The “Management of Health & Safety at Work Regulations 1999” requires that every employer shall make a suitable and sufficient assessment of: -

Risk to health and safety of his employees to which they are exposed whilst they are at work;  
Risks to the health and safety of persons not in his employment arising out of or in connection with the conduct by him or his undertaking

### Level 2

Level 2 is a 1 day course which on completion of the course students will have the knowledge to carry out a risk assessment in order to introduce you to the basic principles of risk assessment to improve your workplace occupational health and safety.

### Assessment

30 multi choice examination questions

### Level 3

Level 3 is a 1 day (plus assignment time) course that provides you with a thorough understanding of the main categories of accidents and ill health, their socio-economic costs and the benefits of good health and safety management.

### Assessment

Assignment

*Other specific Regulations such as the “Noise at Work Regulations 1989”, “Control of Substances Hazardous to Health Regulations 1999” and “The Manual Handling Operations Regulations 1992” all require the employer to carry out Risk Assessments.*

## Stress Awareness

---

This half day course raises awareness of the likely sources of work-related stress. It is aimed at general workers and also serves as an introduction to the issue for more senior staff. The qualification will enable employees to contribute to strategies which combat work-related stress.

### Course Content

- Definitions of stress
- Stress as an occupational health hazard
- Identification of basic workplace stressors
- Development of basic controls for work-related stressors
- Responsibilities imposed under UK legislation

## **Level 2 Award in Conflict Resolution & Personal Safety**

---

Enables employees to protect themselves in the face of confrontational behaviour.

Work-related violence is on the rise and employers have a duty of care to provide a safe place of work. This is not easy in environments where the potential for conflict and aggression is high. Zero tolerance initiatives and commitment to prosecution have brought improvements in organisations like the NHS, London Underground and many pubs and clubs that now work together to monitor and bar known troublemakers. Yet high staff turnover and a lack of training mean many people are still vulnerable to physical and psychological damage. The costs to businesses can be very high indeed.

The CIEH has developed this 1 day course to help organisations protect their staff as well as their organisational and operational effectiveness.

### **Course Content**

- The law
- The work environment
- Resolving confrontational situations
- Personal safety

## Occupational Dermatoses Awareness

---

An introduction to workplace skin disease.

Many workplaces contain substances or processes that can cause injury to the skin, this can range from constant immersion of hands in water, through to the use of highly corrosive chemicals

Occupations considered high risk for skin disease are: hairdressing, catering, health care, printing, metal machining, Motor vehicle repair and construction.

These courses are designed for workers or managers in most business and industrial environments and aim to show how workplace skin diseases can be avoided.

### Course Content

- Prevention – including the use of personal protective equipment
- Skin disease risk assessment
- Employer and employees responsibilities
- Recognition of common work place skin diseases
- Reporting of Injuries diseases and dangerous occurrences (RIDDOR)
- Staff Health Surveillance

*Courses may be tailored to client's specific industry/business*