

# Health, Safety & Compliance

Training Solutions



*Professional eLearning & Workforce Development*



# Contents

<b>Abrasive Wheels .....</b>	<b>3</b>
<b>Asbestos Awareness .....</b>	<b>4</b>
<b>Asbestos Awareness – IATP .....</b>	<b>6</b>
<b>Asbestos Awareness for Architects and Designers .....</b>	<b>8</b>
<b>Banksman Training .....</b>	<b>10</b>
<b>Basic Fire Safety Awareness .....</b>	<b>12</b>
<b>Basic Fire Safety Awareness for Care Homes .....</b>	<b>14</b>
<b>Basic Legionella Management .....</b>	<b>16</b>
<b>CDM Awareness .....</b>	<b>18</b>
<b>Control of Substances Hazardous to Health (COSHH) .....</b>	<b>19</b>
<b>Covid-19 Safe Workplaces .....</b>	<b>20</b>
<b>Display Screen Equipment Awareness .....</b>	<b>22</b>
<b>Electrical Safety .....</b>	<b>24</b>
<b>Environmental Awareness .....</b>	<b>25</b>
<b>Fire Doors .....</b>	<b>27</b>
<b>Fire Extinguisher .....</b>	<b>29</b>
<b>Fire Marshal .....</b>	<b>30</b>
<b>Hand Arm Vibration Syndrome .....</b>	<b>31</b>
<b>Hot Works .....</b>	<b>33</b>
<b>Introduction to Risk Assessment .....</b>	<b>35</b>
<b>Ladder Safety .....</b>	<b>36</b>
<b>Level 1 Health and Safety in a Construction Environment .....</b>	<b>38</b>
<b>Noise Awareness .....</b>	<b>40</b>
<b>NVQ Unit – Conforming to General Health, Safety.....</b>	<b>42</b>
<b>NVQ Unit – Moving, Handling and Storing Resources in the Workplace .....</b>	<b>45</b>
<b>Personal Protective Equipment (PPE) .....</b>	<b>47</b>
<b>Portable Appliance Testing (PAT) .....</b>	<b>49</b>
<b>Preparation for the CITB Health, Safety and Environment Test .....</b>	<b>50</b>
<b>Slips, Trips and Falls .....</b>	<b>53</b>
<b>Working at Height .....</b>	<b>54</b>
<b>Working in Confined Spaces .....</b>	<b>56</b>
<b>Working Safely .....</b>	<b>57</b>
<b>Workplace Health and Safety .....</b>	<b>59</b>



## Abrasive Wheels

### *IIRSM & CPD Approved*

This course is aimed at anyone who uses abrasive wheels, or employs people who use abrasive wheels as part of their work.

There are a wide range of tools and processes that use abrasive wheels and ensuring these are used correctly and safely is of paramount importance. Applications range from hand grinding to disc cutting. They can be used at all stages of a work process, for making preliminary cuts and scores in materials, or for fine polishing and finishing.

Different wheels will have different properties and characteristics suitable for particular tasks. They also have different weaknesses and can pose different risks and hazards in handling and use. For this reason, it's important that you always select the right abrasive wheel for the job and use it with the right machinery.

This course covers the anatomy of an abrasive wheel, the dangers associated with their use, Storage and handling and much more.

Course	Module Number	Module Name	Pass % Required
Abrasive Wheels	1	Introducing Abrasive Wheels	70
Abrasive Wheels	2	The Anatomy of an Abrasive Wheel	70
Abrasive Wheels	3	The Dangers of Abrasive Wheels	70
Abrasive Wheels	4	Abrasive Wheel Safety	70
Abrasive Wheels	5	Safe Speeds	70
Abrasive Wheels	6	Other Wheel Markings	70
Abrasive Wheels	7	Storage and Handling	70
Abrasive Wheels	8	Checking and Testing	70
Abrasive Wheels	9	Training and Certification	70
Abrasive Wheels	10	Inspections	70
Abrasive Wheels	11	Course Summary	70

### **Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 100 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Asbestos Awareness

*IIRSM & CPD Approved*

### Course Description

Asbestos is probably the most dangerous building material ever used. Every year thousands of people fall ill and die because of exposure to asbestos and it was widely used by the construction industry right up until the year 2000.

The Control of Asbestos Regulations (CAR) apply to employers, employees, self-employed persons and duty holders and cover all work with asbestos containing materials. Regulation 10 of CAR states that every employer must ensure that adequate information, instruction and training is given to employees who are liable to be exposed to asbestos. This includes maintenance workers and others who may come into contact with or disturb asbestos.

As well as informing candidates about the risks of working with asbestos, the course will deliver content to help them recognise asbestos containing materials, make them aware of where it was used, include steps they can take to minimise the risks and discuss the legislation that applies to working with asbestos.

Each module is rounded off with several multiple-choice questions, candidates are required to get 100% on these tests to pass the course. They have the opportunity to review all the answers at the end of each module before final submission and will be given 3 attempts to achieve the required result.

### Target Audience

The Asbestos Awareness course is designed for anyone who may come into contact with asbestos in their work. Most commonly, that includes builders, plumbers, electricians, carpenters and other building related and maintenance trades.

### Advantages

Being aware of the products that are likely to contain asbestos and the risks associated with them give workers and supervisors the information they need to avoid work that may disturb asbestos.

The course is approved by leading industry bodies CPD the IATP.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

### Further Progression

There are a wide range of other health and safety courses available in the eLearning suite that are relevant to the same industries as these courses.

Course	Module Number	Module Name	Pass % Required
Asbestos Awareness	1	Properties and Risks of Asbestos Exposure	100
Asbestos Awareness	2	Different Types of Asbestos	100
Asbestos Awareness	3	Avoiding the Risks from Asbestos	100
Asbestos Awareness	4	An Outline of Asbestos Legislation	100



**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 65 minutes *(Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*



## Asbestos Awareness - IATP

*IATP Approved*

### Course Description

Asbestos is probably the most dangerous building material ever used. Every year thousands of people fall ill and die because of exposure to asbestos and it was widely used by the construction industry right up until the year 2000.

The Control of Asbestos Regulations (CAR) apply to employers, employees, self-employed persons and duty holders and cover all work with asbestos containing materials. Regulation 10 of CAR states that every employer must ensure that adequate information, instruction and training is given to employees who are liable to be exposed to asbestos. This includes maintenance workers and others who may come into contact with or disturb asbestos.

As well as informing candidates about the risks of working with asbestos, the course will deliver content to help them recognise asbestos containing materials, make them aware of where it was used, include steps they can take to minimise the risks and discuss the legislation that applies to working with asbestos.

Each module is rounded off with several multiple-choice questions, candidates are required to get 100% on these tests to pass the course. They have the opportunity to review all the answers at the end of each module before final submission and will be given 3 attempts to achieve the required result.

### Target Audience

The Asbestos Awareness course is designed for anyone who may come into contact with asbestos in their work. Most commonly, that includes builders, plumbers, electricians, carpenters and other building related and maintenance trades.

### Advantages

Being aware of the products that are likely to contain asbestos and the risks associated with them give workers and supervisors the information they need to avoid work that may disturb asbestos.

The course is approved by leading industry bodies CPD the IATP.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

### Further Progression

There are a wide range of other health and safety courses available in the eLearning suite that are relevant to the same industries as these courses.

Course	Module Number	Module Name	Pass % Required
Asbestos Awareness	1	Properties and Risks of Asbestos Exposure	100
Asbestos Awareness	2	Different Types of Asbestos	100
Asbestos Awareness	3	Avoiding the Risks from Asbestos	100
Asbestos Awareness	4	An Outline of Asbestos Legislation	100



**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 65 minutes *(Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*



## Asbestos Awareness for Architects and Designers

*IATP, IIRSM & CPD Approved*

### Course Description

Asbestos is probably the most dangerous building material ever used. Every year thousands of people fall ill and die because of exposure to asbestos and it was widely used by the construction industry right up until the year 2000.

The Control of Asbestos Regulations (CAR) apply to employers, employees, self-employed persons and duty holders and cover all work with asbestos containing materials. Regulation 10 of CAR states that every employer must ensure that adequate information, instruction and training is given to employees who are liable to be exposed to asbestos. This includes maintenance workers and others who may come into contact with or disturb asbestos.

As well as informing candidates about the risks of working with asbestos, the course will deliver content to help them recognise asbestos containing materials, make them aware of where it was used, include steps they can take to minimise the risks and discuss the legislation that applies to working with asbestos.

Each module is rounded off with several multiple-choice questions, candidates are required to get 100% on these tests to pass the course. They have the opportunity to review all the answers at the end of each module before final submission and will be given 3 attempts to achieve the required result.

### Target Audience

The Asbestos Awareness for Architects and Designers course covers the same subjects as our Asbestos Awareness course with an additional module aimed specifically at architects and designers working with buildings that may contain asbestos. It provides information about the legislation governing asbestos in work and outlines the responsibilities of architects and designers.

### Advantages

Being aware of the products that are likely to contain asbestos and the risks associated with them give workers and supervisors the information they need to avoid work that may disturb asbestos.

The course is approved by leading industry bodies CPD and the IATP.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

### Further Progression

There are a wide range of other health and safety courses available in the eLearning suite that are relevant to the same industries as these courses.



Course	Module Number	Module Name	Pass % Required
Asbestos Awareness for Architects and Designers	1	Properties and Risks of Asbestos Exposure	100
Asbestos Awareness for Architects and Designers	2	Different Types of Asbestos	100
Asbestos Awareness for Architects and Designers	3	Avoiding the Risks from Asbestos	100
Asbestos Awareness for Architects and Designers	4	An Outline of Asbestos Legislation	100
Asbestos Awareness for Architects and Designers	5	Content for Architects and Designers	100

**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 75 minutes *(Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*



## Banksman Training

*CPD Approved*

### Course Description

This course, will cover common vehicle reversing accidents and the crucial role played by the banksman. It'll also look at the controls and actions that can reduce the likelihood of such accidents.

The course will start by identifying the three main categories of reversing accidents - injuries to pedestrians, damage to objects in the workplace and damage to street furniture along with coverage of other types of accidents.

You'll learn about the role of management in preventing reversing accidents, particularly the use of risk assessments and Safe Systems of Work, plus the provision of appropriate Personal Protection Equipment.

You'll get an overview of the main legislation applying to banksmen's activities, before examining the actual role and the duties of banksmen on site, including safety rules, controls and guidelines.

The rules applying to drivers will also be covered, and we'll look at the way drivers and banksmen can work together safely.

Finally, we'll cover vehicle hazard safety checks and the industry-standard hand and verbal signals that banksmen can use during vehicle manoeuvres.

### Learning Objectives

By the end of this course, you will be able to:

- Understand the role and importance of a Banksman.
- Recognise the common accidents that can occur and which categories they fall into.
- Identify the key pieces of legislation that aid with the role of the Banksman.
- Implement controls and risk assessments to minimise accidents.
- Explain the different safety checks and signals that are used.

### Target Audience

This course is aimed at those in construction or heavy industry that are responsible for the movement of vehicles. This could include site supervisors or managers.

### Advantages

Understanding why problems occur and having the tools to solve common problems quickly will ensure work runs smoothly.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.

### Further Progression

For those needing further safety in construction training, courses such as Asbestos Awareness, Noise Awareness and Working at Height should be completed alongside this one.

For Supervisors that want to continue to enhance their skills, courses such as Introduction to Risk Assessment or Leadership Skills would make great next steps.



Course	Module Number	Module Name	Pass % Required
Banksman Training	1	Controls to Reduce the likelihood of Accidents	70
Banksman Training	2	Further Controls and Responsible Actions	70
Banksman Training	3	Safety Checks and Signals	70

**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 40 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Basic Fire Safety Awareness

*IFE, CPD, IIRSM, Gatehouse Awards, Institute of Hospitality & IOSH Approved*

Current legislation, The Regulatory Reform (Fire Safety) Order 2005, applies to all workplaces regardless of the number of employees and requires employers to provide adequate training in fire awareness for all members of their staff.

Our online fire safety training courses are aimed at all employees to assist them in identifying and reducing the risk that fire presents in the workplace.

This course will provide candidates with a general understanding of basic fire awareness including what should be done in the event of a fire, how to prevent a fire occurring and a basic introduction of the protocol of extinguishing a fire.

It is a cost effective way for employers to fulfil their legal obligation to provide their employees with the necessary understanding of fire awareness.

### Learning Objectives:

*By the end of this course, you will be able to:*

- Define the common causes of fire and understand how to reduce their risks
- Understand the chemistry of fire and its ability to spread through four specified methods
- Recognise the dangers of smoke
- Identify the fire safety features available and understand their role in fire prevention, management, and evacuation.
- Understand the risks to consider if you discover a fire
- Recognise the different types of Fire Extinguishers and when to use them

Course	Module Number	Module Name	Pass % Required
Basic Fire Safety Awareness	1	Chemistry of Fire	70
Basic Fire Safety Awareness	2	Common Causes of Fire	70
Basic Fire Safety Awareness	3	Basic Safety Features in Buildings	70
Basic Fire Safety Awareness	4	Introduction to Fire Extinguishers	70
Basic Fire Safety Awareness	5	What to do in Cases of Fire?	70
Basic Fire Safety Awareness	6	Final Assessment	70

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)



**Duration:** 60 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Basic Fire Safety Awareness for Care Homes

*CPD, IIRSM, Gatehouse Awards & IOSH Approved*

Current legislation, The Regulatory Reform (Fire Safety) Order 2005, applies to all workplaces regardless of the number of employees and requires employers to provide adequate training in fire awareness for all members of their staff.

Our online fire safety training courses are aimed at all employees to assist them in identifying and reducing the risk that fire presents in the workplace.

This course covers the same content as the Basic Fire Safety course with additional content tailored specifically for employees that work in care homes.

### Learning Objectives:

*By the end of this course, you will be able to:*

- Define the common causes of fire and understand how to reduce their risks
- Understand the chemistry of fire and its ability to spread through four specified methods
- Recognise the dangers of smoke
- Identify the fire safety features in buildings and understand their role in fire prevention, management, and evacuation
- Understand the risks to consider if you discover a fire
- Recognise the different types of Fire Extinguishers and when to use them

Course	Module Number	Module Name	Pass % Required
Basic Fire Safety Awareness for Care Homes	1	Chemistry of Fire	70
Basic Fire Safety Awareness for Care Homes	2	Common Causes of Fire	70
Basic Fire Safety Awareness for Care Homes	3	Basic Safety Features in Buildings	70
Basic Fire Safety Awareness for Care Homes	4	Introduction to Fire Extinguishers	70
Basic Fire Safety Awareness for Care Homes	5	What to do in Cases of Fire?	70
Basic Fire Safety Awareness for Care Homes	6	Final Assessment	70



**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 60 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Basic Legionella Management

*CPD, IIRSM & Gatehouse Awards Approved*

### Course Description

Current legislation set out by the Health and Safety at Work Act along with the HSE's updated code of practice known as L8, state that companies and building owners have a legal duty to manage Legionella.

Our interactive training course is aimed at all employers and staff to assist them in identifying the danger that Legionella poses, as well as covering ways to identify and assess sources of risk from Legionella on the premises.

It also gives you enough knowledge to get a Legionella control programme off the ground yourself – or make confident, informed choices when commissioning others to take this on for you.

### Target Audience

This course is primarily aimed at building and facilities managers and maintenance professionals that have nominated responsibilities for water systems.

### Advantages

Lack of training and awareness of Legionella have been shown to be factors in many outbreaks of legionella. Having adequate training and carrying out appropriate checks can ensure water system safety.

The course is approved by CPD, IIRSM & Gatehouse Awards giving you peace of mind and delegates increased confidence that the content is accurate and relevant.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

### Further Progression

There are a wide range of other health and safety courses available in the eLearning suite that are relevant to the same industries as these courses.

There are also business skills courses such as Leadership Skills and Developing Teamwork which could be of value to managers and team leaders that may also have responsibilities for buildings and facilities.

### Learning Objectives

By the end of this course, you will:

- Know what Legionnaires' Disease is, and how it is contracted
- Understand the conditions that promote growth of Legionella bacteria
- Be aware of the history of Legionnaires' Disease
- Have been presented with facts regarding contagion, distribution and identification of Legionnaires' Disease
- Be able to identify risk areas in businesses, workplaces and public areas



- Be able to identify appropriate legislation, responsibilities and consequences to individuals and organisations of non-compliance
- Know how to manage risk to eliminate and reduce it
- Understand the five key elements of Legionella management
- Understand the importance of record keeping and records required
- Be aware of practical prevention tasks and how to carry them out, including testing and monitoring
- Be introduced to risks, prevention, testing, monitoring and water sampling relating specifically to cooling systems

Course	Module Number	Module Name	Pass % Required
Legionella Management	1	What is Legionella?	70
Legionella Management	2	Risk Areas	70
Legionella Management	3	Legislation	70
Legionella Management	4	Risk Management	70
Legionella Management	5	Water System Monitoring	70
Legionella Management	6	Cooling System Awareness	70

#### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 75 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## CDM Awareness

### *IIRSM & IOSH Approved*

The Construction Design and Management Regulations cover the management of health, safety and welfare when carrying out construction projects. Whatever your role in the construction industry these regulations are there to improve your health and safety.

They are intended to ensure that projects are planned and run effectively and safely right from the start.

This awareness course covers the core concepts of the regulations and details the various roles that are required for a construction project along with the key documents that need to be produced. It starts with an introduction to CDM, then covers some of the parameters that need to be checked when a project is being planned. It finishes by detailing a number of example projects that illustrate how the regulations can be applied.

### Learning Objectives

*By the end of this course, you will be able to:*

- State the relevant legislation and be able to retrieve further guidance.
- Understand the application of CDM regulations and when notification to authorities is required.
- Identify the duty holders and their relevant duties in regard to the three stages of a project.
- Remember the importance and relevance of legal documentation.

Course	Module Number	Module Name	Pass % Required
CDM Awareness	1	Legislation	70
CDM Awareness	2	CDM Application and Notification	70
CDM Awareness	3	Duty Holders and Documents	70
CDM Awareness	4	Duties and Legal Documents	70
CDM Awareness	5	Example Projects and Summary	70
CDM Awareness	6	Final Assessment	70

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 40 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Control of Substances Hazardous to Health (COSHH)

*IIRSM & Institute of Hospitality Approved*

This course covers what you need to know about the Control of Substances Hazardous to Health (COSHH). It's aimed at anyone who is exposed to Substances Hazardous to Health at work, as well as line managers with responsibility for such people.

So what do we mean by 'Substances Hazardous to Health'?

In legal terms, these are substances that are classified as "very toxic, toxic, harmful, corrosive or Irritant" under the Classification, Labelling and Packaging Regulation (CLP). This was a new regulation that came into force in January 2009 dovetailing with a set of regulations called REACH. REACH is a European Union regulation concerning the Registration, Evaluation, Authorisation and Restriction of Chemicals, which came into force on 1st June 2007. One of the main aims of REACH is to provide a high level of protection for human health and the environment from the use of chemicals.

Course	Module Number	Module Name	Pass % Required
COSHH	1	Introducing COSHH	70
COSHH	2	Different Types of Hazard	70
COSHH	3	Different Types of Exposure	70
COSHH	4	Regulations and Approved Labelling	70
COSHH	5	Assessing COSHH Risks	70
COSHH	6	The Risk Assessment in Practice	70
COSHH	7	Exposure Control	70
COSHH	8	Staying in Control	70
COSHH	9	Training and Emergency Planning	70
COSHH	10	Course Summary	70

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 125 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Covid-19 Safe Workplaces

*CPD & IIRSM Approved*

### Course Description

This course explores the risk to workers caused by the Covid-19 virus and covers actions that can be taken by employers and employees to protect themselves and each other as they return to work. The content of this course is based on the latest information from the UK government and the NHS.

It covers information about the virus, risk assessments and personal safety, along with how to make changes to the daily work environment to address these risks.

Aimed at employers and employees the course is intended to help plan and implement changes to the workplace and ease the transition back to the workplace for those returning to a central work location after long periods of remote working.

### Learning Objectives

*By the end of this course, you will be able to:*

- Define what the virus is, its symptoms and the response by the body to the virus.
- Explain the risks to workers and how to use risk assessments to create a safer work environment.
- Understand the concept of personal safety and how protecting yourself helps to create a safer work environment.

### Target Audience

This course is aimed at anyone responsible for risk assessment and health and safety in the workplace. The course can also be useful to those returning to work after working from home, or starting work during and following the pandemic.

### Advantages

Online training is flexible, efficient and cost-effective, so candidates can progress through the modules at their own pace, in their own time, making it easy to fit the training around their work and personal life.

### Further Progression

Other health and safety courses that could be useful for those returning to the office or working from home include Display Screen Equipment, Workplace Health and Safety and Basic Fire Safety.

Course	Module Number	Module Name	Pass % Required
Covid-19 Safe Workplaces	1	The Covid-19 Virus	70
Covid-19 Safe Workplaces	2	Covid-19 Risk Assessment and Personal Safety	70
Covid-19 Safe Workplaces	3	Covid-19 In the Daily Work Environment	70



**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 30 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Display Screen Equipment Awareness

### *IIRSM & IOSH Approved*

Our display screen equipment courses are aimed at users of display screen equipment (DSE) and those responsible for assessing display screen equipment. A 'user', is anyone who regularly uses display screen equipment for a significant part of their normal work. In practice, if you use display screen equipment continuously for more than one hour a day, then you're a 'user'.

So what do we mean by display screen equipment?

The first thing most people think of is a computer monitor. But that's not the only thing it refers to. Display screen equipment could also mean laptops, tablet PCs, televisions, smartphones, CNC control pads, portable diagnostic screens or equipment containing cathode ray tubes, or CRTs.

The Health and Safety (Display Screen Equipment) Regulations contain special directives covering DSE safety. Both employers and employee-users have responsibilities under the legislation.

This course fulfils your statutory training obligations and covers among other things,,, the correct way to set up and use your display screen equipment safely. Reducing the risk of work related conditions.

### Learning Objectives

*By the end of this course, you will be able to:*

- Recognise a number of pieces of Display Screen Equipment
- Define the term 'user' of DSE
- Understand the legislation surrounding Display Screens and where to retrieve additional guidance
- Identify the impact that DSE can have on the body
- Understand the risks associated with DSE use and be aware of some of the methods used to control these

Course	Module Number	Module Name	Pass % Required
DSE Awareness	1	Introduction	70
DSE Awareness	2	Legislation	70
DSE Awareness	3	Protecting Your Body	70
DSE Awareness	4	Adjusting Your Chair	70
DSE Awareness	5	Adjusting Your Screen	70
DSE Awareness	6	Work Arrangements	70
DSE Awareness	7	Adjusting the Layout of Your Workstation	70
DSE Awareness	8	Adjusting Your Work Environment	70
DSE Awareness	9	Final Assessment	100



**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 50 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Electrical Safety

### *IIRSM & IOSH Approved*

Electricity is the lifeblood of modern society, it enhances our quality of life and we are becoming increasingly reliant on it to power tools and devices we use for work and entertainment. However, although electricity has many benefits it can also be a hidden killer as it can't be seen, felt, smelled or heard until someone comes into contact with it.

This course will start by covering the many benefits electricity brings to society, as well as its key components voltage, current and resistance. It will explain the two main types of electricity, cover UK accident and death statistics, and describe a simple way of remembering the electrical hazards. It then goes on to provide basic instructions about how you could safely help someone you suspect has received an electric shock.

Towards the end of the course it includes an overview of the main standards, guidance and legislation that control the use of electricity in the workplace, and finish off by looking at simple maintenance plans and portable appliance testing including who within an organisation would be best to carry out the various checks.

### Learning Objectives

*By the end of this course, you will be able to:*

- Explain what electricity is, its benefits and define the terms used with regard to electricity.
- State how it causes harm to the body, how to be safe around it and be able to assist if someone is hurt.
- Understand the legislation, refer to further guidance and understand the standards introduced to reduce its potential harm.
- Recognise the importance of safety management of electrical equipment.

Course	Module Number	Module Name	Pass % Required
Electrical Safety	1	Overview and Benefits of Electricity	70
Electrical Safety	2	What is Electricity?	70
Electrical Safety	3	How Electricity Can Cause Harm	70
Electrical Safety	4	Legislation, Standards and Key Steps	70
Electrical Safety	5	PAT Testing Standards and Guidance	70
Electrical Safety	6	Final Assessment	70

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 45 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Environmental Awareness

### Course Description

This online course aims to increase your awareness of major environmental issues and provide an introduction to environmental management systems.

It will start by defining important terms and identifying the key environmental issues the world is facing.

You'll learn about environmental impacts, and the course will look at the issue of global climate change, including greenhouse gases, carbon, acid rain and loss of biodiversity.

There's also information on the main environmental laws, and we'll cover Environmental Management systems and their business benefits.

Other topics include product life-cycles, corporate and personal social responsibility, renewable and non-renewable energy and the three pillars of sustainability.

The course will also discuss how waste can be managed and reduced by consumer decisions and Waste to Energy schemes.

You'll be taken through the waste management hierarchy, which describes prioritised actions commercial waste producers can take to manage waste.

Finally, we'll cover water resource management and oil storage. You'll learn how to plan for emergency hazardous substance spillages and the correct way to complete a spillage report.

### Target Audience

This course is an awareness course that could be appropriate for anyone in the workplace who wants to know more about how to help reduce their businesses environmental impact.

### Advantages

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.



**Modules**

Course	Module Number	Module Name	Pass % Required
Environmental Awareness	1	Introduction	70
Environmental Awareness	2	Climate Change	70
Environmental Awareness	3	Environmental Laws and Legislation	70
Environmental Awareness	4	Environmental Management	70
Environmental Awareness	5	Life-cycle and Recycling	70
Environmental Awareness	6	Waste Management	70
Environmental Awareness	7	Water Resource Management and Controls	70

**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 60 minutes *(Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*



## Fire Doors

### Course Description

This short course provides you with an introduction to fire doors in the workplace.

The course will start by establishing exactly what a fire door is, looking at the different types of fire door available and how they are constructed.

It then explores exactly why fire doors are important and provides real-life examples of their failure – showing the potential catastrophic implications of improper use.

Following on from this, the course details how fire doors - and their surrounding areas - must be controlled, in order to ensure they deliver maximum safety to people and property.

Finally, the course explores the importance of fire door maintenance, and the practical steps that can be taken to ensure the fire doors in your place of work are up to standard.

### Learning Objectives

By the end of this course, you will be able to:

- The different types of fire doors available and how a fire door is constructed
- Why fire doors are important
- How fire doors and their surrounding areas are controlled
- How fire doors should be maintained

### Target Audience

This course is aimed at anyone in the workplace and especially people who are responsible for fire safety in a building.

### Advantages

Understanding the different types of fire doors and importance of fire door maintenance.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.

### Further Progression

For those needing further training in Fire Safety, courses such as Fire Extinguisher, Basic Fire Safety, and Fire Marshall should be completed alongside this one.

For Supervisors that want to continue to enhance their skills, courses such as Introduction to Risk Assessment or Leadership Skills would make great next steps.



**Modules**

Course	Module Number	Module Name	Pass % Required
Fire Doors	1	What is a fire door?	70
Fire Doors	2	Why are they important and what is the risk?	70
Fire Doors	3	How to control the doors	70
Fire Doors	4	The importance of maintenance	70
Fire Doors	5	Final Exam	70

**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 40 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Fire Extinguisher

*CPD, IIRSM, Gatehouse Awards, Institute of Hospitality & IOSH Approved*

Current legislation, The Regulatory Reform (Fire Safety) Order 2005, applies to all workplaces regardless of the number of employees and requires employers to provide adequate training in fire awareness for all members of their staff.

Our online fire safety training courses are aimed at all employees to assist them in identifying and reducing the risk that fire presents in the workplace.

This course provides training in the use of different types of fire extinguishers and the protocol of tackling a fire.

### Learning Objectives:

*By the end of this course, you will be able to:*

- Identify the different types of Fire Extinguishers that are available
- Understand when, where and which fire extinguisher to use
- Know what actions to take upon discovering a fire

Course	Module Number	Module Name	Pass % Required
Fire Extinguisher	1	Fire Extinguishers	70
Fire Extinguisher	2	Pre-Engagement Action	70
Fire Extinguisher	3	Using a Fire Extinguisher	100

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 25 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions*).



## Fire Marshal

*CPD, IIRSM, Gatehouse Awards & Institute of Hospitality Approved*

Current legislation, The Regulatory Reform (Fire Safety) Order 2005, applies to all workplaces regardless of the number of employees and requires employers to provide adequate training in fire awareness for all members of their staff.

Our online fire safety training courses are aimed at all employees to assist them in identifying and reducing the risk that fire presents in the workplace.

Fire marshals (sometimes known as fire wardens) are civilians trained to assist in emergency fire evacuation procedures at businesses and other organizations. It is a legal obligation that workplaces must have a sufficient number of fire marshals to deal with fire emergencies.

This course provides extensive knowledge of fire prevention, evacuation protocol and using fire extinguishers.

Course	Module Number	Module Name	Pass % Required
Fire Marshal	1	Chemistry of Fire	70
Fire Marshal	2	Common Causes of Fire	70
Fire Marshal	3	Basic Safety Features in Buildings	70
Fire Marshal	4	Introduction to Fire Extinguishers	70
Fire Marshal	5	What to do in Cases of Fire?	70
Fire Marshal	6	Fire Statistics	70
Fire Marshal	7	Current Fire Safety Legislation	70
Fire Marshal	8	Fire Risk Assessment	70
Fire Marshal	9	Preventative Measures	70
Fire Marshal	10	Safety Features within Buildings	70
Fire Marshal	11	Role of the Fire Marshal	70
Fire Marshal	12	Action on Fire Discovery	70
Fire Marshal	13	Fire Drills and Evacuation	70
Fire Marshal	14	Fire Extinguishers	70
Fire Marshal	15	Pre-Engagement Action	70
Fire Marshal	16	Using a Fire Extinguisher	100

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 220 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Hand Arm Vibration Syndrome

### Course Description

This short course provides you with an introduction to Hand Arm Vibration Syndrome, otherwise known as HAVS.

The course starts by establishing exactly what Hand Arm Vibration Syndrome is, before providing a detailed description of the symptoms and consequences of the disorder.

It then provides an overview of the equipment and work-related situations most likely to pose a risk of HAVS, and the exposure values that must be complied with by law.

Following this, the course covers the practical steps you can take to reduce the risk of HAVS, and looks at the law with regards to HAVS, including the responsibilities that both employees and employers must comply with in order to reduce the risk.

### Learning Objectives

By the end of this course, you will be able to:

- What is Hand Arm Vibration Syndrome (HAVS)
- The symptoms of Hand Arm Vibration
- When you are at risk and how you can reduce the risk
- The laws associated with hand Arm Vibration and the importance of Health surveillance.

### Target Audience

This course is aimed at those in the construction industry that are responsible for using power tools. This could include site supervisors or managers.

### Advantages

Understanding the risks and how to protect yourself from vibrating power tools.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.

### Further Progression

For those needing further safety in construction training, courses such as Working at Heights, Working safely and PPE should be completed alongside this one.

For Supervisors that want to continue to enhance their skills, courses such as Introduction to Risk Assessment or Leadership Skills would make great next steps.



**Modules**

Course	Module Number	Module Name	Pass % Required
Hand Arm Vibration Syndrome	1	Introduction	70
Hand Arm Vibration Syndrome	2	What are the Symptoms of HAVS?	70
Hand Arm Vibration Syndrome	3	When am I at Risk?	70
Hand Arm Vibration Syndrome	4	How Can I Reduce the Risk?	70
Hand Arm Vibration Syndrome	5	What Does the Law Say?	70
Hand Arm Vibration Syndrome	6	The Importance of Health Surveillance	70
Hand Arm Vibration Syndrome	7	Final Test	70

**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 40 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Hot Works

### Course Description

This short course provides you with an introduction to hot work, the hazards associated with it and controls that can be put in place to minimise these hazards.

The course covers what is meant by hot work, including activities involving open flames or other heat sources, sparks, or flame-producing equipment.

Hot works can be extremely hazardous if not executed correctly, so it is of paramount importance that all workers undertaking hot works understand the hazards involved and the safety precautions they must take in their day-to-day work.

Following on from this the course sets out the hazards associated with such works, explores the controls that can be put in place to keep your workplace safer and finishes by explaining why you should use a permit to work scheme for hot work activities.

Written in our straightforward, easy to understand style, this course provides you with all the information they need to help keep everyone safe in the workplace.

### Learning Objectives

By the end of this course you will be able to:

- Understand what is meant by Hot Works
- Develop an understanding on the hazards associated with Hot Works
- Have an understanding on the what controls and safety measures that can be used for Hot Work
- And finally, understand the requirements and how to use permits to work.

### Target Audience

This course is aimed at those in any industry that are responsible for and the use of open fires, flames and work involving the application of heat by means of tools.

### Advantages

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.

Understanding the risks and how to protect yourself from Hot Works and the hazards associated with Hot Works

### Further Progression

For those needing further safety training, courses such as PUWER, Working safely and PPE should be completed alongside this one.

For Supervisors that want to continue to enhance their skills, courses such as Introduction to Risk Assessment or Leadership Skills would make great next steps.



**Modules**

<b>Course</b>	<b>Module Number</b>	<b>Module Name</b>	<b>Pass % Required</b>
Hot Works	1	What is Hot Works?	70
Hot Works	2	What Hazards are Associated with Hot Works?	70
Hot Works	3	What Controls Can be Used When Hot Working?	70
Hot Works	4	Why Use Permits to Work?	70
Hot Works	5	Final Exam	70

**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 30 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Introduction to Risk Assessment

### *IIRSM & CPD Approved*

Risk assessment is a systematic method of looking at work activities, and considering the things that could cause significant harm to people, property or the environment.

The most important purpose of risk assessments is to help prevent accidents and ensure the safety of employees and anyone affected by workplace activities.

At the end of this course, candidates will have an understanding of what a risk assessment is and how to complete one. To achieve this the course will define important terms, provide some basic background information to explain how important risk assessments are and discuss some of the legislation that applies. It will then go on to provide practical advice on how to identify hazards and analyse risk before finishing off by explaining the responsibilities of both employers and employees with regards to risk assessment.

Course	Module Number	Module Name	Pass % Required
Introduction to Risk Assessment	1	The Basics	70
Introduction to Risk Assessment	2	Legislation, Regulation and Civil Law	70
Introduction to Risk Assessment	3	Strategy - Options and Elements	70
Introduction to Risk Assessment	4	Identifying Hazards	70
Introduction to Risk Assessment	5	Who Might Be Harmed and Evaluating the Risks	70
Introduction to Risk Assessment	6	Evaluating Risk – The Practicalities	70
Introduction to Risk Assessment	7	Recording and Reviewing	70
Introduction to Risk Assessment	8	Management and Responsibilities	70

### **Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 90 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Ladder Safety

### Course Description

This short course provides a detailed exploration into ladder safety.

The course begins with a look at the laws that govern ladder safety, before moving on to explain how to check a ladder, and what a competent person looks at during a ladder inspection.

This is followed by a study of the different types of ladders you may come across in your role, and how they must be used.

Next, the course covers when and where a ladder can be used, and how it needs to be secured for use, before finishing with a look at some common ladder mistakes.

### Learning Objectives

By the end of this course, you will be able to:

- What Laws govern ladder safety
- The different ladder types
- How to check a ladder safely at work and ladder inspections
- When and where to use a ladder and securing Ladders for use
- Identify the common mistakes when using ladders

### Target Audience

This course is aimed at all industries and individuals that use ladders. This could include site supervisors or managers.

### Advantages

Understanding the risks and how to protect yourself when using ladders will ensure you handle and work with them safely.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.

### Further Progression

For those needing further safety in training, courses such as Working at Heights, Working Safely and PPE should be completed alongside this one.

For Supervisors that want to continue to enhance their skills, courses such as Introduction to Risk Assessment or Leadership Skills would make great next steps.



**Modules**

Course	Module Number	Module Name	Pass % Required
Ladder Safety	1	What Laws Govern Ladder Safety?	70
Ladder Safety	2	How to Check a Ladder Safely at Work and Ladder Inspections	70
Ladder Safety	3	Different Ladder Types	70
Ladder Safety	4	When and Where to Use a Ladder and Securing Your Ladder for Use	70
Ladder Safety	5	Common Mistakes When Using Ladders	70
Ladder Safety	6	Final Exam	70

**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 40 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Level 1 Health and Safety in a Construction Environment (Leading to CSCS Green Card)

*ETA Awards Approved*

### Course Description

Each year in the UK, people are killed, injured and suffer work-related illnesses while carrying out their jobs.

So Health & Safety is a significant concern. The government, employers and workers all have an essential role to play in reducing deaths and accidents and preventing ill-health at work.

This course is aimed at people starting out in the construction industry and can be used as part of their induction process or as preparation for the online accredited exam. Whilst this course, Level 1 Health & Safety in a Construction environment provides you with a qualification in its own right, it can also form part of your CSCS green card application.

The course starts with an introduction to the legal aspects of health and safety before covering the basics of risk assessment and safe working practices. It then goes into detail to cover the most common hazards encountered in construction environments from Working at Height and Respiratory Hazards to electrical and chemical hazards.

### Learning Objectives

*By the end of this course, you will be able to:*

- Understand the importance of Health and Safety in a Construction Environment.
- Define the Health and Safety Legislation and its impact on the work environment.
- Identify risk assessments and safer working practices in regard to hazards in a construction environment.
- Explain the consequences of failure of compliance.
- Prepare for CSCS green card assessment.

### Target Audience

The course is aimed at people starting out in the construction industry.

### Advantages

The course can be used as part of a company induction process. It can also be used to aid in preparation for the level 1 award Health and Safety in a Construction Environment.

### Further Progression

For more detailed information on key health and safety issues we offer a wide range of courses including Asbestos Awareness, Manual Handling, Electrical Safety, COSHH, Working at Height, Risk Assessment and many more.



Course	Module Number	Module Name	Pass % Required
Level 1 Health and Safety in a Construction environment (Leading to CSCS Green Card)	1	Introduction	70
Level 1 Health and Safety in a Construction environment (Leading to CSCS Green Card)	2	Hazards, Risks, Assessments and Controls	70
Level 1 Health and Safety in a Construction environment (Leading to CSCS Green Card)	3	Slips, Trips, Falls and Working at Height	70
Level 1 Health and Safety in a Construction environment (Leading to CSCS Green Card)	4	Manual handling	70
Level 1 Health and Safety in a Construction environment (Leading to CSCS Green Card)	5	Plant, Machinery and Noise	70
Level 1 Health and Safety in a Construction environment (Leading to CSCS Green Card)	6	Respiratory Risks	70
Level 1 Health and Safety in a Construction environment (Leading to CSCS Green Card)	7	Fire, Electricity and Gas Safety	70
Level 1 Health and Safety in a Construction environment (Leading to CSCS Green Card)	8	Chemicals and Other Onsite Hazards	70
Level 1 Health and Safety in a Construction environment (Leading to CSCS Green Card)	9	Vehicles, PPE and General Safety	70
Level 1 Health and Safety in a Construction environment (Leading to CSCS Green Card)	10	Your Pathway to Your CSCS Card	70

#### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)



# Noise Awareness

*IIRSM & IOSH Approved*

## Course Description

Around 17,000 people in the UK suffer deafness, ringing in the ears or other ear conditions caused by excessive noise at work. However, this damage is preventable if the right steps are taken but once your hearing has gone it will not come back.

This course starts by going into detail about how dangerous noise can be in the workplace, and the main safety issues you should be aware of. It will take you through some of the simple science, the main laws that apply and introduce you to noise level limits. It also covers some of the specific health risks and how to avoid them by producing risk assessments, action plans and through the provision of appropriate Personal Protective Equipment. The course will conclude by examining how to provide information and instructions to employees, along with the most professional way to conduct workforce health surveillance.

## Learning Objectives

*By the end of this course, you will be able to:*

- Understand the issue of noise in the workplace and conditions associated with excessive noise
- Identify the relevant legislation in place to ensure the safety of all who work in place with excessive noise
- State where you can acquire additional guidance
- Understand that the hierarchy of controls should be applied to risk assessments and action plans
- Evaluate the use of Personal Protective Equipment

## Target Audience

This course is aimed at people that work in industries where excessive noise is a potential hazard. These include factories, manufacturing environments, entertainment, hospitality, mining, construction and metal working to name a few.

## Advantages

One of the key points this course is intended to teach is why it is so important to undertake and action points outlined in a noise risk assessment. This may include the use of PPE, limiting how long workers are exposed to noise or a number of other control measures that must be understood and followed. Understanding the risks and why controls are in place will mean workers are much more likely to consistently adhere to them.

IIRSM approval means that this course meets the rigorous standards of this leading industry body.

Online training is flexible, efficient and cost-effective, so candidates can progress through the modules at their own pace, in their own time, making it easy to fit the training around their work and personal life.

## Further Progression



Many of our other Health and Safety courses compliment this one include, Working Safely, COSHH, Abrasive Wheels and Asbestos Awareness.

Course	Module Number	Module Name	Pass % Required
Noise Awareness	1	Noise in the Workplace	70
Noise Awareness	2	Legislation	70
Noise Awareness	3	Health Risks	70
Noise Awareness	4	Action Plans	70
Noise Awareness	5	Prioritising Controls	70
Noise Awareness	6	Personal Protective Equipment	70
Noise Awareness	7	Information and Health Surveillance	70
Noise Awareness	8	Final Assessment	70

#### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 55 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions*).



## NVQ Unit - Conforming to General Health, Safety and Welfare in the Workplace

### Course Description

This course can be used as part of the Level 2 NVQ Mandatory Unit Conforming to General Health, Safety and Welfare in the Workplace. It provides the knowledge components of this unit and the final module will allow you to type in your answers which, once marked as completed by your assessor can then be downloaded and used as part of your work portfolio.

This unit covers 5 areas:

1. **How to comply with all workplace health, safety and welfare legislation** - which covers protective measures, health and safety control equipment, legislation and introduces the different kinds of safety signs that will be present on site. It also covers how workplaces can ensure compliance by implementing various control measures.
2. **How to recognise hazards associated with the workplace that have not been previously controlled and report them in a way that meets organisational procedures** - this module covers common causes of injuries in the workplace along with some of the health hazards found on site. It also looks at how changes in work conditions can affect the safety of the site and how such changes should be reported.
3. **How to comply with organisational policies and procedures to contribute to health, safety and welfare** - this module covers how emergency situations and other incidents should be dealt with according to policies and procedures. It also covers Fire Risks and hazards and how to choose appropriate extinguishers to tackle them. The module finishes off by discussing reporting and feedback and how this can affect future planning.
4. **How to work responsibly to contribute to workplace health, safety and welfare** - this module covers the main reasons why workers should perform their duties responsibly and in a way that protects the environment.
5. **How to comply with, and support, all organisational security arrangements and approved procedures** - this module covers personal security arrangements as well as measures that can be taken to ensure site security.

### Learning Objectives

*By the end of this course, you will be able to:*

- Identify all workplace health, safety and welfare legislation
- Recognise hazards associated with the workplace and what to do if there is non-compliance.
- Understand organisational policies and procedures that contribute to health, safety and welfare
- Define how to work responsibly so you can contribute to workplace health, safety and welfare
- Understand all organisational security arrangements and approved procedures



### Target Audience

As this course can be used as part of several Level 2 NVQ courses it is aimed at anyone taking one of those courses.

### Advantages

Online training is flexible, efficient and cost-effective, so candidates can progress through the modules at their own pace, in their own time, making it easy to fit the training around their work and personal life.

Completing the knowledge components of your NVQ unit online will mean you'll spend less time in a classroom and can spend more time on site completing the practical elements of your NVQ studies.

### Further Progression

The other Level 2 NVQ units we offer all work well alongside this course. There are also several other Health and Safety courses that will provide more detail on some of the specific hazards that might be encountered on construction sites. These include, Asbestos Awareness, COSHH and Abrasive Wheels.

Course	Module Number	Module Name	Pass % Required
NVQ Unit - Conforming to General Health, Safety and Welfare in the Workplace	1	Complying with Legislation	70
NVQ Unit - Conforming to General Health, Safety and Welfare in the Workplace	2	Recognising Hazards in the Workplace	70
NVQ Unit - Conforming to General Health, Safety and Welfare in the Workplace	3	Complying with Policies and Procedures	70
NVQ Unit - Conforming to General Health, Safety and Welfare in the Workplace	4	Working Responsibly	70
NVQ Unit - Conforming to General Health, Safety and Welfare in the Workplace	5	Security Arrangements and Procedures	70
NVQ Unit - Conforming to General Health, Safety and Welfare in the Workplace	6	Final Exam	100



**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 55 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



# NVQ Unit - Moving, Handling and Storing Resources in the Workplace

## Course Description

This course can be used as part of the Level 2 NVQ Mandatory Unit Conforming to Productive Working Practices in the Workplace. It provides the knowledge components of this unit and the final module will allow you to type in your answers which, once marked as completed by your assessor can then be downloaded and used as part of your work portfolio.

This unit covers 7 areas:

1. **Complying With Information** - this module will cover where you might find information relating to your work, how to report incorrect information that you may come across.
2. **Complying with relevant legislation and official guidance** - this module covers aspects of moving and handling legislation and guidance in relation to working in confined spaces, working below ground level, working at height, tools and equipment, materials and substances and the movement and storage of materials. This section also covers fire safety including identifying types of extinguishers and when to use them.
3. **Maintaining Safe Working Practices** - this module looks at how to maintain safe working practices when moving, handling or storing resources. You'll also learn about the main types of health and safety control equipment and why it should be used.
4. **Selecting the Required Quantity and Quality of Resources** - in this module you'll discover how to select the required quantity and quality of resources, what to do if there are problems with resources and some of the hazards associated with moving and handling resources.
5. **Preventing the Damage to Occupational Resources and the Environment** - this module will explain how to prevent the risk of damage to occupational resources and the surrounding environment when moving, handling or storing resources.
6. **Completing Work Within the Allocated Time** - this module will highlight the importance of completing work within the allocated time when moving, handling or storing resources.
7. **Complying with Occupational Resource Information** - this module will show you how to comply with the given occupational resource information when moving, handling or storing resources.

## Target Audience

As this unit can be used as part of several Level 2 NVQ courses it is aimed at anyone taking one of those courses.

## Advantages

Online training is flexible, efficient and cost-effective, so candidates can progress through the modules at their own pace, in their own time, making it easy to fit the training around their work and personal life.

Completing the knowledge components of your NVQ unit online will mean you'll spend less time in a classroom and can spend more time on site completing the practical elements of your NVQ studies.



### Further Progression

The other Level 2 NVQ units we offer all work well alongside this course. There are also several other Health and Safety courses that will provide more detail on some of the specific hazards that might be encountered on construction sites. These include, Asbestos Awareness, COSHH and Abrasive Wheels.

Course	Module Number	Module Name	Pass % Required
NVQ Unit - Moving, Handling and Storing Resources in the Workplace	1	Complying With Information	70
NVQ Unit - Moving, Handling and Storing Resources in the Workplace	2	Complying with Legislation and Guidance	70
NVQ Unit - Moving, Handling and Storing Resources in the Workplace	3	Maintaining Safe Working Practices	70
NVQ Unit - Moving, Handling and Storing Resources in the Workplace	4	Selecting the Required Quantity and Quality of Resources	70
NVQ Unit - Moving, Handling and Storing Resources in the Workplace	5	Preventing the Damage to Occupational Resources and the Environment	70
NVQ Unit - Moving, Handling and Storing Resources in the Workplace	6	Completing Work Within the Allocated Time	70
NVQ Unit - Moving, Handling and Storing Resources in the Workplace	7	Complying with Occupational Resource Information	70
NVQ Unit - Moving, Handling and Storing Resources in the Workplace	8	Final Exam	100

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 45 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*



# Personal Protective Equipment

*CPD, IIRSM & IOSH Approved*

## Course Description

In the UK there are approximately 144 fatalities in the workplace and around 621,000 non-fatal injuries every year. Personal Protective Equipment (PPE) plays a vital role in managing Health & Safety risks. However, historical data shows many workers suffering injury were not wearing this clothing.

This course will show how wearing PPE plays a crucial role in preventing and reducing fatalities, injuries and diseases that would otherwise occur in the workplace. It includes details of a wide range of PPE options, examines the legislation and regulations that govern the responsibilities of employers, employees and suppliers, and provides a real-life case study showing the law in action.

The course will also cover risk assessment and the role it plays in the selection and use of PPE along with discussing other hazard control measures that can be implemented.

Finally, the course will move on to how to use, fit and wear PPE and understand its physical and theoretical limitations.

## Learning Objectives

*By the end of this course, you will be able to:*

- Understand the legislation surrounding the use of PPE, legal obligations and the safety standards that need to be met for PPE to be effective and safe to use.
- Recognise that PPE is the last choice in the hierarchy of control and must only be used when stated as appropriate in risk assessments.
- Evaluate the different types of PPE, state where it provides protection and understand that PPE can be used in combination as 3 or 5 point protection.
- Understand the need for good maintenance of PPE and then where it can't be maintained it should be replaced.
- Create effective methods to ensure broken or PPE that needs maintaining is not used.

## Target Audience

This course is primarily aimed at people that work in industries such as construction where they are likely to need to use a wide range of PPE on a daily basis. However, there are many other areas of work where PPE is required such as factories, warehouses, window cleaners, healthcare workers, beauticians and many others.

One of the key things this course is intended to do is to teach people why they should use the PPE that is supplied to them and it is some of these other work areas where this message will be most effective.

## Advantages

Candidates understanding how and why they should use PPE will mean they are more likely to use it consistently and correctly throughout their work. This has the advantage of reducing their risk of injury.



Online training is flexible, efficient and cost-effective, so candidates can progress through the modules at their own pace, in their own time, making it easy to fit the training around their work and personal life.

#### Further Progression

Many of our other Health and Safety courses compliment this one include Working at Height, Working Safely and Asbestos Awareness.

Course	Module Number	Module Name	Pass % Required
PPE	1	Introduction	70
PPE	2	Regulations & Responsibilities	70
PPE	3	PPE in Practice	70
PPE	4	Risk Assessment, Selection and Use	70
PPE	5	Types of PPE	70
PPE	6	Maintenance and replacement	70
PPE	7	Final Assessment	70

#### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 60 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Portable Appliance Testing (PAT)

### Course Description

This course starts by explaining exactly what PAT testing is and its purpose, before listing some portable electrical appliance examples. Following this, it describes why PAT testing is so important, and provides a brief look at the duties placed on employers, the self-employed, and employees with respect to controlling risk, as stated in law.

The course then moves on to answer the all-important question, 'Are PAT tests compulsory?', detailing what is, and what is not, required by law, describing the three different types of examination that can be used in your workplace to effectively maintain your portable electrical equipment.

This e-learning concludes by covering examination frequency, along with maintenance record keeping and labelling requirements.

### Target Audience

This course is designed for anyone who needs a good awareness of electrical PAT testing along with supervisors and managers who are responsible for keeping employees safe in the workplace.

### Advantages

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

### Modules

Course	Module Number	Module Name	Pass % Required
Portable Appliance Testing (PAT)	1	What is Portable Appliance Testing?	70
Portable Appliance Testing (PAT)	2	Why is Personal Appliance Testing Important?	70
Portable Appliance Testing (PAT)	3	Is Portable Appliance Testing Compulsory?	70
Portable Appliance Testing (PAT)	4	How frequently do I need to test my electrical appliances?	70

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 25 minutes *(Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*



# Preparation for the CITB Health, Safety and Environment Test

*CPD Approved*

## Course Description

This course is for candidates who have completed their Level 1 Health and Safety in a Construction Environment course and want to prepare for the touch screen test. The course reviews the key learning objectives of the Level 1 course including Accident Reporting, Environmental Awareness, Health and Welfare facilities, fire safety and hazardous substances.

This course concludes with a 50 question test that has been produced in the style of the touch screen test.

## Learning Objectives

*By the end of this course, you will be able to:*

- Understand your role and responsibilities in the workplace.
- Define and explain the numerous hazards and safer work practices within the work environment.
- Identify safety signs, safety equipment, especially PPE and procedures at the workplace.
- Understand issues around site and environmental safety due to waste control and site traffic.

## Target Audience

This course is aimed at people who have completed their Level 1 Health and Safety in a Construction Environment course and want to prepare for the touch screen test.

## Advantages

Online training is flexible, efficient and cost-effective, so candidates can progress through the modules at their own pace, in their own time, making it easy to fit the training around their work and personal life.

This course can help you to prepare for the CITB touch screen test as it will give you a refresher on all the key learning objectives along with giving you a chance to answer questions that are presented in a similar style to those in the actual test.

## Further Progression

Once you have completed your touch screen test and qualified for your CSCS green card you may be interested in taking some of our other Health and Safety courses that cover common hazards encountered in the construction industry. This could include Asbestos Awareness, Noise Awareness, Working at Height or Working in Confined Spaces.



<b>Course</b>	<b>Module Number</b>	<b>Module Name</b>	<b>Pass % Required</b>
Preparation for the CITB Health, Safety and Environment Test	1	General Responsibilities	N/A
Preparation for the CITB Health, Safety and Environment Test	2	Accident Reporting and Recording	N/A
Preparation for the CITB Health, Safety and Environment Test	3	First Aid and Emergency Procedures	N/A
Preparation for the CITB Health, Safety and Environment Test	4	Personal Protective Equipment	N/A
Preparation for the CITB Health, Safety and Environment Test	5	Environmental Awareness and Waste Control	N/A
Preparation for the CITB Health, Safety and Environment Test	6	Dust and Fumes (Respiratory Hazards)	N/A
Preparation for the CITB Health, Safety and Environment Test	7	Noise and Vibration	N/A
Preparation for the CITB Health, Safety and Environment Test	8	Health and Welfare	N/A
Preparation for the CITB Health, Safety and Environment Test	9	Manual Handling	N/A
Preparation for the CITB Health, Safety and Environment Test	10	Safety Warning Signs	N/A
Preparation for the CITB Health, Safety and Environment Test	11	Fire Prevention and Control	N/A
Preparation for the CITB Health, Safety and Environment Test	12	Electrical Safety, Tools and Equipment	N/A
Preparation for the CITB Health, Safety and Environment Test	13	Site Transport Safety and Lifting Operations	N/A
Preparation for the CITB Health, Safety and Environment Test	14	Working at Height	N/A
Preparation for the CITB Health, Safety and Environment Test	15	Excavations and Confined Spaces	N/A
Preparation for the CITB Health, Safety and Environment Test	16	Hazardous Substances	N/A
Preparation for the CITB Health, Safety and Environment Test	17	Mock Test	70



**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 120 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Slips, Trips and Falls

### *IIRSM & IOSH Approved*

Slips, trips and falls account for almost a third of non fatal injuries at work. It is a widely held belief that with just a few minor changes to working practices and attitudes this could be reduced significantly.

This course will introduce you to some of the statistics relating to slips, trips and falls and dispel some of the myths surrounding them. It also touches on the law as it relates to slips, trips and falls. It contains real examples of where things have gone wrong and some practical steps that could have been taken to prevent these incidents. The course also covers some of the straightforward changes that can be made in most businesses to significantly reduce the risk of a slip, trip or fall incident occurring. The final module takes this to the next level and looks at it from a management perspective.

### Learning Objectives

*By the end of this course, you will be able to:*

- Recognise that Slips, Trips and Falls are their own individual hazards in the workplace.
- Understand and apply current legislation and reflect on the duty of care between employer and employee.
- Recognise the seriousness of these risks to individuals and business.
- Identify the major causes of Slips, Trips and Falls and be able to create a task analysis to assess these risks.
- Understand how safety management systems can help reduce risk.

Course	Module Number	Module Name	Pass % Required
Slips, Trips and Falls	1	Serious Facts and the Law	70
Slips, Trips and Falls	2	Slip Hazards: Causes and Controls	70
Slips, Trips and Falls	3	Trip Hazards: Causes and Controls	70
Slips, Trips and Falls	4	Management Issues	70
Slips, Trips and Falls	5	Final Assessment	70

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 60 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Working at Height

*CPD, IIRSM & Gatehouse Awards Approved*

### Course Description

This course is aimed at anyone who undertakes work at height, or who employs people who regularly work at height.

The term work at height applies to a wide range of situations ranging from the obvious ones like working on platforms, ladders, scaffolds or stages to working alongside deep trenches. This is because the crucial thing to understand about work at height is that it's not how far you climb, but how far you can fall. 'Falls' doesn't just mean people falling from heights. If materials or equipment fall, that will obviously present an equally dangerous hazard to anyone below.

All working at height situations are covered by health and safety legislation. Chief among these is the Work at Height Regulations 2005. These regulations confer legal duties on employers and employees to assess, control and minimise risks and hazards from work at height.

This course covers topics including the dangers of working at height, the regulations, the hierarchy of controls, assessing risk and much more.

It's vital to understand all this because as I'm sure you'll know, working at height can be extremely dangerous.

Please note that this is an awareness course only, if your duties include working at height you will also need further practical training, you can get in touch with us to arrange this.

### Learning Objectives

By the end of this course, you will be able to:

Identify legal duties of employers and employees.

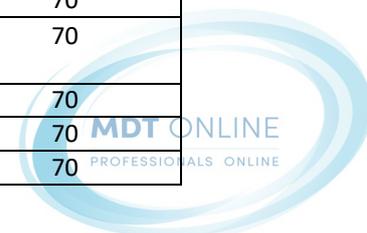
Assess the risks of working at height.

Look at controls and measures that can be put in place to minimise those risks.

Identify correct procedures and the regulations covering them including Working at Height Regulations.

Identify the use of suitable equipment.

Course	Module Number	Module Name	Pass % Required
Working at Height	1	Introducing Work at Height	70
Working at Height	2	The Dangers of Work at Height	70
Working at Height	3	The Work at Height Regulations	70
Working at Height	4	Summary of Duty Holder's Responsibilities	70
Working at Height	5	Employer's Responsibilities	70
Working at Height	6	The Hierarchy of Control	70
Working at Height	7	Avoiding Work at Height Wherever Possible	70
Working at Height	8	Prevent Risk of Falls	70
Working at Height	9	Minimise Consequences	70
Working at Height	10	The Risk Assessment	70



Working at Height	11	Course Summary	70
-------------------	----	----------------	----

**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 105 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Working in Confined Spaces

*IIRSM, CPD & IOSH Approved*

At the end of this course you'll be able to demonstrate your understanding of the control measures to be followed when working in, or near to, confined spaces as detailed in a safe working procedure

This course will cover the legislation associated with working in confined spaces. What counts as a confined space, the potential hazards, safe operating procedures, emergency procedures and rescue.

Important note: This is an awareness course only, designed for people who need to be aware of the hazards and risks of confined space working but are not required to enter a confined space. If you are required to perform any work activity in, or in the proximity of, a confined space then you will also need to have an 'approved' standard of practical training at the 'appropriate' level.

### Learning Objectives

*By the end of this course, you will be able to:*

- Recognise the key legislation and its application to working in a confined space
- Understand the dangers of working in a confined space and identify the hazards involved
- Define and state the safety procedures that can use to reduce the risk associated
- Have an awareness of the communication methods needed and the emergency procedures that would need to be followed
- Understand the importance of the paperwork involved to meet legal obligations

Course	Module Number	Module Name	Pass % Required
Working in Confined Spaces	1	The Law	70
Working in Confined Spaces	2	Confined Space and the Dangers?	70
Working in Confined Spaces	3	Safe Procedures	70
Working in Confined Spaces	4	Communication, Emergencies and Paperwork	70
Working in Confined Spaces	5	Final Assessment	70

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 25 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



## Working Safely

*IIRSM & CPD Approved*

### Course Description

Working safely is in the interest and concern of all staff, both employers and employees. Health and safety is one of the few areas where the law places specific duties specifically on employees so a knowledge of where this applies and how to ensure that it is adhered to is vital to protect individuals and businesses.

Most workers feel that accidents are something that only happens to other people. The reality is that too many workers are coming to harm by not observing Health and Safety laws and not working to safe systems of work - the physical, mental and financial burden of these accidents can have a huge impact on themselves, their families and their colleagues.

The course covers a wide range of topics including fire safety, asbestos awareness, working at height, COSHH, PPE and electricity.

It also covers methods for improving safety performance and methods of protecting the environment.

### Target Audience

This course is a great induction course in relation to health and safety as it covers a wide range of topics in some detail. Most of the examples relate to the construction industry so this course is perfect for people starting out working on a site for the first time.

### Advantages

As this course covers a wide range of health and safety situations the course provides a strong basis to further build on with more training.

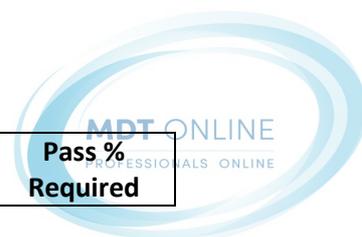
IIRSM approval means that this course meets the rigorous standards of this leading industry body.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

### Further Progression

Other health and Safety courses that cover specific aspects of the candidates role for example if they are likely to be required to work above the ground then Working at Height would be a useful follow up. If they are going to be handling chemicals then the more detailed COSHH course would cover this more thoroughly, and if they are going to be working alone at any point then the Introduction to Personal Safety for Lone Workers course would be a great next step.

Course	Module Number	Module Name	Pass % Required



Working Safely	1	Introducing Working Safely	70
Working Safely	2	Defining Hazard and Risk	70
Working Safely	3	Identifying Common Hazards	70
Working Safely	4	Improving Safety Performance	70
Working Safely	5	Protecting the Environment	70
Working Safely	6	Final Assessment	66
Working Safely	7	Hazard Perception	55

**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 150 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)



# Workplace Health and Safety

*IIRSM, CPD & IOSH Approved*

## Course Description

This course covers general health and safety issues that apply to a wide range of types of businesses and sectors, from office and retail environments to workshops and factories. The wide range of topics covered makes this a great course to act as an introduction to health and safety in the workplace that can then be built on with more detailed courses that cover specific hazards that employees might come into contact with in specific workplaces. This makes it a useful part of the induction process.

By the end of this course the candidate will have an understanding of health and safety legislation and definitions of common terms associated with health and safety. This is followed up with some statistics outlining the most common causes of accidents in the workplace.

They will also understand good practice in relation to electricity, display screen equipment and the use of safe manual handling techniques. The course also introduces best practice associated with the control of substances hazardous to health regulations, the importance of using appropriate PPE as instructed and the most common procedures to follow in the event of a fire.

The course contains specific case studies that outline the seriousness of health and safety in the workplace and potential consequences if there is a health and safety breach. Along with all this it introduces the concept of risk assessment and concludes with the actions that should be taken in the event of an emergency situation occurring.

## Learning Objectives

*By the end of this course, you will be able to:*

- Understand Health and Safety within the work environment.
- Recognise the key legislation and guidance associated with health and safety in the workplace.
- Understand the concept of Corporate Manslaughter.
- Identify the common causes of accidents within the workplace and understand both employer and employee responsibilities.
- Remember that Health and Safety encompasses numerous areas such as Fire and Electrical Safety, DSE, and Manual Handling.
- Understanding emergencies and their effect on the workplace.

## Target Audience

The course has a very wide audience as it applies to a wide range of sectors and can be included as part of the induction process in most businesses, especially when combined with other more specific health and safety courses that apply to the candidates role.

## Advantages

As this course covers a wide range of health and safety situations the course provides a strong basis to further build on with more training.

IIRSM approval means that this course meets the rigorous standards of this leading industry body.



Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

### Further Progression

Other health and Safety courses that cover specific aspects of the candidates role for example if they work a lot with computers then the DSE Awareness course would be useful to them. If they are going to be handling chemicals then the more detailed COSHH course would cover this more thoroughly, and if they are going to be working alone at any point then the Introduction to Personal Safety for Lone Workers course would be a great next step.

Course	Module Number	Module Name	Pass % Required
Workplace Health and Safety	1	What Is Health and Safety?	70
Workplace Health and Safety	2	Case Studies	70
Workplace Health and Safety	3	Corporate Manslaughter	70
Workplace Health and Safety	4	Accidents	70
Workplace Health and Safety	5	Fire, Electricity, DSE and Manual Handling	70
Workplace Health and Safety	6	Emergencies, CoSHH, PPE and Stress	70
Workplace Health and Safety	7	Final Assessment	70

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 45 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)

