

1 Day Health & Safety Awareness



WHO SHOULD ATTEND

- Operatives
- Labourers
- Apprentices

COURSE DURATION

- 1 Day

Attainment of this qualification and passing your separate CITB Health, Safety and Environmental test will enable you to get your Labourer card

COURSE CONTENT

This course is aimed at individuals who are about to work, or have just begun work within the industry. The course provides a practical summary of health, safety, welfare and environmental issues, helping the individual to understand potential hazards they may face on site, and identifying the individual's responsibility for looking after themselves and others. It is an essential foundation for those wishing to obtain an industry accreditation card and a natural progression from this course would be to attend the Site Supervisor's Safety Training Scheme.

Delegates will cover the following issues and more on the syllabus;

- Legislation and Best Practice
- Working at Height
- Manual Handling, Noise and Vibration
- Electrical Safety
- Site Transport
- Fire Prevention, Emergencies and First Aid
- Accident Prevention and Control
- Excavations and Confined Spaces
- Hazardous Substances
- Health and Welfare
- Multiple Choice Examination