

ABI 18020 – HEALTH AND SAFETY AWARENESS COURSE FOR EMPLOYEES ©



COURSE OVERVIEW

This course has been designed to provide an insight into the general health and safety requirements for employees.

PRE-REQUISITE NONE

DURATION 5 Days

TARGET AUDIENCE

All company staff

COURSE CONTENT

ELEMENT 1 – International law

- International labour organization
- European directives
- USA 1970 work act
- UK health and safety at work act
- Construction regulations (CDM)

Guided learning hours 3

ELEMENT 2 – Why we manage health and safety

- Moral, legal and financial
- Increase profits, reputation
- Reduce waste and insurance premiums

Guided learning hours 3

ELEMENT 3 – Risks and how to control them

- Hazard definition
- Risks
- Risk definition
- Risk assessment – 5 steps

Guided learning hours 4

ELEMENT 4 – Manual handling regulations (1992-2002)

- Manual handling regulations
- What is manual handling
- Risk assessment (TILE)

Guided learning hours 2

ELEMENT 5 -Material handling equipment

- Lifting operations LOLER (1998)

Guided learning hours 2

ELEMENT 6 – Ground disturbance

- Avoiding dangers from ground disturbance
- Duties as a contractor
- Planning the work
- Locating and identifying buried services
- Safe excavation

Guided learning hours 2

ELEMENT 7 – Working at height

- Working at height regulations
- Employers responsibilities

Guided learning hours 1½

ELEMENT 8 – Permit operations

- Hot work permit
- General permit
- Confined space permit
- Working on high voltage apparatus

Guided learning hours 2

ELEMENT 9 – Lock out systems

- What is a lock out target system
- Lock out – target machine guards
- OSHA – lock out violations

Guided learning hours 1

ELEMENT 10 – Noise

- Control noise at work regulations (2005)
- Noise levels
- Hearing loss

Guided learning hours 2

ELEMENT 11 – Confined space

- What is a confined space
- Confined space regulations (1997)

Guided learning hours 1½

ELEMENT 12 – Control of substances hazardous to health (COSHH)

- COSHH regulations (2002 and 2004)

Guided learning hours 3

ELEMENT 13 – Driving, traffic management on site

- The law – construction site must be organized so that pedestrians and vehicle can move safely
- Keeping pedestrians and vehicles apart
- Minimizing movement
- People on site
- Turning vehicles
- Visibility, signs and instructions
- Driver training
- Vehicle maintenance

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