



Health & Safety Awareness – Site Safety Plus Level 1 Award

Who should attend?

This course is for those who have entered, or are about to enter, the construction and civil engineering industry as a member of the workforce, to help them understand the potential hazards that they face at work on site. It provides a practical summary of Health & Safety, welfare and environmental issues, identifying individual responsibilities for looking after themselves and others, what the employer's duties are and what should be done if they think anyone's health and safety is being put at risk. Delegates must be competent in English at operative level.

Course Aims and Objectives

The purpose of this course is to ensure that individual responsibilities are understood; why they are carrying out their identified duties and what is expected of them and to ensure that they contribute to the safety of the workplace.

By the end of the course delegates will:

- Understand the need to prevent accidents
- Have an understanding of Health & Safety law
- Identify how their role fits into the control and management of the site
- Understand the need for risk assessments and method statements
- Appreciate the need to perform safely and to stop and ask for advice if not sure
- Report unsafe acts to prevent an accident.

Course Content

- General Responsibilities
- Accident Reporting and Recording
- Health and Welfare
- Dust and Fumes (respiratory risks)
- Manual Handling
- Personal Protective Equipment (PPE)
- Emergency Procedures and First Aid
- Fire Prevention and Control
- Hazardous Substances
- Electrical Safety and Hand-held Tools and Equipment
- Noise and Vibration
- Site Transport Safety
- Excavations and Confined Spaces
- Safety Signs and Signals

Certification

On successful completion of the course, delegates will receive a CITB Health & Safety Awareness Course certificate which is valid for 5 years.

Duration

1 day

Location

We can offer courses on company premises for a maximum of 15 delegates or upcoming open courses in your local area.