



# Training Courses



## **Health and Safety Awareness in Construction** *(Half day)*

This course is a suitable introduction to Health & Safety and will provide sufficient knowledge to enable duties to be carried out with a degree of competence as required in law. The course will provide delegates with an understanding of the responsibilities in relation to Health & Safety in the workplace and how to carry out suitable and sufficient risk assessments.

## **UKATA Asbestos Awareness** *(Half day)*

Under Regulation 10 "Information, instruction and training" of the Control of Asbestos Regulations 2012, every employer must provide adequate training (which includes information and instruction) to employees who are, or may be, exposed to asbestos at work. This course will give you all the necessary information about asbestos and detailed instruction on what to do when asbestos is found and the workplace.

## **Needle stick / Bio-hazard Awareness** *(Half day)*

The course is designed to equip delegates with the necessary knowledge and skills to be able to identify the dangers associated with needle stick/bio-hazards, and how to limit the chance of exposure through risk reduction and the safe disposal of sharps and bio-hazard material without the risk of injuring themselves or others.

## **Fire Safety Awareness** *(Half day)*

The certificate in Fire Safety Awareness is aimed at learners requiring an introduction to the basics of fire safety. In particular, those undertaking induction training and as an introduction for those who intend to move on to further fire-safety training. The course will provide knowledge and understanding of the causes of fire, how fire risk can be controlled and safe methods of dealing with fires.

## **Manual Handling Awareness** *(Half day)*

Poor manual handling technique is the single biggest cause of workplace absence leading to billions of pounds of costs in lost production, sick pay, compensation claims and increased insurance premiums, this training is legally required and ensures safe lifting takes place. More importantly it encourages the delegates to take care of themselves.

## **Working at Height in Construction Awareness** *(Half day)*

Falls from height account for the most workplace fatalities in the UK.

This course will give delegates the confidence to approach working at height with a safety first mindset, and help to maintain compliance, and contribute to eliminating the risk of falling

## **Hand Arm Vibration and Noise Awareness** *(Half day)*

This course will review the risks from hand-arm vibration exposure and introduce delegates to the requirements of the current regulations. Delegates will gain practical knowledge of conducting vibration risk assessments, how to develop vibration control action plans. This combined course will also provide delegates with detailed understanding around workplace noise and the risks associated with ignoring the requirements.

## **Abrasive Wheels Awareness** *(Half day)*

This course is a suitable introduction to the safe use of all forms of abrasive wheels including angle / bench grinders (as appropriate), Disc cutters, stihl saws etc and will provide sufficient knowledge to enable duties to be carried out with a high degree of competence as required in law. The course will provide delegates with an understanding of the responsibilities in relation to Health & Safety in the workplace.

*SJG Training working in partnership with:-*



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