

Health & Safety Awareness/Update (CPCS/CSCS)

FREQUENCY As and when requested

DURATION 1 day

LOCATION Venue to be mutually agreed

Qualifications Needed

Working knowledge of construction site safety

Aims

- Update and refresh knowledge of health and safety
- Information concerning legislation changes
- Thorough preparation for CSCS health and safety exam

Course Content

A basic understanding will be gained in,

1. Health & Safety at work (general)
2. Accident reporting and emergency procedures
3. Accident prevention
4. Health and hygiene
5. Manual handling
6. Working at height
7. Working with electricity, including underground and overhead services
8. Use of hand-held equipment and tools
9. Personal protective equipment (PPE)
10. Safe use of vehicles
11. Noise and vibration
12. Fire prevention
13. Excavations and confined spaces
14. Control of substances hazardous to health
15. First Aid
16. Safety signs and signals
17. Scaffolding
18. CTA and plant signals
19. Demolition
20. Supervisory and Management (managers only)

Further Advantages

The CITB Health & Safety test can be booked and coordinated to coincide with the above awareness day. Test centre locations are arranged to suit candidates.