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Health and Safety

In the UK today, health and safety law imposes a responsibility on everyone in the workplace to act responsibly and safely with due regard to themselves and others. With good reason, the laws are strict. For people in organisations that have experienced having a colleague suffer a serious or fatal injury, the trauma can be devastating. For companies who have been penalised in the Criminal and Civil Courts, as well as the on-going cost of increased insurance premiums, they know the importance of taking care with health and safety.

The courses offered present the essential elements of health and safety. The relationship to current health and safety practice is explained. Modules are tailored to suit the needs of your industry, such as construction, manufacturing, electrical installation or others.

Course duration depends the course content. They are available, as follows:

- Health and safety for managers (typically one day);
- Health and safety for operatives (typically one day);
- HVCA accredited SkillCARD courses (normally two, one-day courses);
- Ergonomics and design of the workplace (typically one day);

An organisation with five or more employees is legally required to have a health and safety policy. The number of employees that make up 'five or more' includes everyone from the chief executive down to part-time people.

The main points about which organisations should be aware form the content of our courses can and include any combination of the following:

- Background and the laws relating to health, safety and welfare at work;
- Risk management and the five stages needed for assessment;
- Control of substances hazardous to health (COSHH) and environmental management;
- Safe work equipment, including the laws on Provision and Use of Work Equipment Regulations;
- Electrical safety for installation work and portable appliance testing;
- Working at heights;
- Personal protective equipment (PPE) and respiratory protective equipment (RPE);
- Manual Handling and lifting equipment;
- Office, computers and general safety;
- Training and communication;

Poor design in the workplace creates a potential for risks to health and safety both short term and long term. The ergonomics elements cover the following additional features:

- Background to ergonomics;
- Causes of musculo-skeletal disorders;
- The working environment;
- Design of new plant, buildings or equipment;