










We can offer quality Health and Safety training courses at competitive rates for the following:

-  *Manual Handling
(Half day course)*
-  *Fire Warden
(Half day course)*
-  *Risk Assessment
(Half or full day courses)*
-  *COSHH*
-  *Yard/Vehicle Banksman*
-  *Methods of Instruction*
-  *Confined Space*
-  *Appointed First Aid at Work Course*
-  *Designated First Aid at Work Course*

Manual Handling (Half day course)

This is an essential course which is required by law for all relevant personnel.

The course is designed to provide the requisite information to enable the workforce to carry out manual handling activities in a safe and competent manner.

A manual handling trainers course is also available, further details on request.

Fire Warden (Half day course)

This course is designed for those employees who have appointed duties should a fire occur, but anyone can attend.

We cover Fire Safety, Fire Risk Assessment, Staff Fire Instruction, Fire Drill Information and any additional duties required. We also cover Fire Fighting Equipment including the actual use of Fire Extinguishers.

Risk Assessment (Half or full day courses)

This course covers the principles and practice of Risk Assessment.

Candidates will be involved in 'hands on' risk assessments and shown methods of recording the assessments.

COSHH (Half day course)

As above, we will tailor this course to your requirements. Each workplace has different hazardous substances and we will ensure this course will meet your requirement.

Yard/Vehicle Banksman

On completion of the course the operative will be fully aware of the requirements of the LOLER and PUWER Regulations. The operative will be able to plan, risk assess and manage vehicle operations on site, and will be aware of the need for safe driving and vehicle/workshop practice.

Methods of Instruction (One day course for trainers)

This course is a skills course to teach the basics required for delivering input to others in a competent and professional manner.

Confined Space (Two and a half day initial and one day refresher)

This course is required if you are working within a confined space. The course includes instruction of safe working practices and the issues that can affect them. We can also arrange practical training if you require it.

Appointed First Aid at Work Course (One Day)

Recognised First Aid at Work course. The qualification lasts for 3 years.

At the end of this course you will be able to administer CPR, control bleeding, apply various dressings and be able to put a casualty into the recovery position.

Designated First Aid at Work Course (Four Day)

This four day course is Health & Safety Executive approved. A comprehensive course designed to give the necessary skills to deliver effective life support, recognise and treat injuries or illness.

Delegates will experience both theoretical knowledge and practical application during the course. The qualification lasts for 3 years.

The courses will be delivered by fully NEBOSH qualified personnel.

All the above courses are certificated and some may attract CITB funding.

Please contact us for further details.

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