

simplifying **Health & Safety Training**



SELECT
HEALTH & SAFETY

ADVICE
SUPPORT
TRAINING
COMPLIANCE

Select Health and Safety Ltd provide professional, practical and simplified solutions to organisations across the UK.

Experienced personnel are always available to give advice and support clients in the knowledge that our training will reinforce their understanding to meet compliance with health and safety legislation.

Woodfield Business Centre, Suite 15, Carr Hill, Doncaster, DN4 8DE
Telephone 01302 515120 Fax 01302 515124

WWW.SELECTHEALTHANDSAFETY.CO.UK

**IOSH courses from
£99 per person**



Inspiring **Health and Safety Training**

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Health and Safety Training Price List

Course	Duration	Max no of Delegates	Course Price
IOSH Working Safely	1 Day	Up to 12	£99 per Person*
IOSH Managing Safely	4 Days	Up to 12	£399 per Person*
Corporate Social Responsibility (CSR)	½ Day	Up to 12	£300
Office Safety Awareness	½ Day	Up to 12	£300
Safety Awareness (Industry Specific)	½ Day	Up to 12	£300
Risk Assessment	½ Day	Up to 12	£300
Fire Wardens	½ Day	Up to 12	£300
Display Screens	½ Day	Up to 12	£300
Accident Investigation & Incident Reporting	½ Day	Up to 12	£300
CDM Awareness	½ Day	Up to 12	£300
Designers Awareness	½ Day	Up to 12	£300
CDM Coordinators	3 Days	Up to 12	POA
Contractor Management & Control	½ Day	Up to 12	£300
Asbestos Awareness	½ Day	Up to 12	£300
Working at Height	½ Day	Up to 12	£300
Basic Scaffold Inspection	1 Day	Up to 12	£600
Abrasive Wheels	½ Day	Up to 12	£300

* Price includes IOSH Delegate workbooks at £13 each for Working safely and £17 each for Managing Safely. Each course subject to a £20 fee per delegate for certificates payable upon course booking.

Select Health and Safety Ltd deliver a number of other courses and can provide bespoke training to client requirements. Please call us for further details. Telephone 01302 515120.

"It was great to have a local company who were prepared to meet with me first, evaluate our needs for Health and Safety Training and then deliver a tailor made course at a very competitive price. Staff attending returned to their workplaces enthusiastic and motivated on Health and Safety issues" Ailsa Johnson Children's Centre Manager, Surestart, Doncaster.



Abrasive Wheels Awareness



WHO SHOULD ATTEND

- Supervisors
- Operatives

COURSE DURATION

- ½ Day

COURSE CONTENT

- PUWER 98 and HSG17
- Hazards and Precautions in the Use of Abrasive Wheels
- Wheel Selection and Operation Speeds
- Guarding and Rests
- Storage, Handling and Inspection of Grinding Wheels

AIMS

This course provides practical and theoretical instruction for the safe use and mounting of abrasive wheels.



Basic Scaffold Inspection



WHO SHOULD ATTEND

- Managers
- Supervisors
- Operatives

COURSE DURATION

- 1 Day

COURSE CONTENT

- Overview of current Regulations and Codes of Practice
- Introduction to the current requirements of BS EN12811 in relation to basic scaffolds
- Scaffold Materials and Component Technology
- Types and Methods of Ties
- Inspections and Maintenance Records
- Theoretical and Practical Examination

AIMS

This course furnishes delegates with such knowledge to enable them to inspect basic scaffold structures in accordance with legislative requirements.



IOSH Accredited Courses



The Institute of Occupational Safety and Health (IOSH) is Europe's leading body for health and safety professionals. These accredited courses delivered by Select Health and Safety Ltd can be held at a venue of your choice or at our dedicated training facility.

Like IOSH Select Health and Safety don't just train people.....we inspire them.

Practical training programmes with a sharp business focus

IOSH WORKING SAFELY

Working Safely is a one-day course for staff from any sector with no supervisory or managerial responsibility. It provides a grounding in the essentials of health and safety – everyone at work should have an understanding of why they must 'work safely' and this course offers exactly that. Working Safely introduces a completely new approach to health and safety training and offers all the basics in a high impact interactive package

- Module 1 – Introducing working safely
- Module 2 – Defining hazard and risk
- Module 3 – Identifying common hazards
- Module 4 - Improving safety performance
- Module 5 – Protecting our environment

IOSH MANAGING SAFELY (5 DAYS)

Managing Safely is a course for managers and supervisors in any sector and any organisation. It's designed to give managers all they need to know to help them handle health and safety in their teams. The flexible new high impact programme covers all the main health and safety issues, and includes a session tackling the environment too.

- Introducing Managing Safely
- Assessing risks
- Controlling risks
- Understanding your responsibilities
- Identifying hazards
- Investigating accidents and incidents
- Measuring performance
- Protecting our environment



It's not the teaching, it's the learning





Office Safety Awareness Training



Working at Height Training



WHO SHOULD ATTEND

- Directors
- Managers
- Supervisors
- Employees

COURSE DURATION

- ½ Day

COURSE CONTENT

- Health and Safety Legislation
- Office Hazards and Risk
- Fire
- Display Screen and Workstation Assessments
- COSHH (Control of Substances Hazardous to Health)
- Electricity
- Manual Handling

AIMS

This course outlines the hazards associated with working in an office environment and provides practical information on risk assessment and effective control measures for a safe working environment.

WHO SHOULD ATTEND

- Managers
- Supervisors
- Operatives

COURSE DURATION

- ½ Day

COURSE CONTENT

- Legislation
- Accidents
- Working at Height Hierarchy
- Planning Work at Height
- Hazard Spotting - Unsafe Working Practices
- Risk Assessment & Effective Control Measures
- Emergency Procedures

AIMS

This course provides practical and theoretical guidance for safe working at height including explanation of the legislative hierarchy and the need to effectively plan for working at height.

“Found this course very interesting and it was my first one on health and safety. Has given me a broader knowledge on health and safety which will help me in the workplace and the instructor was very informative”.



Accident Investigation & Reporting Training



WHO SHOULD ATTEND

- Managers
- Supervisors

COURSE CONTENT

- Accident Causation and Costs
- Statistics and Reporting including RIDDOR Requirements
- Pro-active and Re-active Strategies
- Investigation Procedures and Protocols
- Practical Accident Investigation Scenario

COURSE DURATION

- 1 Day

AIMS

Provides an overview of the key aspects of accident investigation and reporting. It covers causes of accidents, reporting and guidance of remedial actions to prevent a re-occurrence.



Fire Warden Training



WHO SHOULD ATTEND

- Fire Wardens
- Managers
- Supervisors

COURSE CONTENT

- Basic Fire Safety Legislation
- Nature of Fire
- Fire Hazards and Risk
- Fire Prevention in the Workplace
- Fire Procedures
- Selection and Use of Fire Appliances
- Fire Safety in the Home

COURSE DURATION

- ½ Day

AIMS

This course outlines the responsibilities of a Fire Warden within a building/premises environment (offices/retail units/factories) and gives guidance on how to perform their duties.

“Very good informative and beneficial course which will help me with my responsibilities in the workplace”.



Manual Handling Training



WHO SHOULD ATTEND

- Managers
- Supervisors
- Operatives
- Labourers
- Employees

COURSE CONTENT

- Manual Handling Injury Statistics
- Legislation
- Anatomy and Injury
- Principles of Safe Manual Handling
- Hazard and Risk
- Risk Assessment & Record Keeping
- Practical Solutions in the Workplace

COURSE DURATION

- ½ Day

AIMS

This course outlines the requirement for manual handling risk assessment and provides practical guidance in order to reduce ill health through injury and upper limb disorders.

"Came to this course not expecting very much. How wrong I was, made a subject I thought was not interesting into a very well thought out lesson, very impressed!"



Designers Awareness Training



WHO SHOULD ATTEND

- Designers
- Clients

COURSE DURATION

- ½ Day

COURSE CONTENT

- Overview of CDM 2007
- Design Hazard Evaluation
- Pre-Construction Information Pack
- Managing the Flow of Information
- Construction Phase Plan
- Health and Safety File

AIMS

Provides an overview of CDM 2007 and the responsibilities of Designers under the Regulations. It covers design hazard evaluation, requirements for the production of pre-construction information and construction phase plans and the health and safety file.

CDM Awareness Training



WHO SHOULD ATTEND

- Directors
- Managers
- Supervisors

COURSE DURATION

- 1 Day

COURSE CONTENT

- CDM Regulations 2007
- Duty Holders Responsibilities
- Design Hazard Evaluation
- Pre-Construction Information Pack
- Construction Phase Plan
- Health and Safety File

AIMS

Provides an overview of CDM 2007 and the responsibilities of all duty holders under the Regulations. It covers design hazard evaluation, requirements for the production of pre-construction information and construction phase plans and the health and safety file.

Risk Assessment Training



WHO SHOULD ATTEND

- Directors
- Managers
- Supervisors
- Employees

COURSE DURATION

- ½ Day

COURSE CONTENT

- Health and Safety Legislation
- Hazards and Risk
- Hierarchy and Control
- Hazard Spotting in the Workplace
- Conducting a Risk Assessment
- Effective Practical Control Measures
- Monitoring and Review

AIMS

This course provides an understanding on the legal requirements for risk assessment and offers practical examples of risk assessment in the workplace, effective control measures and its relationship in various regulations.

"I found this course very interesting and the way this related to practical issues in the workplace will really help me formulate risk assessments in my role".



Display Screen Assessment Training



Corporate Social Responsibility Training



WHO SHOULD ATTEND

- Managers
- Supervisors
- Employees

COURSE DURATION

- ½ Day

COURSE CONTENT

- Display Screen Equipment Regulations
- Hazards and Risk
- Ergonomics and Ill Health
- Employers and Employees Responsibilities
- VDU (Visual Display Unit) Workstation & Environment

AIMS

This course provides an understanding on the legal requirements for display screen assessment and offers practical examples of conducting such an assessment in the workplace, together with effective control measures to reduce ill health.

WHO SHOULD ATTEND

- Directors
- Managers

COURSE DURATION

- ½ Day

COURSE CONTENT

- Importance of Health and Safety in your Business
- Environmental Responsibilities
- Safety, Health and Environmental Management Systems
- Dealing with Staff, Customers and Suppliers
- Measurement of CSR Performance - Benchmarking

AIMS

Provides delegates with an understanding of CSR and to see this as part of a continuing process of building long term value in a business.