The Building Safety Group

Training@BSGltd.co.uk 0300 304 9080

Your partners in health, safety and environmental welfare

CITB Health and Safety Awareness (HSA)

(1 day)

Approved Training Organisation Status

The CITB Health and Safety Awareness course provides a practical summary of health and safety, welfare and environmental issues identifying individual responsibilities, what the employer's duties are and what should be done if they think anyone's health and safety is being put at risk.

Who is it for?

The course is for those who have entered or are about to enter the construction and civil engineering industry as a member of the workforce, and is to help them understand the potential hazards that they face at work on site. This course also acts as a refresher course for long standing employees.

What we offer

- Occupational Health Services
- Regular Site Inspections
- Site Inspection Reports
- Non-Compliance Reporting
- Accident Reporting
- CDM Compliancy
- Risk Management Tools
- Annual Health Check
- Accident Investigation
- Training Courses
- SSIP Assistance
- Member Helpline
- Toolbox Talks
- Health and Safety Audits
- Annual Office Inspections
- Environmental advice
- UK Coverage
- Online Accident Statistics
- Dedicated Safety Advisers

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What will you learn?

The aim of the course is to help delegates to understand their individual responsibilities and what is expected of them and to ensure they contribute to the safety of the workplace.

By attending BSG's course you will be able to:

- Understand the need to prevent accidents
- Have an understanding of health and safety law
- Be able to identify how your role fits into the control and management of the site
- Understand the need for risk assessment and method statement
- Appreciate the need to perform safely and to stop and ask for advice if unsure.
- Analyse health, safety and welfare practices and procedures

The Building Safety Group Ltd
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Remote learning requirements

This course will be run using the Zoom platform. Minimum requirements:

- Clear video and audio quality, to clearly see and hear the course content from your trainer.
- Download Zoom onto your computer or smartphone.
- Must be able to have a two-way communication, to ensure that courses remain interactive for you to ask questions.
- Must have a webcam, to provide evidence of identity and always be visible throughout the duration.
- A microphone is needed, to participate during the course and answer all examination questions.
- For all courses you will need at least two of the following so that you can be visible whilst completing the online end course exam – smart phone, laptop, tablet/iPad, desktop computer.
- Delegates working in the same room must follow social distancing guidelines
- Use the following link for course joining instructions: https://support.zoom.us/hc/en-us/articles/206175806

Course content

- Introduction to course overview
- Health and safety law, methods of communication and consultation, risk assessments, method statements. Toolbox Talks and permits to work, accident prevention and reporting, accident investigation and near miss
- Occupational health, health surveillance, Dermatitis, Weils disease, alcohol and drugs welfare provision
- Manual handling - duties of employer and employee. Assessment (T.I.L.E.)
- Working at Height - what is working at height?, the hierarchy of control, ladders, stilts and hop ups, collective and personal and rescue plans
- PPE, hand protection regulations, PPE regulations, employers/employee duties
- Emergency routes, fire prevention on construction sites, First Aid requirements and qualification immediate action, fire extinguishers, classes of fire, fire triangle
- Control of Substances Hazardous to Health, legal duties, Asbestos, Lead, HFL’s and LPG
- Electricity at Work, PAT Testing of portable appliances, overhead/underground cables, handheld tools
- Noise, Dust and Vibration – causes and effects, The Noise Regulations, The Vibration Regulations – duties and control measures, Vibration White Finger – symptom and solutions
- Traffic Management and Site Plant – accident and causes, segregation from people, traffic routes, excavations and contaminated ground
- Inspection, confined space working, buried services, precaution and rescue
- Safety Signs and Signals
- End of Course Test
- Multiple choice examination
- Course finishes

About BSG

The Building Safety Group (BSG) is a not-for-profit organisation which specialises in providing Health, Safety and Environmental consultancy and training for the construction industry. BSG has over 800 members operating across 3500 workplaces throughout the UK. We conduct over 15,000 site inspections every year and train more than 10,000 construction workers.

What our clients say about us

"Excellent Instruction and very clearly conveyed."
Southside Scaffolding Limited

"BSG are clearly experts in Health and Safety training for the construction industry."
CTS

"As I was pretty new to the role, my knowledge was limited but after taking the BSG course I feel very confident I will be able to positively move on in my position. I have learnt a massive amount."
Prodeck Fixing Ltd

"I learnt a lot about disciplines I previously knew nothing about. Learnt new regs and reinforced my previous knowledge."
Mirage Interiors

Need a course at your organisation?

If you have a group of employees requiring training, we can courses on a private basis, at a venue of your choice on a date that suits you. We can tailor the course to meet your needs and requirements. Contact us to find out more and get a bespoke quote.

How to book

Book your place by calling our Training Services Team on 0300 304 9080 or email Training@BSGltd.co.uk with your enquiry.

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