

# Health, Safety and Environmental Awareness - Construction



## At a glance...

### Training (Only)

**Duration Notes:** The expected duration for the course is one day, however please note this may vary according to factors such as level of experience, modules or attachments selected, or the ratio of Instructors to Learners.

**Delivery Method:** Classroom

### Introduction

Stay safe on site and protect yourself and your work colleagues with our comprehensive training course.

### Overview in brief

This sector traditionally suffers from a much higher than average rate of occupational accidents, incidents, ill-health and deaths due, in part, to the nature of the work and equipment used.

This course will develop your knowledge and confidence, so that you can work on a construction site safely.

### The finer details

This training course has been developed to help you understand how to work on a construction site safely and confidently.

The amount of instruction you will require will depend largely upon your previous experience and sessions will be adapted to meet your needs. Course duration will depend on experience and will be from one to four days.

The training course will consist of theory and practical sessions. Course sessions include:



- Law, Regulation and the Health and Safety Executive
- Risks, Prevention and Control
- Accidents, Ill-Health and Near Misses - Cause and Consequence
- Welfare and First Aid
- Personal Protective Equipment (PPE)
- Manual Handling Operations
- Signage
- Fire
- Electricity
- Provision and Use of Work Equipment
- Working in Specific/Specialised Working Environments
- Environmental Awareness.



On completion of the course, you will be awarded a certificate of attendance.

You can then progress onto the Lantra Awards Level 1 Award in Health and Safety in a Construction Environment regulated qualification.

### Who should attend?

This course is for you if you are looking to join, are employed or wishing to progress in the construction and fencing industries.

### What will be covered?

At the end of this course, you will:

- Be able to recognise employee and employer responsibilities with regard to the regulation and law which applies to health & safety in the construction workplace
- Understand the difference between hazards and risks
- Be able to complete a risk assessment
- Be able to identify and operate within safe systems of work
- Know common risks of accidents and near-misses in the construction workplace and the potential consequences thereof
- Be able to report accidents and near-misses appropriately
- Be able to identify key first aid and welfare information
- Know common first aid roles and responsibilities in the workplace
- Know duties for employers and employees as they relate to Personal Protective Equipment (PPE)
- Be able to identify the right PPE for the job at hand
- Be able to assess and make lifts safely
- Recognise the meaning of key health and safety signage in the workplace
- Know how to respond to health and safety signage in the workplace



- Know basic principles of fire prevention and fire fighting in the workplace
- Know the principle dangers when working with or around electricity
- Know the principle dangers when working with or around work equipment from hand-held to mobile plant and vehicles
- Know significant risks and challenges when working at height, in confined spaces and in excavations
- Understand how pollution is minimised and sustainability is maximised on-site.

