



# Health and Safety Ireland

*“Helping you work safer”*



RIVERHOUSE BUSINESS CENTRE, CASTLE LANE, COLERAINE, BT51 3DR  
PHONE: 028 7035 9771 | [WWW.HASI.CO.UK](http://WWW.HASI.CO.UK)

# About Health And Safety Ireland

Health and Safety Ireland (**HASI**) has been established 15 years and leads the way with a higher standard in all aspects of training.

We work with our clients to raise their standard and awareness of Health and Safety, and to create a safer workplace. The end result is reduction in costs, absenteeism, work related stress, accidents and company insurance premiums.

At **HASI** we create strong management systems that reflect the need for constant monitoring and review. Our training programmes reflect the four 'Cs' of a positive Health and Safety culture:

- Competence
- Co-operation
- Control
- Communication



## **Our Mission**

Is to provide high-quality training and consultancy, across Ireland, the UK and beyond. We pride ourselves on being our clients' chosen and trusted partner, for the delivery of workplace training, Health and Safety and Risk Management solutions.

We provide a variety of specialist services and our bespoke provision, underpinned by leading awarding body accreditation, offers clients a training and compliance solution to fit their needs. We strive to promote a culture of continuous improvement and commitment to Health and Safety, by empowering our clients to work safer and more effectively.





## Who are our Clients?

Our business clients include major building contractors, engineering companies, leisure industry companies, health care corporations and many more. Our main clients are from the construction, rail, engineering and highway sector but we can deliver bespoke training courses to most businesses.

We pride ourselves on being our clients' chosen and trusted partner, for the delivery of workplace training, Health and Safety and Risk Management solutions.

We can take the training to you at a location which suits the needs of your workers and your company.

Accredited by:



# Why Choose Health and Safety Ireland?

**Reputation** - Our continued reputation for professionalism and quality is paramount.

**Passion** - We are passionate about ensuring that our support is built on quality, value and flexibility.

**Quality** - Our training courses are delivered by highly qualified practitioners and our Health and Safety consultants are vastly experienced in their field, having attained IOSH chartered membership status.



Easy Online Bookings



Accredited Training at  
Affordable Prices



We can travel to you!



Support from Experienced  
Trainers



NI and UK Training Centres



Face-to-face Training or E-  
Learning

Accredited by:



## Some of Our Strengths

We provide a variety of specialist services and our bespoke provision, underpinned by leading awarding body accreditations, offers clients a training and compliance solution to fit their needs.



We maintain a hands-on approach and provide a highly personalised, and confidential service that allows our client's confidence and understanding of Health and Safety matters to grow with their business.



We strive to promote a culture of continuous improvement and commitment to health and safety, by empowering our clients to work safer and more effectively.



Our client-centred approach meets regulatory standards, enabling clients to operate their businesses successfully and safely.



Our management training programme reflects the four 'Cs' of health and safety culture: Competence, Control, Co-operation and Communication.

# Course Information

COURSE	PAGE
<u>Construction Skills Register (CSR)</u> .....	<b>8</b>
<u>NPORS</u> .....	<b>11</b>
> <u>NPORS Construction Site Safety Plus</u>	
> <u>NPORS Plant Card Scheme (Plant &amp; Machinery)</u>	
<u>IOSH</u> .....	<b>20</b>
<u>GQA</u> .....	<b>24</b>
<u>NVQ's</u> .....	<b>25</b>
<u>Health &amp; Safety</u> .....	<b>26</b>
<u>Working At Heights</u> .....	<b>37</b>
<u>Plant &amp; Machinery Training HASI Certification</u> .....	<b>44</b>
<u>Construction First Aid</u> .....	<b>45</b>

# Construction Skills Register (CSR)

Health and Safety Ireland are an approved Training Provider for the CSR Scheme. We run the following open courses in our **Omagh**, **Enniskillen**, **Newry** and **Coleraine** Training Centres:

## 1. **CSR One-Day Health and Safety**

This course is for anyone who works on-site as a labourer, a skilled worker or a visitor.

## 2. **CSR Four-Day Site Supervisors**

This course is for anyone who works on site as a Site Supervisor and has an NVQ Level 3 in Site Supervision.

## 3. **CSR One Day Site Supervisors Refresher**

This course is for anyone who has previously had a CSR Site Supervisor card and needs to renew.

## CSR One Day Health and Safety

There are several modules covered in the CSR One Day Health & Safety course including:

- Health & Safety legislation
- Accident reporting & emergency procedures
- Personal protective equipment
- Safe use of vehicles
- Working at heights
- Hand held tools & equipment
- Manual handling and carrying out a safety lift
- Excavations / confined spaces
- Noise & vibration / COSHH
- Electricity – underground & overhead services
- Accident prevention/statistics

On completion of your CSR course, you will receive a CSR card which allows you to work on site.

If you have an NVQ in your trade, you can apply for a Skilled or Craft Specific CSR Card.

Click [here](#) to view all the different card types that are available and find the one for you.

Please remember, you must also complete the One Day CSR Health and Safety course if you are renewing a CSR card.



## CSR Four Day Site Supervisors

All delegates must complete the CSR four-day Site Supervisors course and a [CITB Health, Safety & Environmental Touch Screen Test](#) for supervisors.

Applicants are also required to hold an **NVQ Level 3 or Level 4 in Construction Site Supervision**.

Upon completion of the training, the delegates will be registered with the Construction Federation and will obtain a CSR Gold Supervisor card.

### Aims of the course:

- Improve the standard of safety awareness within the Construction Industry
- Ensure that all Site Supervisors attend Health and Safety training and are occupationally assessed
- To make participants more aware of the importance of contributing to a positive safety culture on site being aware of hazards and prevention of accidents – employer and employee responsibilities.
- Maintain a register of all personnel who have received training
- To provide all participants with a Gold CSR card which will indicate that the holder has attended a formal course in Health and Safety training and has successfully completed an on-site assessment.

\*For those delegates who do **not have experience** (i.e. undergraduates and graduates in the construction industry), they will be issued a [Trainee Supervisors Card \(RED\)](#) on the grounds that they enrol in the [CSR One Day Health and Safety Training course](#) and provide further evidence which can be found [here](#).

This card type will then be upgraded when they have the appropriate experience and supporting evidence set out by CSR.

\*For those delegates who are experienced but do not hold an NVQ Level 3 or Level 4 in Construction Site Supervision, they will be issued an [Experienced Supervisor Card \(RED\)](#), on the grounds that they meet the following criteria, which can be found [here](#).

# CSR One Day Site Supervisors Refresher

This course is designed as a refresher course for anyone who has completed the **CSR Four-day Site Supervisors Course** and is within *6 months of their previous card expiry*.

It is also required that all delegates must complete a **CITB Health, Safety & Environmental Touch Screen Test\*** for Supervisors.

***Applicants are required to hold an NVQ Level 3 or Level 4 in Construction Site Supervision\**** to be issued a card for the full 4 years.

***Please note that the One Day Site Supervisors Refresher course and Supervisor Touch Screen Test must be completed within 6 months of the card expiry date.***

## **Aims of the course:**

The aim of the course is to help delegates to improve their awareness of recent developments in construction, legislation and health, safety, welfare and environmental issues.

- Be aware of, and able to implement all updated health, safety, welfare and environmental legislation which affects them in their role as a supervisor
- Be aware of and able to implement new guidance and industry best practice affected by changes
- Be more aware of their duties and responsibilities with regard to health, safety, welfare and the environment.

\*If a delegate does not hold an **NVQ Level 3 or Level 4 in Construction Site Supervision**, they will only be issued a card with an expiry date of **DECEMBER 2024**. However, to be issued a card for the full 4 years, guidance has been put in place which can be found [here](#).

\*If you have completed a **CITB Health, Safety & Environmental Touch Screen Test\*** and it is within 2 years of your renewal date, you are not required to complete the Touch Screen Test again.

# Construction Site Safety Plus

The Construction Site Safety Scheme (CSSS) is a collection of Health and Safety training courses covering operative, supervisor, and management training.

These courses have been developed to support industry by providing the understanding and expertise to manage concerns including risks and environmental matters.

## THE CSS SCHEME:

- **Site Safety Awareness (SSA)**
- **Construction Site Safety Supervisor (CSSS)**
- **Construction Site Safety Manager (CSSM)**

## NPORS Site Safety Awareness

Construction Safety Awareness Course has been mapped as a full equivalent to the *QCF Level 1 Award Health and Safety in a Construction Environment*. This means that in addition to plant operators undertaking this course, labourers who have achieved the NPORS Site Safety Awareness Course can apply for the CSCS Green Labourers Card once they have also passed the CITB Health, Safety and Environment Operatives Test.

### Overview

This course highlights potential hazards when working on site and provides practical advice on keeping yourself and your colleagues safe. It covers your individual and employer's responsibilities, including what you can do if you think anyone's health and safety is being put at risk.

This course provides Health and Safety awareness and is endorsed by Build UK as standard training for all operatives on site.

**Course Duration:** 7 hrs

### At the end of the course you will have an understanding of:

- The need to prevent accidents
- Health and safety law
- How your role fits into the control and management of the site
- Risk assessments and method statements
- Performing safely and asking for advice
- How to report unsafe acts to prevent an accident
- Duration of course and certificate validation

Certification for this course is valid for **5 years**. To remain certified in this area, you will need to retake the course before the expiry date.

## NPORS Site Safety Manager (CSSM)

This course provides project managers, site managers and supervisors, business proprietors and client-based personnel with the knowledge and skills to enable them to ensure health, safety, welfare and environmental issues on construction.

This course is listed in the Build UK Training standard.

**Course Duration:** Five days

**On completion of the course, the learner will have an understanding of the following:**

- Health & Safety law
- Legal duties
- Construction (design and management)
- Health & Safety policy
- Risk Assessment & Method statements
- Legal requirements for provision of information
- Needs to maintain competence on site
- Importance of good communication
- Principle of leadership and worker engagement
- Importance of accurately measuring, monitoring and reporting on Health & Safety
- Health & Safety risks
- Identify statutory and non-statutory forms, notices, signs and registers
- Accidents causes, preventative measures and RIDDOR
- Construction phase plans
- Ill-health causes and mental health issues
- Requirements of welfare facilities
- Drugs and alcohol
- Control of substances hazards to health (COSHH) and respiratory concerns
- Noise, vibrations and manual handling
- Considerations of setting up a site
- Fire arrangements
- Electrical safety
- Temporary works
- Management of plant and equipment
- Lifting operations
- Mobile and lone working
- Working at height
- Excavations and services (overhead and underground)
- Confined space



**Mandatory Entry requirements:**

- You must be able to read, write and understand English to a good level. If you have any concerns, please contact us.
- You will need to provide valid ID on the first day of the course, such as a copy of your passport or driving licence.
- You will need to attend the full duration of the course. If you can't attend the full course, you'll need to enrol and take the course again at an additional charge.

**Additional Information an Assessment Route:**

This is a highly interactive course delivered by means of case studies, classroom discussion, group work and individual / group presentations. In addition you will be required to undertake some self-study outside of the course.

You will be continuously assessed and required to successfully complete a written test of 25 open questions which require short written answers. A maximum of 4 marks are available per question and you are required to get 80% to achieve a pass mark.

**Qualifications / Certification:**

Upon successfully completing the course you will be awarded a NPORS Construction Site Safety Manager certificate. This qualification must be renewed every five years by attending a Refresher course but this must be completed before your current certificate expires.

# **NPORS Site Safety Manager Refresher Course (CSSM – R)**

The Construction Site Safety Manager Refresher (CSSM-R) course aims to bring Health and Safety knowledge up to date, as well as giving a thorough overview of the legislative changes and their impact to the workplace.

The course will cover all updates on the latest legislation, including best practice of methods for meeting site safety regulations.

## **Who Should Attend?**

This course is intended for delegates who have previously passed the full Construction Site Safety Manager (CSSM) course or subsequent refresher course and whose certificate is still valid.

## **Course Aim:**

To Improve awareness of recent developments in construction, legislation and health, safety, welfare and environmental issues.

To Identify measures that will assist the practical implementation of responsibilities established by new legislation, and new working practices.

## **CSSM Refresher Course Training Agenda:**

- The Health and Safety at Work Act
- Construction Design and Management regulations
- Risk Assessments/Method statements
- Recent changes in accepted working practices
- Behavioural safety
- Management of occupational health
- Electricity
- Excavations
- Working at height
- Scaffolding
- Demolition
- Confined spaces.
- Testing and NPORS Site Safety Plus certification

# NPORS Site Safety Supervisor (CSSS)

This two-day course introduces Site Supervisors to their legal responsibilities regarding health, safety, welfare and environmental issues.

This course is listed in the Build UK Training standard.

**Course Duration:** Two days

## Course Content:

- Health & Safety law
- Legal duties
- Construction design management
- Occupational Health & Safety Management System
- Risk Assessment & Method statement
- Statutory inspections
- Accident reporting & RIDDOR
- Principle of leadership and worker engagement
- Emergency procedures
- Control of Substances Hazardous to Health (COSHH) and respiratory controls
- Requirements of welfare facilities
- Fire arrangements
- Noise, dust, vibrations and manual handling
- Considerations of setting up a site
- Electrical safety
- Management of plant and equipment
- Lifting operations
- Working at height
- Excavations and services (overhead and underground)
- Confined space
- Roles of a supervisor
- Environmental concerns

## Mandatory Entry requirements:

- You must be able to read, write and understand English to a good level. If you have any concerns, please contact us.
- You will need to provide valid ID on the first day of the course, such as a copy of your passport or driving licence.
- You will need to attend the full duration of the course. If you can't attend the full course, you'll need to enrol and take the course again at an additional charge.

## Additional Information and Assessment Route:

This is a highly interactive course delivered by means of case studies, classroom discussion, group work and individual / group presentations. In addition, you will be required to undertake some self-study outside of the course.

You will be continuously assessed and required to successfully complete a written test of 25 open questions which require short written answers. A maximum of 4 marks are available per question and you are required to get 80% to achieve a Pass Mark.

**Qualifications / Certification:**

Upon successfully completing the course you will be awarded a NPORS Construction Site Safety Supervisor certificate. This qualification must be renewed every five years by attending a Refresher course, but this must be completed before your current certificate expires.



# **NPORS Site Safety Supervisor Refresher Course (CSSS – R)**

The Construction Site Safety Supervisor refresher (CSSS – R) course will reinforce and update your knowledge of your legal responsibilities for health, safety, welfare and environment in the workplace.

**Course Duration:** 1 day

## **Course Aims:**

This course will improve and refresh knowledge of recent developments in construction, legislation, health, safety, welfare and environmental issues whilst also helping to identify measures which will assist you in the practical implementation of responsibilities established by new legislation and working practices.

## **Who Should Attend?**

CSSS Refresher is for delegates who have previously attended and successfully passed the two-day Construction site safety supervisor (CSSS) and whose certificate is still valid.

## **Course Agenda:**

- Understand Health and Safety law
- How the supervisory role fits in with the manager's role in controlling the site safely.
- Understanding the need for method statements
- Construction site health, safety and welfare
- Communication routes within site activity
- Behavioural safety
- Supervision of occupational health

## **Qualifications / Certification:**

Upon successfully completing the course you will be awarded a NPORS Site Safety Plus certificate.

# NPORS Plant Card Scheme (Plant & Machinery)

Since NPORS was formed in 1992 it has worked hard to ensure that appropriate training and assessments are being delivered to employers in the construction, utilities, distribution and warehousing, ports and marine, rail and agricultural sectors. The Health & Safety Executive organisation recognise NPORS training providers as fully competent to train, test and certify operators.

The main objective of the NPORS certificate is to allow a flexible approach to meet the needs of the employer and to help and assist in providing an adequately trained construction workforce. The NPORS operator registration card is produced for an individual who has successfully completed testing on the categories shown on the back of the card. This shows that they have achieved a level of competence to operate the item on the card.

*The National Plant Operators Registration Scheme, or NPORS as it is more commonly known, is an alternative card scheme to CPCs.*

## NPORS Machine categories we offer:

<a href="#"><u>4 x 4 Off Road Vehicle (N607) 21</u></a>	<a href="#"><u>Landfill Compactor (N224) 22</u></a>
<a href="#"><u>Abrasive Wheels - Hand Held Cut Off Saw (N017) 20</u></a>	<a href="#"><u>Loader Compressor (N206) 22</u></a>
<a href="#"><u>Abrasive Wheels (N301) 22</u></a>	<a href="#"><u>Loading Shovel (N209) 23</u></a>
<a href="#"><u>Agricultural Tractor (N601) 23</u></a>	<a href="#"><u>Log Handler (N106) 23</u></a>
<a href="#"><u>All Terrain Vehicle - Multi Drive (N608c) 20</u></a>	<a href="#"><u>Lorry Loader (N107) 23</u></a>
<a href="#"><u>All Terrain Vehicle - Sit Astride (N608a) 20</u></a>	<a href="#"><u>Lorry Mounted Lift Truck (N004) 23</u></a>
<a href="#"><u>All Terrain Vehicle - Sit In (N608b) 20</u></a>	<a href="#"><u>Machine Control System (N030) 19</u></a>
<a href="#"><u>Appointed Person BS7121 (N401) 22</u></a>	<a href="#"><u>Manual Handling (N704) 21.1</u></a>
<a href="#"><u>Asbestos Awareness (N031) 19</u></a>	<a href="#"><u>Marine Knuckle Boom Crane (N014) 20</u></a>
<a href="#"><u>Asphalt Chipper Spreader (N244) 21</u></a>	<a href="#"><u>Mast Climber (N119) 21</u></a>
<a href="#"><u>Attachment Training Record 21</u></a>	<a href="#"><u>Material Re-Handler (N722) 22</u></a>
<a href="#"><u>Bench Saw (N302) 21</u></a>	<a href="#"><u>MEWP BOOM (N108) 23</u></a>
<a href="#"><u>Boat Hoist (N136) 21</u></a>	<a href="#"><u>MEWP Scissor (N109) 23</u></a>
<a href="#"><u>Cable Avoidance Tool (N304) 21</u></a>	<a href="#"><u>Mobile Crane (N101) 20</u></a>
<a href="#"><u>Cartridge Tools (N710) 21</u></a>	<a href="#"><u>Mobile Scaffold Towers (N706) 21.1</u></a>
<a href="#"><u>Chainsaw - Maintenance and Cross Cutting (N602) 22</u></a>	<a href="#"><u>Multi Directional Lift Truck (N135) 20</u></a>
<a href="#"><u>Circular saw (N303) 21</u></a>	<a href="#"><u>Multi Lift and Drop - Hook Loader Vehicle (N225) 20</u></a>
<a href="#"><u>Compact Crane (N140) 20</u></a>	<a href="#"><u>Narrow Aisle Lift Truck (N007) 22.1</u></a>
<a href="#"><u>Concrete Cutting Chainsaw (N025) 21</u></a>	<a href="#"><u>Order Picker (N005) 22.1</u></a>
<a href="#"><u>Concrete Placing Boom (Static) (N721) 20</u></a>	<a href="#"><u>Overhead Container Gantry Crane (N114) 22</u></a>
<a href="#"><u>Concrete Pump (Mobile) (N211) 21</u></a>	<a href="#"><u>Overhead Crane (N104) 20</u></a>
<a href="#"><u>Confined Spaces - High Risk (N702C) 19</u></a>	<a href="#"><u>Pallet / Stacker Truck (N008) 22.1</u></a>
<a href="#"><u>Confined Spaces - Low Risk (N702A) 19</u></a>	<a href="#"><u>Paver (N220) 21</u></a>
<a href="#"><u>Confined Spaces - Medium Risk (N702B) 19</u></a>	<a href="#"><u>Pay Welder (N241) 20</u></a>
<a href="#"><u>Container Handler (N012) 23</u></a>	<a href="#"><u>Piling Rig (N221) 20</u></a>
<a href="#"><u>Crane / Lift Supervisor (N405) 21</u></a>	<a href="#"><u>Piling Rig Attendant (N022) 20</u></a>
<a href="#"><u>Crawler Crane (N103) 20</u></a>	<a href="#"><u>Pivot Steer Lift Truck (N013) 23</u></a>
<a href="#"><u>Crusher (N207) 21</u></a>	<a href="#"><u>Plant Inspector - Thorough Examination (N039) 21</u></a>
<a href="#"><u>Dozer (N215) 20</u></a>	<a href="#"><u>Plant Loader Securer (N120) 23.1</u></a>
<a href="#"><u>Dragline (N116) 21</u></a>	<a href="#"><u>Plant Machinery Marshal (N133) 21</u></a>
<a href="#"><u>Excavation Marshall Banks person (N027) 20</u></a>	<a href="#"><u>Plant Mover - Non Operational Duties (N132) 22</u></a>
<a href="#"><u>Excavator 180 (N201) 23</u></a>	<a href="#"><u>Post Rammer (N041) 21</u></a>
<a href="#"><u>Excavator 360 (N202) 20.1</u></a>	<a href="#"><u>Powered Handheld Breaker (N048) 23</u></a>
<a href="#"><u>Excavator as a Crane (N100) 21</u></a>	<a href="#"><u>Puller Winch (N033) 21.1</u></a>
<a href="#"><u>Excavator Micro 360 (Up to 1 Tonne) (N016) 21</u></a>	<a href="#"><u>Quay Crane (N105) 20</u></a>
<a href="#"><u>Fire Warden (N703) 19</u></a>	<a href="#"><u>Quick Hitch Awareness (N726) 23</u></a>
<a href="#"><u>Forward Tipping Dumper (N204) 20</u></a>	<a href="#"><u>Reach Lift truck (N003) 22.1</u></a>
<a href="#"><u>Forward Tipping Mini Dumper up to 1 tonne (N139) 20</u></a>	<a href="#"><u>Reach Lift Truck Theory Test paperwork (N003) 22.1</u></a>
<a href="#"><u>Grader (N240) 23</u></a>	<a href="#"><u>Rear Tipping Dumper (N205) 20</u></a>
<a href="#"><u>Grass Cutters / Mowers (N604) 19.1</u></a>	<a href="#"><u>Refuse Collection Vehicle (N029) 20</u></a>
<a href="#"><u>Gritter / Snowplough (N802) 21</u></a>	<a href="#"><u>Remote Control Tower Crane (N115) 21</u></a>
<a href="#"><u>Hand Held Hedge Trimmer (N610) 22</u></a>	<a href="#"><u>Report of Thorough Examination (N019) 21</u></a>
<a href="#"><u>Harness and Fall Arrest (N723) 21</u></a>	<a href="#"><u>Rigging and Fleeting Loads - Lift Planner (N046) 19</u></a>
<a href="#"><u>High Pressure Water Jetting (N038) 23</u></a>	<a href="#"><u>Rigging and Fleeting Loads (N047) 22.1</u></a>
<a href="#"><u>Hoist (N111) 20</u></a>	<a href="#"><u>Road Planer (N216) 20</u></a>
<a href="#"><u>Horizontal Directional Drilling Rig (N130) 20</u></a>	<a href="#"><u>Road Roller (N214) 21.1</u></a>
<a href="#"><u>Industrial Counterbalanced Lift Truck (N001) 22</u></a>	<a href="#"><u>Road Sweeper (N217) 22</u></a>
<a href="#"><u>Industrial Counterbalanced Lift Truck Theory Test Paperwork (N001) 22</u></a>	<a href="#"><u>Roll Crusher - Packer (N026) 20</u></a>
	<a href="#"><u>Rough Terrain Lift Truck (N009) 22.1</u></a>

Safe Use of Mobile Loading Ramps (N045) 23.1  
Safe Use of Stepladders and Ladders (N711) 21  
Safe Working at Height (N404) 22  
Safety at Street and Roadworks (N714) 21  
Safety Awareness (S001) 23  
Safety Awareness Delegate Handout (S001) 21  
Safety Awareness Guidance on Remote Delivery  
Safety Awareness Instructor Notes (S001) 21  
Safety Awareness Rules for Remote Delivery  
Safety Awareness Test Sheets Remote Delivery  
Scraper (N223) 20.1  
Screener (N208) 20  
Shunter Vehicle (N243) 20  
Side Boom (N242) 19  
Sideloader Lift Truck (N006) 22.1  
Skidsteer Loader (N212) 23  
Skip Loader (N219) 21  
Slinger / Signaller (N402) 23  
Soil Displacement Hammer (N015) 20

Soil Stabiliser (N040) 21  
Strimmer - Brushcutter (N605) 19.1  
Stump Grinder (N606) 19.1  
Suction Excavator (N021) 21  
Supervisor Awareness - FLT (N036) 21  
Supervisor Awareness - MEWP (N035) 21  
Supervisor Awareness - Plant (N034) 21  
Telescopic Handler (N010) 22.1  
Telescopic Handler Suspended Loads (N138) 20  
Tiltrotator System (N020) 19  
Tow Tractor (N210) 22  
Tower Crane (N102) 20  
Trencher (N203) 20  
Vehicle Marshal (N403) 23  
Winching & Recovery (N609) 21  
Wood Chipper / Shredder (N603) 21

# IOSH

## IOSH Managing Safely

Suitable for all industries the IOSH Managing Safely course provides essential knowledge and understanding of how to manage Health & Safety for managers and supervisors. It will assist in understanding Health & Safety responsibilities and perform roles successfully.

**Course Duration:** 3 Days

### IOSH Managing Safely covers the following topics:

- Introduction to Managing Safely
- Assessing Risks
- Controlling Risks
- Understanding Responsibilities
- Understanding Hazards
- Investigating Incidents
- Measuring Performance
- Protecting Our Environment

Because every manager needs an understanding of their safety and health responsibilities.

Managing Safely is unlike any other safety and health course. Why? Because it delivers practical step-by-step guidance with a sharp business focus that's hands-on and jargon-free.

The innovative format and content is engaging and inspiring – critical to embedding Health and Safety throughout your entire organisation.

### It results in the following benefits:

- Greater productivity – fewer hours lost to sickness and accidents
- Improved organisation-wide safety awareness culture and appreciation of safety measures
- Active staff involvement to improve the workplace
- Internationally recognised certification for managers and supervisors
- Enhanced reputation within the supply chain



# **IOSH Working Safely**

This course is for people at any level, in any sector worldwide, who need a grounding in the essentials of safety and health. It gives everyone at work an understanding of why they must 'work safely' .

**Course Duration:** 1 Day

## **Who is Working Safely for?**

Working Safely is for people at any level, in any sector worldwide, who need a grounding in the essentials of safety and health. It gives everyone at work an understanding of why they must 'work safely' – and does it in an enjoyable way.

## **What does your business get?**

- Peace of mind from training that's designed and quality-controlled by IOSH – the Chartered body for safety and health professionals
- Minimal disruption to working days and shifts – the programme is delivered in just one day, including the assessment
- Efficient and effective learning – health, safety and environmental basics are covered in a single, self-contained session
- Globally-recognised, respected and certificated training for its staff
- Memorable and thought-provoking facts and case studies from around the world, to help reinforce learning throughout the course. Each module is backed by scenarios from genuine work situations. The course includes interactive games and quizzes, helping delegates to learn in a refreshingly informal way.

## **Working Safely covers:**

- An outline of occupational safety and health
- Defining hazard and risk
- Identifying common hazards
- Improving safety performance

Successful delegates are awarded an **IOSH Working Safely certificate**.

# IOSH Safety, Health and Environment for Construction Site Managers

## About:

Safety, Health and Environment for Construction Site Managers will meet the needs of your business within a timescale to suit you. Delivered over five days with an option to deliver in four, this flexible course will demonstrate how a focus on effective safety and health management will improve efficiency and the wellbeing of your staff.

**Course Duration:** 4-days

## Who should attend?

Anyone who oversees or manages safety, health and environmental risks associated with construction activities. Remember, it is your responsibility to provide your staff with the training to ensure your site is fully compliant with safety, health and environmental regulations.

## What will I learn?

Delegates will benefit from a clear overview of the specific safety, health and environmental requirements of managing a construction site, including:

- Local law and enforcement
- Preparing for work
- General management of the site, workers and contractors including for example:
  - The importance of method statements the use of permits to work
  - The importance of managing environmental aspects and impacts related to construction projects
  - Principles underpinning effective construction design and management
  - The key issues and control of working at height including for example:
    - Plans and risk assessments
    - Roofs and fragile surfaces
    - Working platforms and ladders management, use and stability of scaffolds fall arrest and suspension equipment
    - Site requirements for the welfare of construction workers on site

## Assessment:

1. Individuals are assessed via a multi-choice test/short answers test.
2. The duration of the test will be for **one hour**.
3. A practical assessment.

On successful completion of the exam, delegates will receive an **IOSH certificate**.

# **IOSH Safety, Health And Environment For Construction Workers**

## **About:**

This course is It very much focused on helping delegates to understand what they need to know, and how they can benefit from working in a healthier and safer way. The course provides workers with the knowledge that they will be able to use in their day-to-day roles. The course can be customised to suit either a cohort of workers from a single company or construction workers from a range of organisations.

**Course Duration:** 1-day

## **Who should attend?**

Anyone who works on or around a construction site or has cause to visit the site in the course of their work. Remember, it is your responsibility to provide your staff with the training to ensure your site is fully compliant with safety, health and environmental regulations.

## **What will I learn?**

Delegates will understand the importance of:

- Site safety
- Recognising and managing health risks and high risk activities
- Dealing with incidents
- The wider environment

As well as learning to keep themselves safe, delegates will be taught how to spot common hazards and improve safety performance across the site. Safety, Health and Environment for Construction Workers will foster team working and encourage your staff to take responsibility for themselves and their colleagues.

## **Assessment:**

1. Individuals are assessed via a multi-choice test/short answers test.
2. The duration of the test will be for one hour.
3. A practical assessment.

On successful completion of the exam, delegates will receive an **IOSH certificate**.

## GQA Level 1 Award in Construction Health and Safety

This qualification is aimed at individuals wishing to prove they have the level and range of knowledge required to work safely in a construction working environment. Achievers of this unit will fulfil the CSCS requirements for the new (2014) Labourer's card.

The qualification is equally relevant to individuals already employed in construction, Apprentices or new entrants to the industry and is also suitable for those wishing to find out more about the theoretical aspect of Health and Safety within the construction Industry without the need to be directly employed in a construction working environment.

To meet the unit aims candidates will have to prove knowledge of risk assessments, method statements, hazards, accidents and emergencies, health risks, manual handling and working at heights. Specific information on the range and scope of assessment criterion will be provided to the candidate and assessor.

**Course Duration:** 6 contact hours of training

### Entry Requirements:

Learners are required to be 18 years of age prior to certification. It is also advised that learners have a minimum of level 1 in literacy and numeracy.

### ID Requirements:

- Valid passport (any nationality).
- Signed UK photo card driving license.
- Other photographic ID card, e.g., valid warrant card issued by HM Forces, Police, employee ID card, student ID card, travel card.

In the event that a learner is unable to produce any of the forms of photographic identification listed above, a centre may accept another form of identity containing a signature, for example a credit card or a third-party representative, such as a Line Manager, Human Resources Manager or invigilator, will be accepted.



# NVQs

NVQs are a 'competence-based' qualification, which means you learn practical, work-related tasks designed to help you develop the skills and knowledge to do a job effectively. Taking an NVQ could be suitable if you already have skills and want to improve them, or if you are starting from scratch.

- **Level 3 Occupational Work Supervision (Construction)**
- **Level 4 Diploma in Construction Site Supervision**
- **Level 6 Diploma in Construction Site Management**
- **Level 7 Diploma in Construction Senior Management**

Health & Safety Ireland can assess your eligibility for the NVQ programmes it offers.

We will also help you work out the most suitable specialist area that will most benefit your future career path. We will review your existing qualifications and work experience to determine the best training solution for you and your employees.

Our experience of the Construction Industry is second to none, and we understand the training and compliance needs of today's firms. We understand that you wish to improve the skills of your workforce whilst they continue to work and support your business. Our flexible solutions are designed to meet these needs.

Accredited by:



# Health & Safety Training

Construction & Trade Safety is Health & Safety Ireland's core competency. With our extensive range of industry-specific courses we are certain you will find a course to improve the safety, well-being and practices in your firm to new heights.

We offer each of these training courses at all of our venues, just get in touch with us today and schedule for a time that suits your workforce.

1. **Abrasive Wheels Awareness**
2. **Appointed Person for Lifting Operations**
3. **Asbestos Awareness**
4. **Cat & Genny Awareness**
5. **Chainsaw Operators**
6. **COSHH Awareness**
7. **Health and Safety Awareness**
8. **Manual Handling**
9. **Principles of Risk Assessment**
10. **Suspension Trauma**

# Abrasive Wheels Awareness

**Course Duration:** One Day

**During the course you will cover the following areas:**

- Explanation of the legal requirements governing abrasive wheels
- Understanding good machine safety
- Avoidance of injuries
- Recognition of potentially dangerous abrasive wheel operations.
- Safe use of machines

All delegates will receive an Abrasive Wheel Awareness Certificate valid for 3 years.

# Appointed Person for Lifting Operations

This course is suitable for supervisors and managers with responsibility for lifting operations. This course will give you an understanding of the appointed person's responsibilities and how to fulfil them. On passing the technical tests, you gain the CPCS trained operator card (red card). If you already hold the CPCS Code A40 Slinger/Signaller, you will also achieve the CPCS Code A62 Crane Supervisor qualification.

**Course Duration:** 4 Days

## Course Content:

- Observe regulations and Codes of Practice
- Follow safe systems of work including method statements
- Take personal responsibility
- Describe different types of cranes and associated terminology
- Understand crane documentation
- Understand crane stability, duty charts and safety devices
- Appreciate tower cranes
- Observe British Standard 7121 Safe Use of Cranes Guidelines sections 1, 2, 3 and 4
- Recognise the role of appointed persons
- Plan a lift

## Teaching and assessment:

Four days learning through a mix of classroom-based teaching and practical exercises and 1 day assessment – CPCS technical tests.

# Asbestos Awareness

Asbestos awareness training should be given to employees whose work could foreseeably disturb the fabric of a building and expose them to asbestos or who supervise or influence the work.

It should also be given to those workers in the refurbishment, maintenance and allied trades where it is foreseeable that ACMs may become exposed during their work.

If you have no intention of removing asbestos but work on buildings built or refurbished before the year 2000, asbestos could be present. You will need awareness training so you know how to avoid the risks.

**Course Duration:** 3-4 Hours

## Who should complete this course?

- General maintenance workers
- Electricians
- Plumbers
- Joiners
- Painters and decorators
- Plasterers
- Construction workers
- Roofers
- Shop fitters
- Gas fitters
- Heating and ventilation engineers
- Demolition workers
- Telecommunication engineers
- Fire/burglar alarm installers
- Computer and data installers
- Architects
- Building surveyors

All delegates will receive an Asbestos Awareness certificate valid for 3 years.

## **CAT & GENNY Awareness**

The course trains delegates on the correct use of common location equipment for locating underground services. It also covers the identification of common services and methods used to locate services that are not located with the equipment.

It provides delegates with the essential knowledge needed to safely and correctly operate a Cable Avoidance Tool (CAT) along with a Signal Generator (GENNY) when tracing underground services to meet the guidance from HSG 47 for Avoiding Danger from Underground Services.

### **Objectives:**

By the end of the course candidates will be able to:

- Understand what regulations and Codes of Practice apply.
- Correctly use common location equipment.
- Correctly identify samples of common services.
- Understand the benefit of Permit Systems.
- Identification of services from drawings.
- Carry out a survey and produce a sketch of services found.
- Safe digging practices.

All delegates will receive an CAT & GEENT Awareness certificate valid for 3 years.



# Chainsaw Operators

**Course Duration:** One day

Chainsaws are potentially dangerous machines which can cause fatal or major injuries if not used correctly. It is essential that anyone who uses a chainsaw at work should have received adequate training and be competent in using a chainsaw for the type of work that they are required to do.

In recent years (in forestry and arboriculture) direct contact with a chainsaw has caused 5 deaths and many serious injuries. These do not include the high numbers of other types of accident that occur during felling, pruning and other related work.

## **Course Content:**

- Planning for your Safety
- Safety Features
- Risk of Kickback
- Operators Manual
- Fuelling and Lubrication
- Cold and Hot Starting
- Preparing the Site Before Felling
- Felling Cuts

All delegates will receive an Chainsaw Operators Awareness certificate valid for 3 years.

# COSHH Awareness

**Course Duration:** 3 Hours

This qualification is designed for those who use substances hazardous to health at work. It introduces candidates to substances, the risks and controls available, and outlines what to expect from a control of substances hazardous to health (COSHH) assessment.

All delegates will receive an COSHH Awareness certificate valid for 3 years.

# Health and Safety Awareness

**Course Duration:** One day

This Health and Safety course is a popular route for anyone looking to take their first step towards obtaining a CSCS Labourers (Green) Card. This one day course can be for those who have entered, or are about to enter, the construction and civil engineering industry. The course gives delegates an awareness of health and safety and how it affects their daily role.

This course is the first step towards a CSCS Labourers Card (Green Card) and to the progressive CITB Site Safety Plus suite of courses that range from training for operatives in to the industry up to Senior Manager/Director.

## **Course Content:**

- Their individual responsibilities for their own safety and the safety of others
- Typical construction hazards and how these are controlled
- How everyone can help achieve better practical standards of safety on site
- Legal requirements and liabilities
- Working at height
- Manual Handling
- Fire prevention
- Work equipment
- Occupational health

# Manual Handling

**Course Duration:** 3 hours

This qualification introduces candidates to the hazards and risks involved in manual handling and outlines what to expect from a manual lifting assessment. It will enable employees to develop safer manual lifting techniques in the workplace.

## **Course Content:**

- The process of manual activities in the workplace
- Manual lifting injuries and the activities which cause them
- Manual lifting assessment and control options
- Responsibilities imposed by the Manual Handling Operations Regulations

## **QUALIFICATION INFORMATION:**

3 hours Training and Assessment. Multiple choice exam of 20 questions.

All delegates will receive an Manual Handling certificate valid for 3 years.

# Principles of Risk Assessment

**Course Duration:** Varies depending on delegate numbers

This qualification is designed to help improve the workplace culture for occupational Health and Safety by enabling learners to understand the basic principles of Risk Assessment.

This Level 2 Award Principles in Risk Assessment was created in response to industry requirements for all employees to be risk aware. Although not all employees will be expected to undertake Risk Assessments themselves, they may be asked to contribute to the process and will be expected to act always to protect their own health and safety and that of others. You should carry out an assessment before you do work which presents a risk of injury or ill health.

A Risk Assessment is not about creating huge amounts of paperwork, but rather about identifying sensible measures to control the risks in your workplace.

## **Course Content:**

- Understand the principles of Risk Assessment
- Understand why risk assessments are necessary for maintaining and improving standards of health and safety at work

# Suspension Trauma

**Course Duration:** Varies depending on numbers

The effects of suspension trauma (also known as orthostatic intolerance or harness hang syndrome) have been known about for decades however it is only recently that industry regulators, rescue teams and all those who wear harnesses as part of their work have started to take notice.

This course provides you with an understanding of this situation and gives best practice on how to avoid injury through recommended safety procedures.

# Working at Heights

Work at height accidents remain the single biggest cause of fatalities in the construction sector and many other industries.

All work at height must be adequately planned and carried out in a safe manner with appropriate equipment.

We offer a wide range of training programmes that covers most aspects of working at heights



# Scaffold Inspection

**Course Duration:** 1 Day

## Who Should Attend Scaffold Inspection Training:

This course is ideal for those delegates who have a good level of current knowledge of these types of structures as the basic scaffold knowledge.

## Scaffold Inspection Training Aim:

Set out the employer's statutory obligation to have safe scaffolds for personnel to work from, competent persons to inspect and complete reports on working platforms. It will also allow delegates practice at inspecting types of scaffold, fault finding and completing inspection reports.

## By the end of the course candidates will be able aware of:

- Regulations and approved codes of practices relating to access platforms
- Scaffolding terminology
- Fall arrest equipment
- Tubes, boards and fitting types
- Ladder safety
- Gin wheels and hoists
- Scaffold ties
- Construction of basic access scaffolds, independent scaffolds, putlog Scaffolds, birdcage scaffolds and tower systems
- Scaffold and fans
- Practical inspection/ technique
- Inspection reports

## Scaffold Inspection Training methods:

Classroom based training with practical demonstration and report writing. Delegates will complete a questionnaire to verify their knowledge and understanding of scaffold inspection.

## References:

- Health & Safety at Work Act 1974
- Working at Height Regulations
- Personnel Protective Equipment Regulations
- Equipment manual

## Additional Information:

All candidates attending the course must bring suitable personal protective clothing such as safety helmets, protective boots, gloves and a Hi-vis jacket or vest. For training held on site please ensure you make available a classroom suitable for the number of candidates attending, with a 240v power supply. Please ensure the practical area is free from harm, suitable for training and that it has been risk assessed. All equipment used must meet current legislation.

# Safe Use of Ladders

**Course Duration:** 1/2 Day

## Who Should Attend?

This ladder and step ladder course is specifically designed for anyone whose job requires them work safely off ladders or step-ladders, including using the necessary height safety equipment.

The course may also help the supervisor/ manager responsible for managing those using the equipment and will also help management carry out their legal obligations to their employees.

## By the end of the course candidates will be aware of the following:

- Why ladder accidents are happening
- Ladder types and applications
- Access selection considerations
- Ladder and step ladder types
- Pre use considerations
- Good and bad practice
- Ladder specific height safety equipment selection and suitability
- Correct inspection of the ladder ahead of use
- Correct sighting and positioning
- Correct erection and set up
- Access and egress to the work site
- Ladder climbing techniques training methods classroom based training with hands on practical exercise.

## References:

- Health & Safety at Work Act/ Order
- Working at Height Regulations
- Safe use of ladders and step ladders
- Top tips for ladder and stepladder safety

## Additional Information on Safe use of Ladders:

Delegates will have a sound knowledge and a correct understanding of the principles of using a ladder safely. They will fully understand the risks when using ladders and step ladders and will be able to put into practice safe procedures when using them.

# Harness Wearer / Inspection

**Course Duration:** 1/2 Day

**Number of delegates:** Maximum 12 Candidates

## Who Should Attend?

This course is designed for those individuals who delegate or participate in working at height activities using personal fall protection systems.

## Aim:

Provide the candidates with the necessary knowledge and understanding in relation to the use of safety harness and its associated equipment and identification of potential hazards and suitability of personal fall protection equipment.

## Objective:

By the end of the course candidates will be aware of the following:

- Be able to identify specific hazards
- Ensure an adequate risk assessment has been carried out to comply with current legislation
- Harness design, provisions and testing
- Wearing a harness as per manufacturers instructions
- Fall restraint and arrest systems
- Harness inspection and maintenance
- Be able to identify defective equipment or systems

## Training Methods:

A proportion of hands-on demonstration and practical exercises, supplemented with classroom based tutorials.

## References:

- Health & Safety at Work Legislation
- Working at Height Regulations
- Manufacturers guidelines
- Additional info

Provisions must be made for training for any persons carrying out works with the use of safety harness and its associated equipment across differing environments for work at height, as a company appointed person. The course is specifically designed for any person who is involved with working with harness in the workplace.

# Working at Heights

**Course Duration:** 3-4 Hours

This course is designed to give delegates an understanding of the roles and responsibilities of those planning and those carrying out work at height and an introduction to the equipment and methods available and where they sit within the hierarchy of controls. Care of equipment, pre-use inspection, fitting and adjustment of equipment is also covered.

## Course Content:

- Problems associated with safe working at heights
- Legislation
- Employers responsibility
- Employees responsibility
- Risk assessment
- Safe systems of working
- Passive safety systems
- Restraint systems
- Fall arrest systems
- Fall arrest equipment introduction
- Pre-use inspection
- Donning a safety harness
- Safe use of associated equipment
- Anchorage point identification
- Horizontal safety systems
- Vertical safety systems
- Temporary safety products
- Maintenance & checking of equipment
- Cleaning & storage

## Training Methods:

Classroom based training with a practical demonstration of equipment and various techniques.

## References:

- Health & Safety Legislation
- Working at Height Regulations
- Manufacturers guidelines

## Additional Information in Working at Heights:

This course an understanding of the Working at Height Principles and hierarchy of control measures. It is recommended that additional training is completed for practical work at height.

All delegates will receive a Working at Height certificate valid for 3 years.

# Harness Awareness

**Course Duration:** Varies depending on delegate numbers

The harness awareness course is open to operatives, supervisors and managers who manage, supervise, or use harnesses.

## **Course Content:**

- Work at height regulations
- Review of the Health and Safety at Work Act 1974
- Defining fall prevention, fall restraint, fall arrest
- Suitability and selection of required equipment
- Anchor points, running lines & inertia reels
- Safe work practices during working at height
- Inspection of equipment before use
- Correct procedure of harnesses adjustment
- Practical sessions
- Care and maintenance of equipment

All delegates will receive an Harness Awareness certificate valid for 3 years.

# Mobile Elevated Work Platform

**Course Duration:** Varies depending on delegate numbers

- Mobile Elevating Work Platform – Boom
- Mobile Elevating Work Platform – Boom – Self propelled
- Mobile Elevating Work Platform – Boom – Vehicle mounted
- Mobile Elevating Work Platform – Scissor

In many cases, mobile elevating work platforms (MEWPs) provide safe and quick access to trees and a secure working platform. However, MEWPs can still topple if they are overloaded or poorly maintained, as this case study from the Health & Safety Executive shows.

When selecting work equipment for work at height the Work at Height Regulations require that collective protection measures take priority over personal fall protection systems (e.g. rope and harness).

# Plant & Machinery Training HASI Certification

As well as our accredited plant schemes we offer high-standard on-site training for those who do not need accredited training, this training is provided at your premises.

## Available Plant and Machinery Training:

- Forward Tipping Dumper
- Forward Tipping Dumper – Wheeled
- Forward Tipping Dumper – Tracked
- Excavator 180° below 5 tonnes
- Excavator 180° above 5 tonnes
- Industrial Forklift Truck
- Telescopic Handler – All sizes exc. 360 Slew
- Wheeled Loading Shovel
- Tracked Loading Shovel
- Skid Steer Loader
- Mobile Elevating Work Platform – Scissor
- Mobile Elevating Work Platform – Boom
- Mobile Elevating Work Platform – Boom – Vehicle Mounted
- Mobile Elevating Work Platform – Boom – Self Propelled
- Ride on Roller
- Agricultural Tractor
- Crawler – Tractor/Dozer
- Lorry Loader
- Lorry Loader – Hook
- Lorry Loader – Clamshell Bucket
- Lorry Loader – Hydraulic Clamp
- Slinger/Signaller
- Slinger / Signaller- All Types – Static Duties
- Loader/Compressor
- Dump Truck – Articulated Chassis
- Dump Truck – Articulated Chassis – Up to 15 tonnes
- Dump Truck – Articulated Chassis – All Sizes
- Dump Truck – Rigid Chassis
- Dump Truck – Rigid Chassis – Up to 15 tonnes
- Dump Truck – Rigid Chassis – Up to 50 tonnes
- Dump Truck – Rigid Chassis – All sizes (wheeled)
- Excavator 360° below 10 tonnes
- Excavator 360° below 10 tonnes – Tracked
- Excavator 360° below 10 tonnes – Wheeled
- Excavator 360° below 10 tonnes – Lifting Operations
- Excavator 360° above 10 tonnes
- Excavator 360° above 10 tonnes – Tracked
- Excavator 360° above 10 tonnes – Wheeled
- Excavator 360° above 10 tonnes – Lifting Operations
- Mobile Crane – Blocked Duties only
- Appointed Person – Lifting Operations
- Crane/Lifting Operations Supervisor
- Pedestrian Operated Tower Crane
- Pedestrian Operated Tower Crane – Up to 36m – 100m/te
- Excavator 360° below 10 tonnes – Lifting Operations
- Excavator 360° below 10 tonnes – Lifting Operations
- Excavator 360° above 10 tonnes – Lifting Operations
- Excavator 360° above 10 tonnes – Lifting Operations
- Overhead Gantry Crane (in house only)
- 4 x 4 (in house only)



# Construction First Aid

## Who is this course designed for?

This course is ideally suited to any person who has responsibility for first aid at a construction site.

## Course Content:

At Health and Safety Ireland Ltd we specialise in teaching first aid to those people who work in high hazard environments, such as the building and construction industry.

Our medical training equips clients to deal with a range of traumatic injuries that are likely to occur in the construction industries. We routinely work with builders, scaffolders, surveyors, electricians and many other individuals and organisations that require employees to work in high hazard situations.

**Course Duration:** 3 Days

**Our Construction First Aid courses are fully certified and cover the complete HSE syllabus as follows:**

- Understand the role and responsibilities of a first aider
- Be able to assess an incident
- Be able to provide first aid to an unresponsive casualty
- Be able to perform cardiopulmonary resuscitation (CPR) and demonstrate correct placement of AED pads and follow AED instructions
- Be able to provide first aid to a casualty who is choking
- Be able to provide first aid to a casualty with external bleeding
- Know how to provide first aid to a casualty who is in shock
- Know how to provide first aid to a casualty with minor injuries
- Be able to conduct a secondary survey
- Be able to provide first aid to a casualty with suspected injuries to bones, muscles and joints
- Be able to provide first aid to a casualty with suspected head and spinal injuries
- Know how to provide first aid to a casualty with suspected chest injuries
- Be able to administer first aid to a casualty with burns and scalds
- Be able to administer first aid to a casualty with an eye injury
- Know how to provide first aid to a casualty with sudden poisoning
- Be able to administer first aid to a casualty with anaphylaxis
- Know how to provide first aid to a casualty with suspected, heart attack, stroke, epilepsy, asthma, diabetic emergency and sepsis

In addition to the syllabus our Pre-Hospital Medical Treatment training program for the construction industry also includes:

- Emergency Operating Plans
- Situational Awareness training
- Major incidents
- Management of spinal Injuries
- Management of chest injuries
- Management of abdominal injuries
- Management of suspected pelvic injuries
- Electrical accidents,
- Amputations
- Dropped objects – serious head injury, unresponsive, breathing
- Fall from heights – external bleeding, unresponsive, breathing
- Serious internal bleeding
- Serious external bleeding (i.e. chainsaw injury)
- Maintaining the Airway
- Identifying life threatening conditions and injuries and knowing how to deal with them.

**Assessment:**

Competency-based training and continuous observation by the trainer.

**Certification:**

Successful candidates will receive a certificate by email which is valid for three years

## Training Site Locations

Our six venues make it easy to attend courses.  
Locations are:

- Coleraine
- Omagh
- Enniskillen
- Newry
- Derry~Londonderry
- Belfast

We can also send our experienced trainers to your premises to deliver courses.

## Contact Us Today

### HEAD OFFICE

RIVERHOUSE BUSINESS CENTRE,  
CASTLE LANE, COLERAINE,  
BT51 3DR

**PHONE:** 028 7035 9771

### EMAIL:

[geraldine@hasi.co.uk](mailto:geraldine@hasi.co.uk) or [paige@hasi.co.uk](mailto:paige@hasi.co.uk)

### WEBSITE:

[www.hasi.co.uk](http://www.hasi.co.uk)

### OMAGH OFFICE

64A DERRY ROAD,  
OMAGH,  
BT78 5DY

**PHONE:** 028 8225 0544

