



PREMIER PARTNERSHIP HEALTH AND SAFETY TRAINING



Who we are

Premier Partnership allows organisations to easily source every type of learning solution and increase the impact of their Learning and Development (L&D) strategies. Named Outstanding Training Organisation of the Year by the Chartered Management Institute, our passionate Yorkshire-based team has drawn on years of experience to build up a nationwide network of 800+ specialist partners who deliver more than 30,000 courses to the UK public sector and private companies annually, with a 93.5% learner satisfaction rate.

Now in our third decade, we are the training partner of choice for a wide range of employers including local authorities, central government agencies, the NHS, 'blue light' organisations, universities, and successful private companies across the UK.



Who will deliver

Our team of highly qualified and experienced Health and Safety tutors would deliver this training using their knowledge and varied methods of course delivery to engage the learners in a virtual classroom from the comfort of any device.

Our tutors routinely receive outstanding feedback and pride themselves on ensuring the learners can put the information learned to good use in their roles to, benefit themselves, their colleagues and their organisation.



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NEBOSH

NEBOSH was formed in 1979 as an independent examining board and awarding body with charitable status. Courses include a comprehensive range of globally recognised, vocationally related qualifications designed to meet the health, safety, environmental and risk management needs for all places of work, in both the private and public sectors. NEBOSH training courses are recognised for their high calibre and are more readily accepted as the de facto industry standard for safety requirements internationally.



IOSH

World-leading developer of certificated health and safety training courses. IOSH courses provide insights and practical tools so that individuals and organisations can create safer and healthier working environments. By promoting a health and safety culture in which everyone plays their part, our courses help to reduce sickness absence, improve productivity, and bring about other organisational benefits. We can also deliver our courses as non-accredited courses for a reduced fee.



QUALSAFE

Qualsafe.com is an industry leading book publisher and supplies provider. The Qualsafe.com range of first aid training books are the most popular in the UK. Not only are our books used by over 2,500 training providers, including NHS Trusts, councils, universities and colleges, we are also the exclusive supplier for the NHS Ambulance Service. Our range also extends to a wide variety of safety training books, including Food Safety, Health and Safety, Fire Safety, Safe Moving and Handling and Safe Moving of Objects and People.



Utilizing the latest technologies in video communication Premier Partnership can provide training remotely to anywhere in the world across all digital devices. With our video conferencing software trainers can deliver a modern virtual classroom experience.

You can enhance and expand classes with powerful collaboration tools, including video breakout rooms, multi-sharing, polling, and group chats. Attendance and attention tracking shows teachers who has

engaged in online learning. We can also create and repurpose video content into easily-digested videos that allow students to learn at their own pace.

Benefits of virtual learning

Join anywhere, on any device

Delivers streamlined enterprise-grade video conferencing from desktop and mobile.

Unparalleled usability

Enable quick adoption with meeting capabilities that make it easy to start, join, and collaborate across any device.

HD Video and Audio

Exceptional clarity and quality for virtual and hybrid classes.

Security and compliance

Password protected, role based user security, FERPA/HIPAA compliance and end-to-end 256-bit encryption.

Session recording and transcription

Record classes and lessons to allow students to learn at their own pace. Store these locally or to the cloud, with searchable transcripts.

Enhanced collaboration features

One-click content sharing, real-time co-annotation, and digital whiteboarding.

Accessibility for all learners

Ensure that everyone can participate equitably with closed captioning and keyboard shortcuts.



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- Sharps and Blood Borne Viruses
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*Some virtual course timings/delegate numbers may vary,
please contact us for more information.*



NEBOSH General Certificate in Occupational Health and Safety

The NEBOSH General Certificate in Occupational Health and Safety is a highly respected qualification and an essential course for any health and safety professional.

Classroom and Virtual delivery is available for this course

Course length

10 Days learning (with an open book exam and a risk assessment to complete)

Course Aims

To introduce industry standard certificate for health and safety practitioners, offering a valuable overview of the core aspects of occupational health and safety. Course comprises of two units, NG1 and NG2 practical unit.

Course Objectives

By the end of this course learners will understand:

- Workplace hazards and offer advice on corrective and preventative measurements
- The scope, duties and offences of employers, managers and employees
- The HASAWA 1974
- The legal framework for the regulation of health and safety including sources and types of law
- How to plan and implement an effective health and safety policy
- How to influence behaviour to create a positive Health and Safety culture throughout an organisation
- How to undertake risk assessments and accident investigations and recommend suitable action
- How to undertake a health and safety audit
- Hazards and risk control
- Transport hazards and risk control
- Musculoskeletal hazards and risk control
- Work equipment hazards and risk control
- Electrical safety
- Fire safety
- Chemical and biological hazards and risk control
- Physical and psychological hazards and risk control

Contact us at enquiries@premier-partnership.co.uk

NG1

- ELEMENT 1: Why We Should Manage Workplace Health and Safety
- ELEMENT 2: How Health and Safety Management Systems Work and What They Look Like
- ELEMENT 3: Managing Risk – Understanding People and Processes
- ELEMENT 4: Health and Safety Monitoring and Measuring

This unit has an Open Book Exam. You would have 24 hours to complete a scenario based exam.

NG2

- ELEMENT 5: Physical and psychological health
- ELEMENT 6: Musculoskeletal health
- ELEMENT 7: Chemical and biological agents
- ELEMENT 8: General workplace issues
- ELEMENT 9: Work equipment
- ELEMENT 10: Fire
- ELEMENT 11: Electricity NG1 UNIT

This unit requires a detailed risk assessment to be completed after the course.

Contact us at enquiries@premier-partnership.co.uk



IOSH Managing Safely

Classroom and Virtual delivery is available for this course

Course length

Three days

Max delegates

up to 12

Course Aims

To give managers and supervisors an understanding of everyone's health and safety responsibilities in the workplace.

Course Objectives

On completion of this course the learner will be able to:

- Describe the key reasons to manage health and safety in the workplace
- Define the key terms relating to health and safety
- Identify how the law can have an impact on health and safety in the workplace
- Describe how to assess, reduce and control risk in the workplace
- Identify workplace hazards and risks, their impact and how to manage them
- Identify how to evaluate and respond to an incident
- List the benefits and characteristics of an effective health and safety management system
- Describe the principles that underpin good health and safety performance

IOSH Managing Safely Refresher

Classroom and Virtual delivery is available for this course

To be able to attend this course, delegates must have previously attended the full 3 day IOSH Managing Safely course.

Course length

One day

Max delegates

up to 12

Course Aims

To allow learners to recap and up skill their prior knowledge in Health and Safety.

Course Objectives

By the end of this course learners will have an opportunity for:

- Personal reflections
- Refreshing your knowledge
- Building on what you know
- Putting managing safely into practice
- Applying the management system



IOSH Working Safely

Classroom and Virtual delivery is available for this course

Course length

One day

Max delegates

up to 12

Course Aims

The Working Safely course is aimed at all employees and covers the essentials of health and safety in the workplace.

Course Objectives

Upon completion of the course learners will understand:

- The reasons for working safely
- What hazards are
- The main hazard categories
- What risk is
- What risk assessment is
- Your options for dealing with risks
- Common hazards encountered in the workplace

IOSH Leading Safely

Classroom and Virtual delivery is available for this course

Course length

Half day

Max delegates

up to 12

Course Aims

To enable learners to become more effective leaders for Health and Safety.

Course Objectives

On completion of this course the learner will be able to:

- Recognise the value of strategic health and safety and its integration into business management
- Systems and performance management systems
- Understand health and safety responsibilities
- Appreciate the consequences of poor health and safety
- Plan the overall direction for health and safety in your organisation
- Understand the importance of adequately resourcing your health and safety
- Management system
- Know why you should monitor and review your health and safety performance



IOSH Fire Risk Assessment

Classroom and Virtual delivery is available for this course

Course length

Two days

Max delegates

up to 12

Course Aims

To recognise the impact of fire, to understand Fire Risk Assessments and the need to have a proactive and positive approach to fire prevention.

Course Objectives

On completion of this course the learner will be able to:

- Understand the importance of fire risk assessments
- Understand the principles of controlling the risks from fire
- Understand how a fire risk assessment is undertaken
- Completing a detailed fire risk assessment

IOSH General Risk Assessment

Classroom and Virtual delivery is available for this course

Course length

Two days

Max delegates

up to 12

Course Aims

To recognise the impact of fire, to understand Fire Risk Assessments and the need to have a proactive and positive approach to fire prevention.

Course Objectives

On completion of this course the learner will be able to:

- Understand the importance of fire risk assessments
- Understand the principles of controlling the risks from fire
- Understand how a fire risk assessment is undertaken
- Completing a detailed fire risk assessment

IOSH General Risk Assessment Refresher

Classroom and Virtual delivery is available for this course

To be able to attend this course, delegates must have previously attended the full 2 day IOSH General Risk Assessment course.

Course length

One day

Max delegates

up to 12

Course Aims

To recognise the impact of fire, to understand Fire Risk Assessments and the need to have a proactive and positive approach to fire prevention.

Course Objectives

- Refresh knowledge in identifying hazard and likelihood data and assess risks
- Refresh knowledge in identifying tools and techniques to be able to prioritise risk
- Refresh knowledge in recording general risk information effectively and appropriately
- Refresh knowledge in implementing general risk control strategies and recommend short to long-term risk controls
- Refresh knowledge in general risk management requirements, responsibilities and accountabilities
- Refresh knowledge in carrying out quality assurance of the general risk assessment processes
- Refresh knowledge in developing an auditable approach to assist general risk management.

IOSH Managing Occupational Health and Wellbeing

Classroom and Virtual delivery is available for this course

Course length

One day

Max delegates

up to 12

Course Aims

Attendees will learn about the impact that work-related and non-work-related illness can have on individuals and on their organisation.

Course Objectives

- Understand why it's important to manage fluctuations in people's health
- Learn what to consider in a health needs assessment
- Discover how to recognise a 'well' employee
- Learn how to help co-workers return to work after an illness
- Gain tools and techniques to improve health and wellbeing



IOSH Accident Investigation

Classroom and Virtual delivery is available for this course

Course length

One day

Max delegates

up to 12

Course Aims

To provide individuals, responsible for undertaking accident investigations, with an understanding of how to conduct an accident investigation.

Course Objectives

By the end of this workshop learners will be able to:

- Identify your responsibilities, accountabilities and legal liabilities, as they apply to accident investigation
- Recognise the function and practicalities of accident investigation systems
- Demonstrate how to identify the direct causes of an accident
- Recognise how safety management systems failures are investigated
- Demonstrate how to record accident investigations
- Identify how to avoid some of the problems and poor practice associated with the investigation process
- Feel confident to devise and recommend control measures to mitigate the risk of recurrence

IOSH Display Screen Equipment (DSE) Assessor

Classroom and Virtual delivery is available for this course

Course length

One day

Max delegates

up to 12

Course Aims

To provide relevant information and training so participants will be confident competent DSE Assessors.

Course Objectives

By the end of this workshop learners will be able to:

- Develop the knowledge, understanding and practical skills required to complete DSE Assessments
- Understand how to rectify concerns associated with use of work stations and associated equipment
- Referral processes for Occupational Health issues
- Able to achieve the legal and organisational compliance required to demonstrate best practice

IOSH Manual Handling Risk Assessor

Classroom and Virtual delivery is available for this course

Course length

One day

Max delegates

up to 12

Course Aims

Give learners the skills to risk assess manual handling tasks to avoid injury.

Course Objectives

On completion of this course the learner will be able to:

- Explain the legislative requirement for manual handling assessments
- Identify the risks associated with manual handling operations
- Recognise Manual Handling solutions such as basic ergonomics
- Tailor generic assessments and record findings
- Identify how to look at generic Manual Handling operations to check for completion
- Explain what to do if new issues are identified



Qualsafe Emergency First Aid at Work

Classroom delivery only

Course length

One day

Max delegates

up to 12

Course Aims

The QA Level 3 Award in Emergency First Aid at Work (RQF) is a regulated and nationally recognised qualification designed for those who have a specific responsibility at work, to provide first aid in a range of emergency first aid situations.

Course Objectives

Learners will develop the skills and knowledge needed to deal with a range of emergency First aid situations, including:

- Managing an unresponsive casualty
- CPR
- Choking
- Shock
- Wounds and bleeding and minor injuries

Qualsafe First Aid at Work

Classroom delivery only

Course length

Three days

Max delegates

up to 12

Course Aims

The QA Level 3 Award in First Aid at Work (RQF) is a regulated and nationally recognised qualification, specifically designed for those who are appointed to act as a first aider in their workplace.

Course Objectives

Over a 3-day period, learners will develop the skills and knowledge needed to deal with a range of first aid situations, including:

- Assessing an incident
- Managing an unresponsive casualty
- CPR
- Heart attacks
- Choking
- Head and spinal injuries
- Fractures
- Anaphylaxis and more



QUALSAFE AWARDS

QUALSAFE COURSES

Qualsafe First Aid at Work Annual Refresher

Classroom delivery only

To be able to attend this course, delegates must have previously attended the full 3 day Qualsafe First Aid at Work course.

Course length

Half Day

Max delegates

up to 12

Course Aims

The QA Level 3 Award in First Aid at Work (Annual Refresher) qualification is specifically designed to allow qualified first aiders to update their first aid skills yearly, until requalification training is required.

Course Objectives

Over a half day period, learners will leave with a renewed confidence having had the opportunity to practice essential first aid procedures, including:

- Managing an unresponsive casualty
- Recovery position
- CPR and use of an AED
- Choking and more

Qualsafe First Aid at Work Re-qualification

Classroom delivery only

To be able to attend this course, delegates must have previously attended the full 3 day Qualsafe First Aid at Work course within the last 3 years.

Course length

2 Days

Max delegates

up to 12

Course Aims

This re-qualification course will refresh skills and knowledge for the Level 3 Award in First Aid at Work.

Course Objectives

Learners will refresh the skills and knowledge needed to deal with a range of first aid situations, including:

- | | |
|-------------------------------------|----------------------------|
| • Assessing an incident | • Choking |
| • Managing an unresponsive casualty | • Head and spinal injuries |
| • CPR | • Fractures |
| • Heart attacks | • Anaphylaxis and more |

Qualsafe Food Safety in Catering

Classroom and Virtual delivery is available for this course

Course length

One day

Max delegates

up to 12

Course Aims

Learners will build an understanding on the importance of safe food handling practices and keeping foods safe. Topics covered include: food safety laws, types of contamination and the associated risks, bacteriology, personal hygiene, and safe food handling practices.

Course Objectives

By the end of this course learners will understand:

- Food safety laws
- Types of contamination and the associated risks
- Bacteriology
- Personal hygiene in food preparation
- Safe food handling practice

Qualsafe Manual Handling

Classroom delivery only

Course length

Half Day

Max delegates

up to 12

Course Aims

The QA Level 2 Award in Principles of Manual Handling (RQF) qualification has been specifically designed for all employees to help raise their awareness of the risks associated with unsafe manual handling practices. It is also ideal for those who might have to carry out manual handling as part of their job such as handling deliveries, parcels and boxes.

Course Objectives

Over a half day period, successful learners will develop a greater awareness of manual handling:

- Common manual handling injuries
- The safe movement principles
- Theory of safe manual handling
- principles and manual handling equipment



QUALSAFE AWARDS

QUALSAFE COURSES

Qualsafe Emergency Paediatric First Aid

Classroom and Virtual delivery is available for this course

Course length

One day

Max delegates

up to 12

Course Aims

This regulated and nationally recognised qualification provides learners with the opportunity to develop the basic skills and knowledge needed to deal with a range of emergency paediatric first aid situations, which could arise when looking after children.

Course Objectives

During this One day course, learners will develop the skills and knowledge needed to deal with a range of paediatric first aid situations, including:

- Managing an unresponsive infant or child
- CPR
- Choking
- Seizures
- External bleeding and more

Qualsafe Safe use of an AED (Automatic External Defibrillator)

Classroom delivery only

Course length

Half Day

Max delegates

up to 12

Course Aims

The QA Level 2 Award in Safe Use of an Automated External Defibrillator qualification has been designed for those who have a specific interest or responsibility at work, or in voluntary and community activities to provide Basic Life Support (BLS) when dealing with an emergency situation which may involve using an AED.

Course Objectives

Over a half day period, Learners will develop the knowledge and practical competencies needed to deal with a range of first aid situations and safely use an Automated External Defibrillator (AED).

Topics covered include:

- Managing an unresponsive casualty
- CPR
- Using an AED on both adults and children
- Combining AED use with CPR and more



Asbestos and Legionella Awareness

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To enable individuals to understand best practice when working with or managing the risks from Asbestos.

Course Objectives

Learners will:

- Understand legislation pertinent to Asbestos and Legionella
- Be aware of the risks
- Understand Risk Controls

Asbestos Awareness

Classroom delivery only

Course length

Half Day

Max delegates

up to 12

Course Aims

To enable individuals to understand best practice when working with or managing the risks from Asbestos.

Course Objectives

By the end of the briefing, participants will be able to:

- | | |
|--|--|
| • Have an awareness of the properties of asbestos | buildings |
| • Understand the possible health consequences caused by exposure to asbestos | • Know how to avoid the risks from asbestos |
| • Identify some of the likely uses and locations for asbestos products in | • Explain the general emergency procedures should asbestos be discovered/disturbed |



Asbestos Safety Management

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide learners with an awareness of current legislation around Asbestos and the associated legal and personal responsibilities.

Course Objectives

At the end of the briefing participants will:

- Understand relevant legal legislation and where to obtain further advice and guidance
- Know their responsibilities and understand the extent of the civil and criminal liability
- Understand the role of safety within corporate governance
- Recognise the benefits of an effective safety management system and culture

Basic Life Support (First Aid)

Classroom delivery only

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide learners with essential first aid knowledge.

Course Objectives

By the end of this course learners will:

- Understand the chain of survival
- Know how to assess casualties
- Be able to treat choking and shock
- Know how to give CPR, use an Automatic External Defibrillator (AED)
- Understand the importance of the recovery position
- Give first response treatment for Catastrophic bleeding injuries



Construction and Design Management (CDM) Awareness

Classroom and Virtual delivery is available for this course

Course length

One day

Max delegates

up to 12

Course Aims

To provide participants with an understanding of their responsibilities within CDM and to introduce them to their legal duties under the CDM Regulations 2015 in order to undertake safe construction work.

Course Objectives

By the end of this workshop learners will be able to:

- | | |
|---|---|
| • Recognise the benefits of managing risks on CDM Sites | • Regulations 2015 |
| • Understand current Health and Safety legislation | • Define the Duty Holder responsibilities |
| • Understand and act on the CDM | • Manage Site Safety |
| | • Manage Health and Welfare |

COSHH Awareness

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

This course is aimed at those who are responsible for the Control of Substances Hazardous to Health (COSHH) at work.

Course Objectives

At the end of this course learners will be able to:

- | | |
|--|--|
| • Understand the legislation supporting COSHH | • Identify routes of entry into the body |
| • Understand the CLP guidance | • Identify a Controls Hierarchy |
| • Identify the different forms of hazardous substances | • Extract required information from safety data sheets |



COSHH Assessor

Classroom and Virtual delivery is available for this course

Course length

One day

Max delegates

up to 12

Course Aims

Performing a COSHH Assessment and understanding the requirements of a COSHH Management System.

Course Objectives

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

- Understand the relevant legislation pertinent to hazardous substances
- Understand COSHH Hazards and how they may be mitigated
- Know their responsibilities with regards to hazardous substances
- Be able to undertake a COSHH assessment
- Understand the main functions of a COSHH Management System
- Be able to source further information

Health and Safety Awareness

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide staff with an understanding of the general principles of health and safety and their own responsibilities in the workplace. The course will provide learners with specific content on common workplace hazards and measures to improve their own safety and the safety of others.

Course Objectives

By the end of this course learners will understand/be able to:

- Appreciate their legal, moral and financial responsibilities
- Types of hazards
- The nature of hazards associated with workplace activities
- The control measures for a number of key hazards



CPR, AED, O2, Anaphylaxis and Naloxone

Classroom delivery only

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide lifesaving information if someone has a cardiac arrest, allergic anaphylactic shock and awareness of treatment for a drug overdose.

Course Objectives

By the end of this course learners will:

- Be able to correctly perform CPR
- Be aware of how to safely use an AED
- Know the dangers of Anaphylactic shock
- Be aware of the benefits of O2 and Naloxone

Display Screen Equipment (DSE) Awareness

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

This course gives learners an awareness of the risks and control measures when using DSE

Course Objectives

By the end of this course learners will understand:

- The law (DSE regs 1992)
- Negative effects of poor DSE
- Correct use of display screens and seating posture





Electrical Safety

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

This course provides learners with an understanding of the principles, hazards and risks associated with the use of electricity in the workplace

Course Objectives

At the end of this workshop learners will be able to:

- Demonstrate understanding of the legislation around electrical safety
- Understand how electrical current, voltage and electrical components work
- Understand the hazards and risks associated with the use of electricity and the effects on the body
- Assess the risks associated with electrical systems
- Demonstrate understanding of first aid procedures involving electrical shock
- Demonstrate understanding of control measures, that should be taken when working with electrical systems

Fire Evacuation

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide essential information to fire wardens/marshals to carry out fire drills and fire evacuations safely.

Course Objectives

By the end of this course learners will understand/be able to:

- The purpose and requirement of a fire emergency plan
- The development and maintenance of a fire evacuation procedure
- Outline the perception and behaviour of people



Practical Use of a Fire Extinguisher (including Live Fire)

Classroom delivery only

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide learners with an understanding of the different types of extinguishers and the fire classification each may be used for. It also provides learners with the opportunity to gain valuable hands-on experience, learning how to deploy a range of extinguishers safely and effectively in fighting a live fire under supervision.

Course Objectives

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

- | | |
|---|---|
| • Demonstrate an understanding of the fire triangle | • limitations of the various types of fire extinguishers |
| • Understand the different fire classifications | • Use the PASS techniques for extinguishing fires using current model extinguishers |
| • Understand the merits, uses and | |

Fire Warden/Marshall (Can Include Live Fire)

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

This programme provides staff with an understanding of the basic principles and procedures of being a Fire Warden/Marshall in order to maximise fire safety.

Course Objectives

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

- | | |
|--|---|
| • Understand fire regulations, be aware of their role and responsibilities | • Understand the fire safety features within buildings |
| • Be aware of human behaviour involving fires | • Understand the different types of extinguishers and how to use them |
| • Understand the chemistry of fire and how fire spreads | • Have the knowledge of what action to take if needed in an emergency |
| • Be aware of hazards and how to spot them | |



Health and Safety Awareness

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide staff with an understanding of the general principles of health and safety and their own and others responsibilities in the workplace.

Course Objectives

On completion of the course learners will understand/be able to:

- Appreciate their legal, moral and financial responsibilities
- Types of hazards
- The nature of hazards associated with workplace activities
- The control measures for a number of key hazards

Health and Safety Awareness for Managers

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To raise awareness about health and safety in the workplace and engage staff in understanding and fulfilling their responsibilities for health and safety at work.

Course Objectives

On completion of this course the learner will be able to:

- Identify how the law can have an impact on health and safety in the workplace
- List the benefits and characteristics of an effective health and safety management system
- Describe the principles that underpin good health and safety performance
- Describe how to assess, reduce and control risk in the workplace
- Identify workplace hazards and risks, their impact and how to manage them



Safety for Directors and Senior Executives

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To enable learners to become more effective leaders for Health and Safety.

Course Objectives

At the end of this workshop learners will be able to:

- Recognise the value of strategic health and safety and its integration into business management systems and performance management systems
- Understanding health and safety responsibilities
- Appreciating the consequences of poor health and safety
- Planning the overall direction for health and safety in your organisation
- Understanding the importance of adequately resourcing your health and safety management system
- Knowing why you should monitor and review your health and safety performance

Legionella Awareness

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide awareness of the legal responsibilities, risks and control of Legionella in the workplace.

Course Objectives

At the end of this workshop learners will be able to:

- Understand the relevant legal legislation pertinent to Legionella
- Understand what Legionella is and describe the symptoms
- Demonstrate awareness of legionellosis, scalding and other water related illnesses
- Understand how to manage the water systems to reduce the risk problems occurring
- Understand the importance of good record keeping



Manual Handling

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To enable people to lift and move loads safely in the workplace.

Course Objectives

By the end of this workshop learners will be able to:

- Understand the current legislation surrounding manual handling
- Understand and apply the Kinetic Theory approach to manual handling activities
- Understand what is Manual Handling
- Undertake dynamic risk assessment in relation to manual handling operations
- Understand the effects on the body of a poor manual handling technique

Mental Health Awareness

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

Raise awareness and reduce the stigma of mental health issues in the workplace.

Course Objectives

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

- Understand the issues surrounding mental health; including stigma and discrimination
- Understand what is legally required of you under the Equality Act 2010
- Recognise and identify the signs and symptoms that someone has a mental health issue
- Confidently deal with the impact of mental health issues experienced by clients/colleagues including difficult conversations and mental health emergencies in the workplace



Mental Health Awareness for Managers

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To raise awareness of mental health issues amongst managers and team leaders and reduce stigma and discrimination, by applying the learnt skills with confidence, to deal with the impact of mental health issues on their staff.

Course Objectives

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

- Understand how mental health is perceived; including stigma and discrimination
- Understand their duty of care and common conditions
- Recognise and identify the early warning signs and symptoms that someone has a mental health issue
- Handle supportive conversations
- Understand the importance of keeping in touch and support ongoing illness

Mental Health First Aider 2 Day Course

Classroom and Virtual delivery is available for this course

Course length

Two days

Max delegates

up to 12

Course Objectives

This two-day course trains you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix





Mental Health First Aider Awareness

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Objectives

This half day course raises awareness of mental health. It covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue



Mental Health First Aid Champion

Classroom and Virtual delivery is available for this course

Course length

One day

Max delegates

up to 12

Course Objectives

This one-day course trains you as an MHFA Champion, giving you:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing





Moving and Handling of People

Classroom delivery only

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide learners with the knowledge and practical abilities to demonstrate competency on the day in safe moving and handling of people techniques.

Course Objectives

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

- Identify relevant Legislation relating to Moving and Handling
- Identify the common hazards and symptoms of associated with musculoskeletal injuries/conditions
- Describe the principles of safe moving and handling of people and objects
- Identify unsafe and hazardous handling techniques
- Understand the common risk assessment principles
- Demonstrate competency on the day using a range of safe methods to assist service users to stand, walk, transfer and move on the bed - both with and without equipment (including slide sheets)
- Be competent on the day to assess, fit, and attach a range of commonly used slings

Paediatric First Aid and Adult/Child CPR

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

Give basic lifesaving first aid information to delegates for adults and children and infants.

Course Objectives

By the end of the course you will be able to understand/deal with:

- Assess the injury or illness
- CPR – Adults, children and infants
- Recovery position
- Unconscious Casualty
- Choking
- Catastrophic Bleeding



Personal Safety for Lone Workers

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To impart the knowledge of the risks and controls to personal safety while lone working.

Course Objectives

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

- Understand the legislation related to personal safety
- Understand the cycle of conflict and be more self-aware
- Complete a dynamic risk assessment
- Use de-escalation techniques
- Be aware of control measures and safe systems of work

Risk Assessment

Classroom and Virtual delivery is available for this course

Course length

Two days (half day awareness level version also available)

Max delegates

up to 12

Course Aims

To provide support for Individuals responsible for undertaking or reviewing risk assessments.

Course Objectives

By the end of this workshop learners will be able to:

- Identify hazard and likelihood data and assess risks
- Identify tools and techniques to be able to prioritise risk
- Record general risk information effectively and appropriately
- Implement general risk control strategies and recommend short to long-term risk controls
- Define general risk management requirements, responsibilities and accountabilities
- Carry out quality assurance of the general risk assessment processes
- Develop an auditable approach to assist general risk management



Safe Use of Ladders and Inspection

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To enable all staff to work safely at heights and minimise risk of work-related injury

Course Objectives

By the end of this course learners will:

- Work with awareness of the Height Regulations 2005 (WAHR)
- Manage risks from working at height
- Select the right equipment
- Use the ladder inspection regime

Sharps and Blood Borne Viruses

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide essential safety information for staff at risk from sharps and blood borne viruses.

Course Objectives

By the end of this course learners will:

- Be aware of blood borne viruses and how you could be infected
- Identify the hazards associated with sharps and needlesticks
- Identify situations where you may be exposed to sharps and needle sticks and know safe precautions to take
- Explore company policy and legal outlines on the management of sharps
- Understand what to do if you suffer a puncture injury
- Understand how to store and dispose of sharps and needlesticks



Working at Height Awareness

Classroom and Virtual delivery is available for this course

Course length

Half Day

Max delegates

up to 12

Course Aims

To provide learners with the knowledge to work safely at height by understanding risk control principles and control measures that can be implemented in order to minimise risks when working at height.

Course Objectives

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

- Identify work at height
- Understand how to comply with the work at height regulations
- Be aware of the hazards associated with working at height
- Be aware of the workplace precautions for work at height
- Use the hierarchy of controls to aid selection of most appropriate equipment and safest systems of work
- Understand the need for correct inspection, use and maintenance of equipment
- Understand the need for emergency procedures relevant to the work tasks





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