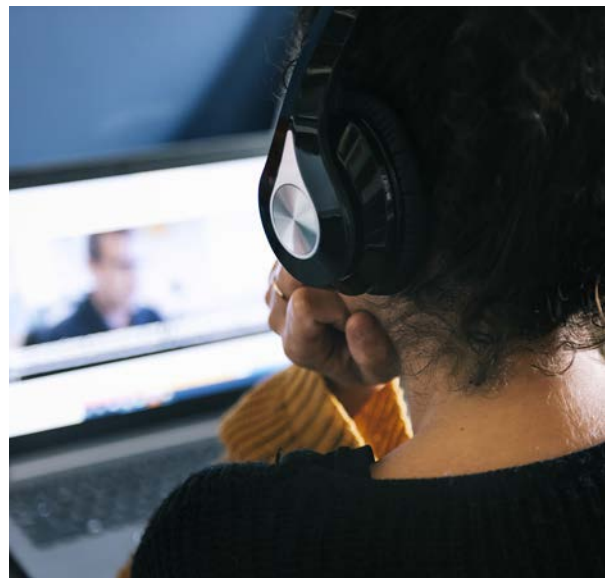


COURSE GUIDE

**Training and events from HSE
that build competence, ensure
compliance and protect people
and places**



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About us



‘World-class science, real-world experience and regulatory insight, delivered through high quality, engaging training and events, to help protect people and places’

HSE Training and Events is unlike any other training provider.

As part of Great Britain’s regulator for workplace health and safety, we are dedicated to protecting people and places, helping everyone lead safer and healthier lives - quite simply, it’s the reason we exist.

Every day of the year, HSE is either conducting research, inspecting dutyholders, investigating incidents or taking enforcement action in industry sectors and businesses of all shapes and sizes: all with the aim of making Great Britain one of the safest places in the world to work and do business.

Our goal is to prevent workplace death, injury and ill health and one way we work towards this is by providing training and events to individuals and organisations to help them understand the risks they create and how to manage them effectively and proportionately.

Our content is of the highest quality, delivered by technical specialists and underpinned by a unique combination of scientific expertise, real-world experience and regulatory insight, making us unrivalled in our ability to help our training delegates comply with health and safety law and protect the safety, health and wellbeing of their colleagues and workplaces.

Our accreditations

HSE is committed to providing a quality service to all our customers taking due regard of environmental issues and a safe and healthy working environment for all our staff. We strive to meet customers' requirements by supplying services that are undertaken to the highest professional standards, represent value for money and are delivered on time.

In addition to audits by various external bodies, HSE has an internal audit programme, carried out on a six-monthly basis by qualified internal auditors, covering the Quality, Health, Safety and Environmental management systems.

Quality management (ISO 9001:2015)

We operate under a quality management system that is certified by Lloyd's Register Quality Assurance (LRQA) as complying with the ISO 9001:2015 standard. It covers all our scientific and project management activities, from planning through to delivery, reporting and post-project evaluation.



Health and safety (ISO 45001:2018)

HSE aims to set and maintain exemplary standards of health and safety performance to ensure the wellbeing of staff and others who may work at or visit our premises.

We recognise the importance of organisational culture in this and, in common with many other organisations, use the HSE Safety Climate Tool as part of a process of continuous improvement. Our comprehensive health and safety management system is certified by LRQA to ISO 45001:2018.



NEBOSH Gold Learning Partner

National Examination Board in Occupational Safety and Health (NEBOSH) is a global organisation that has been providing leading health, safety and environmental qualifications for over 40 years. We are pleased to be recognised as a Gold Learning Partner, delivering the suite of qualifications that we have developed through our unique collaboration with NEBOSH. To learn more about these, look out for the Learning Partner logo on the relevant course pages.



Ways to learn with HSE

HSE offers a variety of ways to learn to suit your training needs and preferences.

Open courses

Our open courses are held on regular dates throughout the year, providing high quality standardised content to delegates from any organisation. They are delivered from the world-renowned HSE Science and Research Centre, which spans 550 acres of Derbyshire countryside, as well as from a number of major city centre locations nationwide.

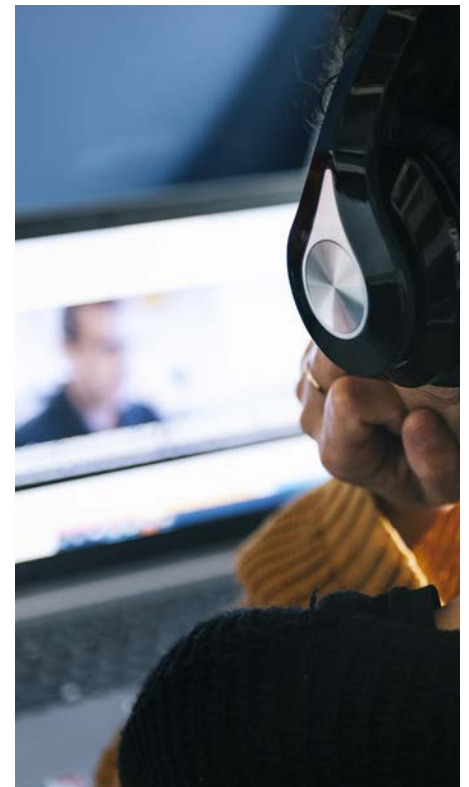
In-company training

Our in-company training is built around the needs of your organisation: whether that is the content you want delivering, the location you want to learn from, the format of the training or the duration, days and times, we can work with you to produce a flexible training package that helps you to achieve your team's and organisation's learning objectives.

Live online training

Some of our most popular courses are also available live online from anywhere in the world. Our online training recreates the face-to-face learning experience in a secure, real-time, virtual environment with lots of opportunity throughout the course for direct tutor interaction, Q&A and group discussion.

Our learning platform is easy to access and highly interactive, making use of the latest online functionality like breakout rooms, polling and interactive whiteboards. For your comfort and wellbeing, our online training includes ample time for screen breaks and resting time.



Events and webinars

Our series of events and webinars brings together regulators, industry and academia to exchange knowledge, build relationships and work together to better understand and tackle the issues associated with today's key health and safety challenges.

Our free-to-view webinars provide an opportunity to listen live to a panel of HSE experts and other guest speakers and pose your questions to them via an interactive, online platform. Typically lasting no more than an hour, our webinars are an opportunity to hear from HSE on a current topic of interest, update your knowledge and learn from others, wherever you are in the world.

Our face-to-face events provide an opportunity to learn, share and network in-person. The technical conference format is designed to offer more in-depth, expert-level content, facilitate cross-sector learning and encourage peer-to-peer networking, so that delegates can work collaboratively on today's health and safety priorities.

Visit solutions.hse.gov.uk/events for a full listing of available webinars and events.



The HSE Science and Research Centre

Many of our courses are delivered from the world-renowned HSE Science and Research Centre, the most comprehensive facility in the world dedicated to the investigation and research of health and safety science.

It's a true national asset and the main home of HSE's Science Division – approximately 400 scientists, engineers, occupational health and hygiene specialists and support professionals working together to provide the research and evidence that HSE requires to underpin its regulatory activities, protect people and places and make Great Britain one of the safest places in the world to work and do business.

The HSE Science and Research Centre has roots stretching back over 100 years, being established initially for the purpose of coal mining safety research. Since then, it has evolved considerably into a truly modern facility that is not only internationally acclaimed for its depth and quality of scientific expertise, but also for the breadth of disciplines covered.

This long history is extremely valuable - having investigated incidents in virtually every workplace imaginable, our specialists can draw upon extensive cross-sector experience and apply it to solve the challenges of an ever-changing health and safety landscape, as well as anticipate future issues.

Venue Hire

Looking for a unique venue for your next health and safety meeting, event or team away day?

Talk to us about holding it at the HSE Science and Research Centre. We can provide fully accessible and flexible meeting spaces for between 30 and 100 delegates, offering interactive meeting technology and in-house catering.

We can also combine your meeting or away day with a tour of our facilities, a talk by one of our experts or any of the courses listed in this guide.

Whatever your requirements, we can create an environment conducive for your team to come together and collaborate.

Buxton

The HSE Science and Research Centre is located in the spa town of Buxton, in the north of England, between the major cities of Derby, Manchester and Sheffield.

Buxton has good public transport links to mainline train stations and Manchester Airport.

Situated in the picturesque Peak District National Park, Buxton is also a popular tourist destination with many delegates choosing to take advantage of their time in the town by visiting the wide range of local attractions.



For further information about what Buxton has to offer, visit www.visitbuxton.co.uk

Inclusivity and accessible learning

The HSE Science and Research Centre is fully accessible for those with varied mobility needs, as are the satellite venues that we carefully select for our training and events.

We strive to create a truly inclusive environment for delegates, including those with diverse learning needs. We offer a range of adjustments, including training resources and documentation in accessible formats (e.g. large print, coloured overlays) and for qualifications involving assessment, we can provide a reader or scribe.

Delegates are encouraged to contact the training and events team prior to booking, to discuss specific needs and the adjustments available.

The HSE Science and Research Centre offers the following features and facilities:

- Easy-access parking bays.
- An automatic door at the building entrance for wheelchair access.
- All training rooms situated on one level.
- Wide walkways allowing wheelchair access.
- Lift access to the facilities situated on other levels e.g. coffee bar.
- All food-serving facilities built with low built serving areas and tables.
- Quiet rooms.
- Multifaith prayer facilities.



Controlling risk at work

Whether operating in high hazard environments or in more conventional workplaces, you need to know that the risks that your organisation's work activities create do not cause harm to your people, your plant and equipment, the environment or the general public. Equally you need to know that the right management systems are in place to keep operating safely.

The following courses help you control risk at work more effectively, so you can minimise harm and maintain optimal health and safety performance.

Courses available in this category:

- Ageing Assets: Managing Creeping Change
- Asbestos Management in Buildings
- Biosafety: Working Safely at Containment Level 3
- BSR: Introduction to the Building Safety Regulator and Building Safety Act
- BSR: Introduction to the Role of Accountable Persons and Principal Accountable Persons
- BSR: Preparing Accompanying Documents for the Building Control Process
- CDM: The Role of the Client
- CDM: The Role of the Principal Designer
- COMAH: A Basic Introduction
- COMAH: Compliance for Lower Tier Establishments
- Data-driven Health and Safety Management: Understanding Why, What and How to Measure
- DSEAR: Controlling Dust Explosion Risks
- DSEAR: Gases and Liquids
- DSEAR: Hazardous Area Classification for Gases and Liquids
- Ergonomics
- HSE Inspector's Guide to Electrical Safety
- HSE Inspector's Guide to Improvement and Prohibition Notices
- HSE Inspector's Guide to Risk Management
- LEV: Practical Management of Controls
- LOPA: Practical Application and Pitfalls
- Machinery Series: Introduction to Safeguarding and Safety-Related Control Systems
- Machinery Series: PUWER
- Machinery Series: Risk Assessment Essentials
- Machinery Series: UK Machinery Regulations
- NEBOSH HSE Award in Managing Risks and Risk Assessment at Work
- NEBOSH HSE Certificate in Process Safety Management
- NEBOSH HSE Introduction to Incident Investigation
- Pressure Systems Awareness
- Procedures: Designing for Compliance
- Site and Transport Safety
- Slips, Trips and Falls

Protecting workplace health

Not only is it a legal requirement to protect the health of your workers, improving your management of employee health and wellbeing also brings tangible business benefits.

Unlike safety, when it comes to health it is often the case that organisations don't know where to begin or are spending money needlessly on ineffective health initiatives.

The following courses are designed to help you to understand your legal responsibilities in relation to employee health risk management, equipping you with the knowledge and confidence to take action and distinguish between what you must, should and could do.

Courses available in this category:

- Asbestos Management in Buildings
- Biological Monitoring for Chemical Exposures at Work
- COSHH: Practical Assessment and Control
- Display Screen Equipment (DSE) Risk Management
- HAVS: Management in the Workplace
- LEV: Practical Management of Controls
- Musculoskeletal Disorder Assessment
- NEBOSH HSE Certificate in Managing Stress at Work
- NEBOSH HSE Certificate in Manual Handling Risk Assessment
- Respirable Crystalline Silica: Health Surveillance and Exposure Control
- Work-Related Stress: Developing Manager Capability



Managing human factors

The term 'human factors' refers to environmental, organisational and job factors, as well as human and individual characteristics, which influence behaviour at work in a way which can affect health and safety.

Our human factors training will help you understand and manage these elements, so that they have a positive impact on your organisation's health and safety culture.

By designing jobs, equipment and systems which are fit for your people, you can improve health and safety outcomes and create a better managed, more effective organisation.

Courses available in this category

- Ageing Assets: Managing Creeping Change
- Creating a Safety Culture of Excellence
- Ergonomics
- Human Factors in Accident and Incident Investigations
- NEBOSH HSE Certificate in Health and Safety Leadership Excellence
- NEBOSH HSE Introduction to Incident Investigation
- Procedures: Designing for Compliance



Gaining regulatory insight

Seeing the world through an inspector's eyes is a unique opportunity to understand what HSE looks for during an inspection and why we may choose to take enforcement action.

These courses are delivered by serving and former HSE inspectors with extensive industry experience of providing guidance to dutyholders, investigating serious incidents and taking enforcement action.

The insight you will gain will help you to better align your approach to health and safety with the requirements of the regulator.

Courses available in this category

- BSR: Introduction to the Building Safety Regulator and Building Safety Act
- BSR: Introduction to the Role of Accountable Persons and Principal Accountable Persons
- BSR: Preparing Accompanying Documents for the Building Control Process
- BSR: Introduction to the Role of Client, Principal Designer and Principal Contractor
- HSE Inspector's Guide to Electrical Safety
- HSE Inspector's Guide to Improvement and Prohibition Notices
- HSE Inspector's Guide to Risk Management



Enabling safe innovation

Innovative technologies and products often present new risks to health and safety, introducing challenges that businesses and society are less familiar with.

Proactively 'designing-in' safety as part of the development process helps innovators 'get it right first time', so they can deploy their technologies and products as safely, quickly and effectively as possible.

Our training courses provide those working on new and emerging technologies and products with the upfront regulatory insight, fundamental technical know-how and cross-sector learning they'll need to innovate safely.

Courses available in this category

- Hydrogen: The Fundamentals



Regulating chemicals

HSE is responsible for the regulation of biocides, pesticides, detergents and chemicals, delivering Competent Authority functions within EU legislation where HSE is the appointed authority for the UK.

As part of this role, we deliver training to dutyholders to help them comply with legislation so that they can make robust regulatory decisions and prevent the adverse effects of chemicals on people and the environment.

Courses available in this category

Scan the QR code to see all courses available in this category:



Ageing Assets: Managing Creeping Change

Introduction

From challenging environments, such as chemical plants and offshore installations, to more conventional workplaces, where there is a requirement to manage ageing equipment and machinery, organisations need to know that the assets they are responsible for are safe and that the right management systems are in place to keep them that way.

Managing ageing assets is becoming an ever more important issue as the UK's industrial base ages. This has been highlighted by HSE's inspection programmes of ageing plants both onshore and offshore.

This course will help delegates manage ageing plant by providing the motivation to take action, showing and discussing examples of how the ageing process can affect equipment and by outlining an approach to aid decision making in the management of ageing plant and equipment.

Being conscious of creeping change, the small changes that are gradual in nature, unseen and not planned, but can add up to a significant change, is an important consideration for organisations who wish to proactively manage their ageing assets.

The course will explain in detail the background and development of the Creeping Change HAZard IDentification (CCHAZID) methodology that was developed by HSE and published as guidance by the Energy Institute (EI).

Learning outcomes

Delegates will be provided with information that will help them to:

- understand creeping change and why they need to be aware of it;
- know how and why the CCHAZID methodology was developed;
- understand how they can use their data more effectively to better monitor performance; and
- learn from past incidents associated with poor asset management due to creeping change.

What the course will cover

This course provides an introduction and background to ageing assets and their associated issues, and an introduction to creeping change. It will also cover CCHAZID methods developed by HSE for the EI. Delegates will examine Key Performance Indicators (KPIs), data management and trending. There will be interactive learning elements, where delegates will study past incidents involving ageing assets and creeping change.

Who should attend?

This course introduces the concept of creeping change and is suitable for safety professionals, engineers and managers who are responsible for managing ageing assets, or who have ageing assets on their site.



Key facts

Available as:

- Open courses
- In-company training

Duration:

- 1 day (face-to-face)

Scan below to find out more
or to book a course:



Asbestos Management in Buildings

Introduction

Many people now dying from asbestos-related diseases are tradespeople, who work on and maintain buildings.

The Control of Asbestos Regulations (CAR 2012) place a duty to manage asbestos on anyone who has control over the maintenance and repair of non-domestic premises. In practice, this means all workplaces that may contain asbestos. Whilst no duty under this regulation falls on operators of rented domestic premises, knowledge of the same standards is useful in order to ensure proper management.

This course is an introduction to managing asbestos in non-domestic premises to the standards required by Regulation 4 of CAR 2012. The information provided on this course is also applicable to the management of 'domestic premises' such as landlords' duties for rented accommodation.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the legislation, guidance and the responsibilities of dutyholders;
- know how to commission and understand asbestos surveys;
- understand the different methods of managing asbestos in buildings;
- know how to assess the risks and formulate an asbestos management plan; and
- know how to commission and scrutinise asbestos removal firms.

What the course will cover

This course provides information about the responsibilities of dutyholders, asbestos legislation and guidance. Delegates will look at the extent of asbestos-containing materials in buildings, how to commission and understand asbestos surveys and how to assess the risks and formulate a management plan. Delegates will study communication plans for asbestos management, how to manage minor work with asbestos and also how to commission and scrutinise asbestos removal firms. Delegates will examine practical scenarios involving risk assessments, asbestos management tools and decision-making processes.

Who should attend?

This course is suitable for anyone with duties under Regulation 4 of CAR 2012, including employers, self-employed people and building owners. The course is also suitable for landlords with similar responsibilities for managing risks from asbestos in rented domestic premises.

It is expected that attendees will have some basic knowledge of asbestos gained from previously attending an entry level asbestos awareness course.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more or to book a course:



Biological Monitoring for Chemical Exposures at Work

Introduction

Biological monitoring is the analysis of hazardous substances, or their metabolites, in a worker's urine, blood or breath and is used to assess their exposure to chemicals by inhalation, ingestion or absorption through the skin.

Biological monitoring contributes to the aim of preventing unacceptable health risks by providing information on the control of occupational exposure. It is particularly valuable where the control of exposure relies on personal protective equipment or to investigate the behavioural aspects of exposure controls.

This bite-sized course provides an overview of biological monitoring and how it can enhance the service that occupational hygiene and health professionals offer. There is a practical, interactive learning element to it, using relevant case studies to enhance learning.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the fundamentals of biological monitoring;
- understand the practicalities of establishing a biological monitoring programme;
- understand how biological monitoring can enhance the services that occupational hygiene and health professionals offer;
- be able to use biological monitoring to assess chemical exposures; and
- know how to interpret and act on results from biological monitoring reports.

What the course will cover

This course provides an introduction to biological monitoring, the practicalities associated with it and how it can be a useful and cost-effective tool for occupational hygiene and health professionals to assess and control exposure to substances in the workplace. Delegates will be shown how to use biological monitoring to assess chemical exposures and how to interpret biological monitoring results in order to protect worker health. The course includes practical, interactive learning elements using relevant case studies to enhance learning.

Who should attend?

The course is designed for occupational hygiene and health providers who are interested in what biological monitoring can do for them and their clients. It is also designed for company employees specifically responsible for worker health protection.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- Half Day (live online)

Scan below to find out more
or to book a course:



Biosafety: Working Safely at Containment Level 3

Introduction

Managing the risks that arise from deliberate work with biological agents requires that sufficient management controls are in place in order to prevent or control the potential release of a biological agent.

This course aims to provide delegates with a greater understanding of the work carried out within a microbiological Containment Level 3 (CL3) facility by introducing them to the concepts and philosophy of working with biological agents at that level of containment.

The course is designed in line with the latest version of HSE's guidance document 'Management and operation of microbiological containment laboratories' and covers the design, management, maintenance, testing and legislative requirements associated with CL3 laboratory facilities.

The course is delivered using a combination of presentations and scenario-based exercises, as well as practical sessions in HSE's CL3 laboratory suite, to provide hands-on experience of the design, operation and use of such facilities.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the relevant legislation, guidance and industry best practice for working at CL3;
- understand biosafety management and the safe systems of work required at CL3; and
- understand the role of HSE and the HSE inspector, including how to prepare for an inspection using insight gathered on common enforcement topics.

What the course will cover

This course provides an overview of the legislation, guidance and industry best practice for working at CL3, including biosecurity and security management, hazard criteria and categorisation, and microbiological risk assessment. Delegates will look at the use of PPE, biocontainment facilities and equipment, health and safety management and codes of practice. Delegates will study disinfection, sterilisation and fumigation, waste management and what makes a good accident and emergency procedure. Human factors scientists will provide an insight into how to prevent accidents by designing effective procedures. Delegates will also look at cabinetry and laboratory design, working practices and the use of laboratory equipment.

Who should attend?

The course is aimed at laboratory staff planning to work at CL3, safety advisors/biological safety officers, laboratory managers of CL3 facilities or as refresher training for current CL3 laboratory staff.

Previous experience of working at Containment Level 2 is assumed.



Key facts

Available as:

- Open courses
- In-company training

Duration:

- 5 days (face-to-face)

Scan below to find out more
or to book a course:



BSR: Introduction to the Building Safety Regulator and Building Safety Act

Introduction

The Building Safety Act 2022 names HSE as the new Building Safety Regulator (BSR) in England.

The Act contains a lot of new information and understanding how it fits together is critical for dutyholders to ensure they understand their responsibilities and the responsibilities of others.

This course will provide an overview of how the Act has arisen, the aims and objectives of the new legislation and the role of the BSR.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand how the Act works and how dutyholders interact with the new legislation;
- gain knowledge about the new dutyholder roles and responsibilities for design and construction, and for in-occupation;
- gain an overview of the new regulatory framework for buildings within scope of the Act; and
- understand the role of BSR and how it will both operate and regulate.

What the course will cover

This course provides a background to the Act, explains the legal framework and how the Act works with the secondary legislation. It explains what buildings are within scope of the Act and introduces the new dutyholder roles, including the role of the accountable person (AP)/principal accountable person (PAP), the client, the principal contractor (PC) and the principal designer (PD). The course explains the changes to the building control profession and delegates will be introduced to key terms and processes, including safety cases, gateways and the golden thread. Delegates will be provided with information to help them understand the main functions of BSR and the roles and responsibilities of the statutory committees. The course will outline the new regulatory framework, for the occupation phase and for BSR as the building control authority for buildings within scope of the Act.

Who should attend?

This course is suitable for those with duties under the Building Safety Act 2022 to help them interact and comply with the new legislation, as well as for those who may need to interact with dutyholders, such as clients, developers and social housing groups.

Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



BSR: Introduction to the Role of Accountable Persons and Principal Accountable Persons

Introduction

The Building Safety Act 2022 names HSE as the new Building Safety Regulator (BSR) in England.

The Act contains a lot of new information and understanding how it fits together is critical for dutyholders to ensure they understand their responsibilities and the responsibilities of others.

This course will provide an overview of how the Act has arisen, the aims and objectives of the new legislation and the role of the accountable person (AP) and principal accountable person (PAP) in the management of buildings within scope of the Act.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the roles and duties of the AP/PAP;
- gain knowledge about the legislation that will apply at different stages throughout the lifecycle of buildings within scope of the Act;
- understand how to incorporate resident engagement into management processes; and
- understand how to gather and keep building information and what to do with it.

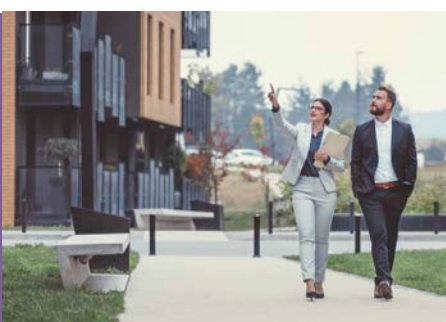
What the course will cover

This course explains the main roles and responsibilities of the AP/PAP and looks at individual and organisational capabilities. It also covers the interaction between the management of building safety and the golden thread of information. Delegates will learn how to incorporate engagement with occupants and residents into management processes. The course will explain the various definitions of building safety risk and how these risks should be identified, assessed and managed. Delegates will be taught how to develop robust operational practices.

Note - this course aligns with the contents of PAS8673: 2022 - Competence requirements for the management of safety in residential buildings

Who should attend?

This course is suitable for those with AP/PAP and /or management duties under the Building Safety Act 2022 to help them interact and comply with the new legislation.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



BSR: Preparing Accompanying Documents for the Building Control Process

Introduction

The Building Safety Act 2022 names HSE as the new Building Safety Regulator (BSR) in England.

The Act contains a lot of new information and understanding how it fits together is critical for dutyholders to ensure they understand their responsibilities and the responsibilities of others.

This course will provide an overview of how to develop the accompanying documents for the building control elements for buildings within scope of the Act. These include the construction control plan, change control plan, building regulations compliance statement, fire and emergency file, competence declaration and mandatory occurrence reporting proposals.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand how the dutyholder roles interact through the building control process;
- gain knowledge about the building regulations that will apply at different stages, including the key notifications required and interactions with BSR;
- understand the purpose and contents within each of the accompanying documents within the building control process for buildings within scope of the Act;
- learn how the golden thread of information will support the gateway 3 application; and
- understand the transfer from the construction phase to occupation phase for buildings within scope of the Act.

What the course will cover

This course explains the roles and duties for clients, principal designers and principal contractors in compliance with building regulations. Delegates will learn what should be included within each of the accompanying documents, including the construction control plan, change control plan, fire and emergency file and building regulations compliance statement and how to ensure these documents are kept up to date. The course will explain the mechanisms for reporting mandatory occurrences through the design and construction phases, the importance of the golden thread of information and how BSR will assess the documents at gateways 2 and 3.

Who should attend?

This course is suitable for those with duties under the Building Safety Act 2022 to help them interact and comply with the new legislation, and in particular clients, designers and contractors involved in submitting information to BSR as part of the new building control process for buildings within scope of the Act.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



BSR: Introduction to the Role of Client, Principal Designer and Principal Contractor

Introduction

The Building Safety Act 2022 names HSE as the new Building Safety Regulator (BSR) in England.

The Act contains a lot of new information and understanding how it fits together is critical for dutyholders to ensure they understand their responsibilities and the responsibilities of others.

This course will provide an overview of how the Building Safety Act has arisen, the aims and objectives of the new legislation and the role of clients, designers and contractors within the building control process

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the roles and duties of the client, Principal Designer (PD) and Principal Contractor (PC);
- gain knowledge about the amendments to building regulations that will affect all building work;
- understand the dutyholder roles to plan, manage and monitor design work;
- understand the dutyholder roles to plan, manage and monitor building work; and
- gain knowledge about the key stages within the building control process and how the dutyholder roles interact with regulatory requirements.

What the course will cover

This course explains the roles and duties of clients, PDs and PCs, looking at individual and organisational capabilities. It explores the interaction between the dutyholder roles and the building control process, as well as the difference between buildings within scope of the Act and the rest of the built environment. Delegates will look at competence in the built environment and learn about the link to the dutyholder roles specified in the Construction (Design and Management) Regulations 2015 (CDM).

Who should attend?

This course is suitable for those with duties under the Building Safety Act relating to the design and construction of new buildings, as well as alterations to existing buildings. This may include architects, contractors and clients to help them interact and comply with the new legislation, as well as for those who may need to interact with other dutyholders.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



CDM: The Role of the Client

Introduction

Clients are organisations or individuals for whom a construction project is carried out. They have specific legal duties under the Construction (Design and Management) Regulations 2015 (CDM 2015). This is because the client is a major influence over the way a project is procured and managed. Regardless of the size of the project, the client has contractual control, appoints designers and contractors and determines the money, time and other resources available. They set the project's culture and standards of performance through their commitment, behaviour and relationships with the project team.

Learning outcomes

Delegates will be provided with information that will help them to:

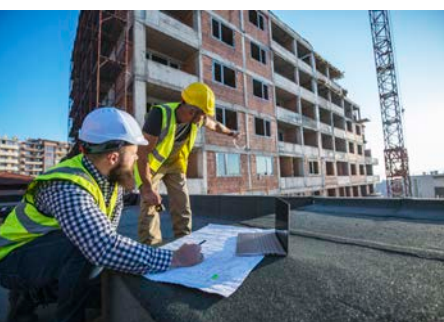
- have an overview of CDM 2015 and where the client role fits within it;
- understand who the client is on different projects, including where there may be more than one;
- know about the health and safety considerations, expectations and management arrangements a client has to make for a project and how these can be communicated through things like a client's brief;
- ensure the provision of adequate welfare facilities;
- understand the requirements for pre-construction information (PCI), the construction phase plan (CPP) and health and safety file (HSF) together with suitable arrangements for their delivery;
- know what is involved in assembling the project team including the appointments of a Principal Designer and Principal Contractor;
- know which projects are notifiable and the arrangements for this; and
- understand the general CDM duties applicable to everyone on the project regarding appointments, cooperation, reporting and the provision of information.

What the course will cover

This course is designed to help delegates understand the responsibilities of a client under CDM 2015 in ensuring that health and safety performance is an integral component of effective project management and delivery. A safe and healthy project will also deliver a timely, cost effective and quality product.

Who should attend?

This course is for anyone who commissions construction or maintenance work on buildings or other assets or those who need an understanding of clients' duties as part of another role.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



CDM: The Role of the Principal Designer

Introduction

The Construction (Design and Management) Regulations 2015 (CDM 2015) set out legal requirements for those involved in construction projects, from concept to completion.

The principal designer (PD) is a key role in CDM 2015. They must plan, manage and monitor health and safety in the pre-construction (design) phase of a project. They must also co-ordinate the work of all the design functions and disciplines in the project team, ensuring that designers take proper account of the principles of prevention and any pre-construction information when preparing or modifying a design. Decisions taken at this point can significantly influence whether a project is delivered in a way that secures health and safety and meets the client's brief.

Learning outcomes

Delegates will be provided with information that will help them to:

- have an overview of CDM 2015 and where the PD role fits within it;
- understand pre-construction information (PCI) requirements and the PD's role regarding it;
- ensure design work in the pre-construction phase contributes to positive outcomes through knowledge and application of the principles of prevention to foreseeable health and safety risks;
- understand the arrangements required by the PD to plan, manage, monitor and coordinate the pre-construction phase with a focus on the flow of health and safety information;
- prepare and handover the health and safety file;
- understand the general CDM duties applicable to everyone on the project regarding appointments, cooperation, reporting and the provision of information; and
- understand the associated skills, knowledge, experience and organisational capabilities required to deliver the PD role and the challenges different contracts / project types may bring.

What the course will cover

This course is designed to help delegates understand the role of the PD and the duties they are required to fulfil. It utilises the findings from recently published (2023) independent research commissioned by HSE, which give a comprehensive and up-to-date insight into how the PD role is working in practice.

Who should attend?

This course is for those classified as 'designers' under CDM 2015 and could be appointed as PD, or those who need an understanding of the duties of a PD as part of another role. Delegates who have previously attended training from HSE on the role of the PD may choose to attend as a refresher or update.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



COMAH: A Basic Introduction

Introduction

This course introduces the principles behind the Control of Major Accident Hazards (COMAH) Regulations 2015 and the duties the regulations impose. It has been designed to provide dutyholders with an understanding of COMAH in order to demystify these regulations.

This course identifies the COMAH duties for lower and upper tier establishments and what needs to be done to comply with them. It also explains the duties that fall to the Competent Authority (CA) and local government.

The course introduces the concept of 'compliant demonstration' and provides an overview of what the CA is looking for. It will also explain the remodelled COMAH regulatory regime and the national strategic inspection topics. The course is particularly targeted at lower tier COMAH operators but will also provide valuable background for upper tier operators.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand why COMAH takes its current form;
- have an overview of the major hazards regulatory regime;
- know what COMAH duties exist for lower and upper tier establishments and who is responsible;
- have an overview of the Major Accident Prevention Policy (MAPP);
- understand their risk profile and how to control their risks; and
- understand the role of the CA and their interaction with operators.

What the course will cover

The course will outline COMAH duties for lower and upper tier establishments and help delegates understand what their roles and responsibilities are to ensure that they are compliant. It will introduce delegates to major accident hazards and the major hazards regulatory regime, and give them an overview of what the MAPP should and shouldn't contain. It will cover COMAH application, including the aggregation rules, duties and notification to the CA. Delegates will also learn about delivering COMAH and how to control their risks by understanding their risk profile. Delegates will also gain some insight into what to expect from inspections, as well as learn where to go for COMAH guidance and further sources of information that they may find useful.

Who should attend?

This course is designed to be delivered in-house to those working in the same organisation, have responsibilities for managing or implementing major accident controls at existing establishments and who want to refresh their understanding of COMAH.

It is also suitable for managers and supervisors of establishments newly brought within scope of COMAH 2015 who may be involved in dealing with the COMAH CA during inspections.



Key facts

Available as:

- In-company training

Duration:

- 1 day (face-to-face)

Scan below to find out more
or to book a course:



COMAH: Compliance for Lower Tier Establishments

Introduction

The Control of Major Accident Hazards (COMAH) Regulations 2015 place duties on establishments storing or processing quantities of hazardous materials above thresholds defined for each substance. Establishments where the quantities exceed the lower of the thresholds are known as 'lower tier establishments'.

This course identifies the COMAH duties for lower tier establishments and what needs to be done to comply with them. It also explains the duties that fall to the Competent Authority (CA) and local government.

Learning outcomes

Delegates will be provided with information that will help them to:

- know what COMAH duties exist for lower tier establishments and who is responsible;
- have an overview of the major hazards regulatory regime;
- have an overview of the Major Accident Prevention Policy (MAPP);
- understand their risk profile and how to control their risks;
- understand the role of the CA and their interaction with operators; and
- understand how to deliver a safety management system.

What the course will cover

This course explains the COMAH duties for lower tier establishments and helps delegates to understand their roles and responsibilities to ensure that they are compliant. It looks at how to mitigate the consequences of a major accident, covering the measures which are necessary to prevent major accidents and how to limit their consequences. It will give delegates an introduction to the major hazards regulatory regime and the MAPP, along with how to deliver a safety management system. The course will also cover COMAH application, including aggregation rules, duties and notification to the CA. Delegates will learn about delivering COMAH and how to control their risks by understanding their own risk profile.

Who should attend?

This course is designed for managers and supervisors of new lower tier COMAH establishments, those moving into managerial roles at existing lower tier establishments and those wanting to refresh their understanding of COMAH.



Key facts

Available as:

- Open courses
- In-company training

Duration:

- 1 day (face-to-face)

Scan below to find out more
or to book a course:



COSHH: Practical Assessment and Control

Introduction

This two-day course gives detailed and practical training on carrying out Control of Substances Hazardous to Health (COSHH) assessments and, crucially, putting the assessment into practice.

Many people tasked with COSHH assessments are unsure what is required or where to get information. Once the initial assessment is complete, they are often uncertain on how to approach control and how to judge when control is adequate. This course aims to give that knowledge and those skills.

The first day covers assessing exposure and risk, and includes case studies and the chance to work through examples. The second day moves on to implementing exposure controls that are effective and reliable. The focus for both days is on practicality and effectiveness.

Learning outcomes

Delegates will be provided with information that will help them to:

- identify which substances are hazardous and understand the risks from over exposure;
- understand the COSHH regulations and what they mean in practice;
- complete COSHH assessments and action plans;
- understand the principles of good control practice, including the hierarchy of control and reliability;
- understand how to reduce exposure by process change and substitution; and
- choose and use effective local exhaust ventilation (LEV), respiratory protective equipment (RPE) and personal protective equipment (PPE).

What the course will cover

The course provides an overview of the COSHH regulations and what they mean in practice. Delegates will look at hazardous substances and understand the risk from over exposure by looking at the guidance and finding information. Delegates will look at adequate control, understanding limits and the principles of good control practice. They will examine the hierarchy of control and reliability, learn how to reduce exposure by process change and substitution and learn how to complete COSHH assessments and actions plans. Delegates will also look at exposure routes and how to choose and use effective controls such as LEV, RPE and PPE.

Who should attend?

The course will benefit anyone tasked with completing COSHH assessments and/or implementing controls, whether for the first time or to improve skills. This will typically include managers and supervisors and safety officers. Health and safety professionals looking to refresh or update their skills may also benefit, but please note that the course assumes no prior knowledge and therefore includes basic concepts and information.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 2 day (face-to-face)
- 3 part days (live online)

Scan below to find out more
or to book a course:



Creating a Safety Culture of Excellence

Introduction

Safety culture is often referred to as 'the way things are done around here'. It's a combination of the attitudes, values and behaviours held within an organisation, as well the management systems and procedures that influence how something is really done, rather than how it should be done.

Poor safety culture has contributed to many major incidents and personal injuries and can be just as influential on safety outcomes as the organisation's safety management system (SMS) itself.

Symptoms of poor cultural factors can include:

- widespread, routine procedural violations;
- failure to comply with safety systems and procedures (although either of these can also be due to poor procedure design); and
- management decisions that appear consistently to put production or cost before safety.

The course adopts a holistic approach to health and safety cultural improvement incorporating HSE's ASCENT - Achieving Safety Culture Excellence Now and Tomorrow programme.

Learning outcomes

Delegates will be provided with information that will help them to develop a safety culture enhancement programme including:

- building a business case and getting senior management buy in;
- programme planning and communication;
- gathering and using different data;
- engaging with staff; and
- prioritising and evaluating interventions.

What the course will cover

This course, delivered by HSE and industry experts, provides delegates with an understanding of the many factors that influence both workers' and managers' attitudes to safety and how these may be enhanced.

It differs from other courses on this topic by demonstrating how behaviour change, leadership and worker engagement can be incorporated into the wider health and safety management system to ensure an integrated, and therefore more effective, approach to risk management.

Who should attend?

This course is most appropriate for health and safety managers with limited knowledge/experience of safety culture who are intending to implement a safety culture enhancement programme within part or all of their organisation.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



Data-driven Health and Safety Management: Understanding Why, What and How to Measure

Introduction

Most organisations collect some form of health and safety data. Most commonly it is used retrospectively to report on past performance and, in essence, describe what types of accident happened, where they happened, when and who was affected.

But some of the higher value questions that are important to proactively manage health and safety require a more meaningful use of data, for example, why did it happen, when might it happen again and what do we do next if it does?

This one-day course introduces the concept of data-driven insights and explores how to use data effectively to improve an organisation's health and safety outcomes. It covers how to collect data around known precursors of accidents and how to feed it into a structured analytic process.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the importance of effective measurement in relation to health and safety management;
- understand the difference between lagging and leading indicators and how each should be used effectively;
- understand the key components of a health and safety management system;
- know about the principles of reactive monitoring and why it is important;
- know about the key steps in developing a performance management model; and
- know how to use data on a large scale.

What the course will cover

This course covers the main uses of data and types of indicators, looking at past and future events, applications to health and safety, key measurements, organisational cultural factors and the links between data, effective management systems and success.

Who should attend?

This course is aimed at health and safety managers or practitioners, those in performance management roles and others who are involved in the collection and analysis of data in relation to health and safety and who want to learn from their past performance to prevent future adverse health and safety outcomes.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



Display Screen Equipment (DSE) Risk Management

Introduction

Display screen technology has become ubiquitous with most aspects of our lives and our exposure to these devices continues to increase, with reported levels of up to 9 hours per day spent consuming media on a display screen device. While the musculoskeletal (MSD) risks from such device are relatively low, the increased exposure does mean that the effects of preventable risks such as poor or fixed postures can accumulate and lead to problems. HSE statistics (2022/23) indicate that 27% of cases of work-related illness involves MSDs. Data from the general practitioners scheme (THOR-GP) suggests that “keyboard work” are significant contributors to both lower back and upper limb disorders. This course, delivered by experienced HSE ergonomists, will provide you with an understanding of DSE risks and approach to risk management (including hybrid working) and with the documentation to provide your employer with risk assessments. The course covers the key elements for office DSE risk assessment and management and provides the information and techniques required to enable delegates to become a DSE assessor.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the legal, moral, and financial reasons why DSE risk management is so important;
- understand how to achieve good posture at the workstation;
- understand how to manage DSE for hybrid workers;
- Be able to complete a DSE assessment;
- know the break requirements from DSE; and
- consider mobile DSE risks and risk management.

What the course will cover

The course provides an overview of the legal, moral and financial reasons why DSE risk management is so important. It looks at how we get injured in the workplace and how to achieve good posture at your workstation when working in the office, working from home or when you are on the move with DSE. Delegates will also learn about risk management for less common DSE issues such as hot-desking and dual screens, and mobile technology such as tablet pcs, smartphones, and laptops.

Who should attend?

The course will be most beneficial for health and safety providers, with limited knowledge / experience of DSE risk management who wish to become a DSE assessor. However, it will also be relevant to those who wish to update or consolidate their knowledge and experience as a DSE assessor.

Key facts

Available as:

- Open courses
- In-company training

Duration:

- 1 day (face-to-face)

Scan below to find out more
or to book a course:



DSEAR: Controlling Dust Explosion Risks

HSE runs three courses to help employers comply with the Dangerous Substances and Explosive Atmospheres Regulations (DSEAR). While there is some overlap between the courses, delegates can attend one or more courses depending on which area of DSEAR they are interested in.

Introduction

DSEAR regulates the presence and use of flammable substances in the workplace.

Flammable dusts pose their own unique risks that differ from those posed by flammable gases and liquids. This course provides advice on how to understand the hazards from flammable dusts and how the risks from storing and using the dusts can be managed in order to comply with DSEAR.

Gases and liquids are covered by HSE's other DSEAR courses.

Learning outcomes

Delegates will be provided with information that will help them to:

- know their legal duties under DSEAR;
- know how to identify and understand dust hazards;
- understand how to assess and reduce risks;
- be able to act as an intelligent customer when commissioning DSEAR assessments; and
- be able to identify the different zoned areas.

What the course will cover

Delegates will be given a brief overview of the regulations to help them understand their legal duties under DSEAR. The course will help them identify and understand hazards posed by dusts, as well as how to assess and control the risks and how to understand their risk profile. Delegates will also be introduced to hazardous area classification and learn what equipment to use in different zoned areas. There will be a practical demonstration of a dust explosion as well as a look at some previous incidents to show delegates what could happen when things go wrong.

Who should attend?

This course is aimed at managers and supervisors of process plant and operations where dangerous substances are used or stored, or safety specialists who need to understand how to manage the risks from dangerous substances within the framework of the DSEAR duties. This course is intended to allow them to act as an intelligent customer when commissioning work related to DSEAR.



Key facts

Available as:

- Open courses
- In-company training

Duration:

- 1 day (face-to-face)

Scan below to find out more
or to book a course:



DSEAR: Gases and Liquids

It is recommended that attendees complete this course before attending the **'DSEAR: Hazardous Area Classification for Gases and Liquids'** course.

Introduction

DSEAR places duties on employers and the self-employed to protect employees, contractors and others from the risks from fires and explosions related to dangerous substances stored and used in the workplace.

This course explains the duties that DSEAR places on employers and the actions needed to comply with them. It focuses particularly on the assessment of risks and the application of controls to both minimise and mitigate those risks.

Learning outcomes

Delegates will be provided with information that will help them to:

- know their legal duties under DSEAR;
- be able to act as an intelligent customer when commissioning DSEAR assessments;
- be able to understand the key concepts related to hazardous area classification and common approaches; and
- be able to identify potential ignition sources and select appropriate ATEX rated equipment.

What the course will cover

The course will help delegates understand their legal duties under DSEAR, as well as the moral and financial reasons why they should comply with the regulations. Delegates will be shown how to assess, control and mitigate the risk from dangerous substances and will be introduced to the equipment for use in explosive atmospheres. Delegates will be introduced to the key definitions and concept areas of hazardous area classification and the standards that apply. The course also looks at hazardous area classification for laboratories and small-scale operations, as well as covering mists and the control of ignition sources.

Who should attend?

This course is aimed at managers and supervisors of process plant and operations where dangerous substances are used or stored, or safety specialists who need to understand how to manage the risks from dangerous substances within the framework of the DSEAR duties. This course is intended to allow them to act as an intelligent customer when commissioning work related to DSEAR.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



DSEAR: Hazardous Area Classification for Gases and Liquids

This course is aimed at those with some existing experience of DSEAR and hazardous area classification. It is recommended that delegates without such experience complete the **'DSEAR: Gases and Liquids'** course prior to taking this course.

Introduction

DSEAR requires that areas where accidental releases of dangerous substances could occur are identified and classified according to the likelihood of the formation of a flammable atmosphere.

Within classified areas, sources of ignition should be controlled. This course is designed to provide delegates with the knowledge to carry out straightforward hazardous area classification in accordance with commonly used standards or to act as an intelligent customer when contracting others to deliver this role.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand how the regulations apply in relation to hazardous area classification;
- know what standards are available for area classification;
- understand which area classification standards are most applicable to them and understand which are applicable to their business;
- be able to perform a straightforward area classification study; and
- be able to act as an intelligent customer when commissioning hazardous area classification.

What the course will cover

Delegates will be introduced to DSEAR and the classification of hazardous substances and will look at the relevance of the physical/chemical properties of gases, liquids and flammable mists to area classification. The classification of hazardous areas by zone will be explained, including the concept of a zone of negligible extent (NE). Delegates will look at the importance of ventilation in area classification and the concept of Vz based methods. Delegates will look at hazardous area classification standards and codes and be given an overview of what equipment to use in classified areas. Finally, delegates will look at the national and international standards and guidance commonly used in area classification including practical examples of their use.

Who should attend?

This course is suitable for those who require a detailed understanding of the process of hazardous area classification, including process safety engineers, electrical engineers and health and safety practitioners.

For a more fundamental introduction to hazardous area classification, the **'DSEAR: Gases and Liquids'** course would be more appropriate.



Key facts

Available as:

- Open courses
- In-company training

Duration:

- 1 day (face-to-face)

Scan below to find out more
or to book a course:



Ergonomics

Introduction

Ergonomics is the science concerned with the 'fit' between people and their work ensuring that tasks, equipment, information and the environment fit each worker to optimise their safety and performance.

Taking account of ergonomics and human factors can reduce the likelihood of an accident and can improve health and safety in your workplace.

This course provides a solid introduction to ergonomics and the theory and techniques used to optimise the design of tools, tasks and workplaces. The techniques taught cover both the physical and psychosocial aspects of workplace design, following relevant HSE guidance and approaches to assess and reduce risks.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand key ergonomic principles, methods, and techniques;
- understand physical and psychological factors such as behaviour in the workplace and work-related stress;
- gain an understanding of applied anthropometry;
- understand manual handling risks, assessments and controls;
- understand upper limb disorder risks, assessments and controls;
- apply wider user investigation methods, such as fitting trials;
- understand the logic of workplace item arrangement for greater efficiency and reduced error using link analysis; and
- understand the effect of environmental factors.

What the course will cover

This course introduces ergonomics principles, methods, and techniques, physical posture and movement of human beings, applied anthropometry and psychological factors. Delegates will examine workplace design and the assessments and controls associated with display screen equipment (DSE), manual handling and upper limb disorders. Delegates will look at stress management, how to influence behaviour and examine investigation methods such as interviews, questionnaires and focus groups. Delegates will learn about task analysis, controls and displays and environmental factors such as lighting, noise, floors and footwear and will participate in a number of practical exercises to try out some of the techniques they have learnt.

Who should attend?

The course is suited to anyone who has an interest in workplace ergonomics and wishes to understand more about the possible interventions that could be made to assess and improve worker comfort, safety and performance. No previous ergonomics or musculoskeletal disorder (MSD) experience is required.



Key facts

Available as:

- Open courses
- In-company training

Duration:

- 5 days (face-to-face)

Scan below to find out more
or to book a course:



Hand-Arm Vibration: Management in the Workplace

Introduction

The Control of Vibration at Work Regulations 2005 are designed to protect workers from injury resulting from exposure to hand-arm vibration (HAV).

To manage the risks from HAV exposure and to comply with the regulations, organisations need to assess, control and monitor exposures. They also need to ensure that their workers understand the risks and have any necessary training. If workers are at risk, organisations must provide suitable health surveillance to monitor any progression of injury and to provide feedback on the effectiveness of their exposure controls.

This course provides an overview of the duties required under the Control of Vibration at Work Regulations 2005 and practical guidance on how to control and manage HAV risks in the workplace.

Learning outcomes

Delegates will be provided with information that will help them to:

- recognise, assess, and manage the risks from HAV in the workplace;
- understand their duties under the Control of Vibration at Work Regulations 2005;
- know what is required for a HAV risk assessment;
- understand the hierarchy of HAV controls; and
- understand the role of health surveillance in the prevention and monitoring of hand-arm vibration syndrome (HAVS).

What the course will cover

The course aims to equip delegates with the knowledge to recognise, assess and manage the risks from HAV in the workplace, specifically producing vibration risk assessments, developing vibration control action plans and understanding the role of health surveillance. Delegates will be given an overview of the Control of Vibration at Work Regulations 2005 and will look at the health effects of HAV exposure, the assessment of HAV risk and the elimination or control of HAV risk. The course will cover information, instruction, and training for HAV and delegates will learn how to record and monitor HAV/HAVS.

Who should attend?

This course is designed for those responsible for assessing, controlling and managing HAV risks in the workplace.



Key facts

Available as:

- Open courses
- In-company training

Duration:

- 1 day (face-to-face)

Scan below to find out more
or to book a course:



HSE Inspector's Guide to Electrical Safety

Introduction

Electricity can kill or severely injure people and cause damage to property. Learning to work safely with or near electricity and electrical equipment can significantly reduce the risk of injury to workers.

This workshop-style training course provides relevant legislation, guidance, and industry best practice in relation to electrical safety and gives delegates a practical understanding of what HSE inspectors are looking for in the control of electrical safety risks, including the effectiveness of appropriate controls.

Delivered by former HSE specialist electrical inspectors, the workshop is based on HSE's practical enforcement experience, gained from inspecting higher risk industries, but also those industries where, although the hazards can be high, the risks are thought to be well-controlled.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand relevant legislation, guidance and industry best practice in relation to electrical safety;
- understand the high-risk and priority issues that an HSE inspector will focus on;
- be able to reflect on, and plan for, any necessary improvements in the control of risks associated with electricity;
- understand their electrical network responsibilities;
- identify possible systems (policies, procedures and people issues) to help better manage electrical safety and review safety issues that are likely to trigger enforcement action;
- understand what could happen when things go wrong and what they might be expected to do; and
- understand the investigation process and see what steps an HSE inspector would take during an investigation of electrical incidents.

What the course will cover

This course reviews the relevant Electricity at Work Regulations, provides an insight into what happens when an inspector calls and gives an overview of the available guidance. Delegates will look at electricity as a hazard, safe isolation, public supply and safety (Electricity Safety, Quality and Continuity Regulations) and the basis for a policy for electrical safety management. The course will include some practical workshop sessions, where delegates assume the role of an HSE inspector. Delegates will examine the background to electrical control systems and interlocks and the background to the electricity industry. Delegates will also gain an insight into what happens when things go wrong by studying case studies of previous incidents and will receive an update on the outcome of recent relevant court cases.

Who should attend?

Business owners, senior managers and technical specialists responsible for managing and controlling general electrical safety risks. Owners and operators of both public (licensed) and private (unlicensed) electrical distribution networks.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



HSE Inspector's Guide to Improvement and Prohibition Notices

Introduction

As a regulator, HSE's goal is to prevent workplace death, injury or ill health. We achieve this by working with dutyholders to help them understand the risks they create and how to manage them. HSE's emphasis is on prevention but, where appropriate, we will enforce the law where we find it is being deliberately flouted.

Serving notices is an important part of HSE's enforcement role.

This workshop-style training course will help delegates to understand why, when and how HSE takes formal enforcement action, the factors that affect an inspector's decisions and how to respond to receipt of a notice.

The workshop will be delivered by a former HSE inspector with more than 35 years of experience and is a rare opportunity to understand how HSE regulates by seeing the world through an inspector's eyes.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the basic format of the improvement and prohibition notice;
- understand the legal basis for HSE taking formal enforcement action;
- understand how HSE inspectors form their judgement about whether to serve notices;
- understand how organisations can legitimately influence an inspector's enforcement decision; and
- understand the options for both formal and informal actions that are available to an organisation receiving a notice.

What the course will cover

Delegates will examine the legal basis to enforcement (when notices can be served, what they must contain), understand how to respond to a notice, the importance of the inspector's opinion and how an inspector forms that opinion. Delegates will gain an insight into how to legitimately influence an inspector's enforcement decision. There will be practical, interactive elements to the workshop, using relevant case studies to enhance learning.

Who should attend?

This course is designed for health and safety professionals who act as the interface between their organisation and HSE. It is also suitable for business owners or senior managers responsible for managing and controlling risks, or anyone who might have a formal notice put in their hands by an HSE inspector.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



HSE Inspector's Guide to Risk Management

Introduction

The effective management of risk is central to providing a safe and healthy workplace.

This workshop-style training course will show delegates how HSE examines and uses employers' risk assessments. It will explain the common errors that HSE finds in the risk assessment process and show delegates how to use this information to manage risks more effectively to avoid enforcement action.

The workshop will be delivered by a former HSE inspector with more than 35 years of experience and is a rare opportunity to understand how HSE regulates by seeing the world through an inspector's eyes.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the law on risk assessment and the different types of risk assessments required under health and safety legislation;
- appreciate how HSE inspectors use risk assessments during inspections and investigations, and how they form judgements about whether risks are being adequately controlled;
- recognise the common errors found in risk assessments and in implementing them, and understand how to use this knowledge to better manage risks;
- understand the circumstances where an inadequate risk assessment may cause an inspector to take enforcement action and what form that action is likely to take; and
- improve their risk assessment process, manage risks better and avoid enforcement action.

What the course will cover

This course provides an overview of the law on risk assessments and explains the purpose of risk assessments. Delegates will discuss common pitfalls and learn how to avoid them. They will study the circumstances where an inadequate risk assessment may cause an inspector to take enforcement action. Delegates will gain an insight into how to improve their risk assessment process. The course uses practical, interactive sessions, group discussions and relevant case studies to enhance the learning experience.

Who should attend?

This course is aimed at delegates with a good understanding of health and safety, experience of conducting risk assessments and are seeking to improve their understanding and management of risk, such as health and safety professionals, business owners and those who act as the interface between their organisation and HSE.

The course assumes some prior knowledge and experience in risk management. Anyone seeking an introduction to risk management and assessment should consider the **'NEBOSH HSE Award in Managing Risk and Risk Assessment at Work'**.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



Human Factors in Accident and Incident Investigations

Introduction

Accident and incident investigations should consider why human failures occurred. Finding the underlying causes is key to reduce the risk of similar adverse events and lessons learnt provide insights to effective improvements.

This training course will give participants knowledge and practical support for investigating human factors issues, helping them to find ways of achieving effective change within their own organisational context.

Delegates will learn from experts that have been involved in accident and incident investigations across a wide range of sectors and situations.

Learning outcomes

Delegates will be provided with information that will help them to:

- develop, consolidate or reaffirm current competence in the field of investigating human factors;
- explore the process of investigating human factors aspects of incidents/accidents/adverse events;
- acquire knowledge and experience of investigation tools and techniques to capture, analyse and communicate the human factors causes of accidents;
- acquire knowledge of how humans can cause failures in systems, and systems can lead to human failures, which lead to adverse events;
- use human factors principles to learn lessons and identify effective interventions; and
- learn from the sharing of knowledge and experience between delegates and course presenters.

What the course will cover

Recently revised to reflect the latest approaches and techniques, the course will cover the theory and practice of methods which support the effective investigation of human factors issues, along with essential knowledge to help to understand why things go wrong with people and systems. The course will also look at how to use lessons learned to apply effective change.

Who should attend?

This course is aimed at those who are relatively new to accident investigation and human factors or those who wish to consolidate their medium level of competence and share experience and learning with others from a range of organisations and sectors. Safety managers, operations managers, quality assurance professionals, equipment and design specialists, safety advisors and safety specialists, hazard analysts, regulators, inspectors and human factors advisors who are relatively new to the role or would like an opportunity to refresh their competence.

Key facts

Available as:

- Open courses
- In-company training

Duration:

- 2 days (face-to-face)

Scan below to find out more
or to book a course:



Hydrogen: The Fundamentals

Introduction

Hydrogen is one of the low carbon energy solutions that will be critical for the UK's transition to net zero.

But using hydrogen as an energy carrier is not a new phenomenon. Hydrogen has been manufactured, used or dealt with as a biproduct by industry for over 100 years across a number of sectors and has been handled safely by a professional workforce with few incidents and accidents.

With more novel and innovative applications for hydrogen anticipated as we approach our 2050 net zero targets, we need to keep individuals and workplaces safe from new risks, whilst not forgetting those that existed before. A fundamental understanding of hydrogen's physical properties and behaviours will be key to safely developing and deploying it as a net zero energy vector.

This course will provide that foundation knowledge and give examples of risks and control measures when using hydrogen to enable delegates to understand and identify the hazards hydrogen could pose to their own environments and intended uses.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the physical properties and novel phenomena of hydrogen and how it differs from traditional fuels;
- understand the behaviour of hydrogen in different phases;
- identify hazards posed by the introduction of hydrogen into an existing system;
- know the regulations that relate to the use of hydrogen, thresholds, and when they apply; and
- design appropriate procedures for handling liquid and gaseous hydrogen.

What the course will cover

This course is designed to provide an introduction to the properties and behaviour of hydrogen and its effect on materials and system design, including gas detection, purging and gas handling. Delegates will examine the Dangerous Substances and Explosive Atmospheres Regulations (DSEAR), have an introduction to Hazardous Area Classification (HAC) and look at risk mitigation and control measures. Delegates will establish how to respond to an emergency, how to choose appropriate PPE and will explore the use of liquid hydrogen.

Who should attend?

This course is designed for new entrants to the hydrogen sector, those already working with hydrogen and need a greater understanding of its fundamental properties and behaviour or those whose organisations are considering energy transition to hydrogen-based technologies.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



LEV: Practical Management of Controls

Introduction

Breathing in dusts, gases, fumes and vapours in the workplace can cause serious, long-term lung damage and often incurable health problems.

Local exhaust ventilation (LEV) is the most common method of controlling workers' exposure to such airborne contaminants. Unfortunately, it is often not effective enough. Employers are regularly misled by suppliers and select and install LEV controls that don't work and/or cost too much. Once installed, LEV controls are often poorly checked, maintained and examined.

This training course will demonstrate how to successfully manage LEV systems for effective, efficient and reliable control of exposure to hazardous substances.

Learning outcomes

Delegates will be provided with information that will help them to:

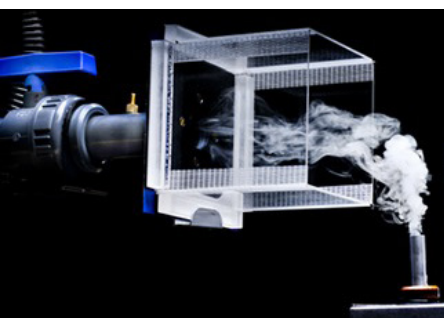
- know how to assess work processes and how they emit airborne contaminant clouds;
- understand the principles and key ways to procure effective, reliable and efficient LEV;
- know how to review and improve existing LEV;
- understand how to manage LEV suppliers and contractors;
- know the key things to put in place to manage LEV checking and maintenance, and their role in doing so;
- know the common techniques for assessing LEV effectiveness; and
- know how to manage LEV examination and examiners, and be realistic about what to expect.

What the course will cover

This course will teach delegates how to manage LEV procurement to get the right type of LEV that effectively, reliably and efficiently controls work process emissions and exposure. Delegates will learn how to critically assess, review, improve and manage modifications of current LEV controls. They will also learn how to manage LEV suppliers and contractors as well as how to manage LEV checking and maintenance so that exposure control is reliably maintained. Delegates will examine the range of techniques available for assessing LEV effectiveness, learn how to manage LEV through examination and test (TExT) and understand its limitations so that they can be realistic about what to expect.

Who should attend?

This course will be of interest to a range of delegates including employers, managers (including those responsible for production), building facilities and maintenance professionals, health, safety and environment managers and engineers (including production and design engineers). It may also be of interest to professionals involved in LEV design and management, including occupational hygienists, ventilation engineers and examiners.



Key facts

Available as:

- Open courses
- In-company training

Duration:

- 1 day (face-to-face)

Scan below to find out more
or to book a course:



LOPA: Practical Application and Pitfalls

Introduction

Layers Of Protection Analysis (LOPA) is a risk assessment method used to determine the likelihood of a scenario occurring based on existing safeguards in order to protect against identified hazard scenarios and to identify any potential shortfall in the risk reduction required to meet predetermined, risk-based criteria.

The Process Safety Leadership Group (PSLG) prepared specific guidance for the applications of LOPA to determine the required safety integrity level (SIL) for overfill protection of highly flammable fuel bulk storage tanks at sites like Buncefield, which was the location of a major incident in 2005.

This course will draw on that guidance, its relevance to LOPA assessment in general and examples of pitfalls identified during the assessment of many LOPA studies from the petrochemical industry.

The course is presented by a member of the PSLG LOPA working group that developed the LOPA guidance.

Learning outcomes

Delegates will be provided with information that will help them to:

- know when to use LOPA or another more suitable method;
- know how to perform a basic LOPA;
- understand how to produce an effective LOPA, including preparation for detailed LOPA assessment and risk assessment requirements; and
- be able to produce a meaningful LOPA study within their business.

What the course will cover

The course will begin by putting LOPA in perspective, looking at its uses and its complexity, letting delegates know when to use LOPA and when to consider other methods such as a Quantitative Risk Assessment (QRA). Delegates will look at LOPA study prerequisites and preparation, target frequencies, input data sources and uncertainty. It will cover how to perform LOPA: LOPA rules and IEC 61511 requirements, scenarios, conditional modifiers, enabling events and independent protection/mitigation layers. Delegates will examine LOPA outcomes: regulator expectations and ALARP considerations along with human factors. There are interactive learning elements where delegates will look at example pitfalls associated with LOPA and also consider case study examples.

Who should attend?

The course is aimed at those engineers, managers and safety professionals who have a basic knowledge of risk assessment, possibly gained through Hazard and Operability (HAZOP) studies and Process Hazard Analysis (PHA) studies, and would like to have an understanding of the LOPA method, how to apply LOPA and the pitfalls commonly associated with this type of analysis.



Key facts

Available as:

- Open courses
- In-company training

Duration:

- 2 days (face-to-face)

Scan below to find out more
or to book a course:



Machinery Series: Introduction to Safeguarding and Safety-Related Control Systems

Introduction

Machinery often incorporates safeguards to protect users from hazards. Those responsible for the safety of machinery need to understand the basics of how these safeguards and their associated control systems operate. This course build on the PUWER and UK Machinery Regulations courses and provide delegates with a wider understanding of what safeguards are available, how they are applied and how they work in conjunction with a control system.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the principles of operation of protective devices such as light curtains and laser scanners;
- know how to choose protective devices for particular applications;
- understand the principles of operation of control system components such as relays, safety relays and programmable devices; and
- know the basic safety principles for control systems.

What the course will cover

The course will cover the principles of operation of protective devices, the principles of operation of control system components, and the suitability of protective devices for particular applications. You will examine the basic safety principles for control systems, logic and software, and SILS, PLs and Categories. There will be a demonstration of interlocking and other safety devices.

Who should attend?

This course is aimed primarily at machinery users, maintenance engineers, safety officers and project engineers who may find themselves responsible for purchasing machinery or for assessing the effectiveness of safeguards on existing machinery. This course would also benefit anyone needing to make minor modifications to existing machinery safeguards.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



Machinery Series: PUWER

Introduction

This course covers the requirements of the Provision and Use of Work Equipment Regulations (PUWER) and provides delegates with a thorough knowledge of this legislation and the duties of an employer to provide safe equipment for their employees to use. The course explains the implications of modifying machines and the steps that need to be taken to evaluate new machines. The course also gives practical, hands-on advice on how to evaluate the safety of machines and the suitability of guards using a checklist.

Delegates wishing to learn how to carry out machinery risk assessment should attend the **'Machinery Series: Risk Assessment Essentials'** course.

Delegates who want to learn about the legislation regulating the design, manufacture and supply of machinery should attend the **'Machinery Series: UK Machinery Regulations'** course.

Learning outcomes

Delegates will be provided with information that will help them to:

- know the requirements of PUWER;
- know the machine modifications that are allowed under PUWER;
- understand the methods for evaluating new machinery and equipment;
- have an overview of designs for guards and guard dimensions;
- understand the status and importance of machinery safety standards;
- know the modifications to control systems allowed under PUWER; and
- understand the methods for improving the safety of maintenance operations.

What the course will cover

This course provides an overview of PUWER and introduces the machinery safety standards and machine modifications allowable under PUWER. Delegates will look at the choice of guards and guard dimensions, the use of control systems and impact of failures, as well as the effects of the UK's withdrawal from the EU and the use of the UKCA mark. There will also be interactive learning elements, where delegates will gain practical experience of evaluating the safety of machinery and the suitability of guards.

Who should attend?

This course is aimed primarily at machinery users, maintenance engineers that make minor modifications to existing machinery, safety officers and project engineers.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



Machinery Series: Risk Assessment Essentials

Introduction

The ability to carry out a detailed machinery risk assessment has, for some time, been a key skill required under the Management of Health and Safety at Work Regulations. Machinery risk assessment is also now explicitly required by the Supply of Machinery (Safety) Regulations 2008 and the Machinery Directive 2006/42/EC, however many people still struggle to know what is suitable and sufficient to satisfy these regulations.

This training course gives delegates practical hands-on experience of conducting a machinery risk assessment using structured techniques which demystify the process given in BS EN ISO 12100: 2010.

This course assumes a basic level of understanding of machinery safety, such as that given in the 'Provision and Use of Work Equipment Regulations (PUWER)' course.

Anyone who needs a thorough understanding of the legislation regulating the design, manufacture and supply of machinery should attend the '**UK Machinery Regulations**' course.

Learning outcomes

Delegates will be provided with information that will help them to:

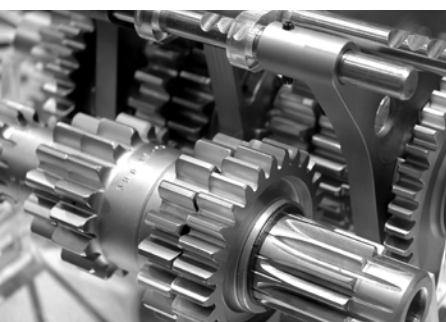
- understand how to produce a machinery risk assessment that is suitable and sufficient to satisfy the Supply of Machinery (Safety) Regulations 2008 or the Machinery Directive 2006/42/EC;
- understand the process of hazard identification;
- understand how to carry out risk estimation;
- know how to measure, evaluate and control both noise and hand-arm vibration; and
- know how to assess, handle and control hazardous substances.

What the course will cover

This course provides an overview of the difference between hazard, risk and other definitions, the hazard identification process and risk estimation techniques. Delegates will look at risk evaluation and the importance of relevant good practice as detailed in standards. Delegates will learn how to measure, evaluate and control both noise and hand-arm vibration and how to assess, handle and control hazardous substances. The course will also cover reasonably foreseeable misuse and an introduction to human factors. Delegates will gain practical experience of completing machinery risk assessments using structured techniques.

Who should attend?

This course is aimed primarily at machinery users, maintenance engineers, designers and project engineers who need to learn how to carry out risk assessment of existing machinery in use or new machinery in the process of being designed or manufactured. This course will also be of benefit to safety professionals who are familiar with the concepts but need to know how machinery risk assessment differs from other workplace safety or risk assessments.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



Machinery Series: UK Machinery Regulations

Introduction

This course introduces delegates to the UK Supply of Machinery (Safety) Regulations 2008, which regulate the design, manufacture and supply of machines, assemblies of machines, partially complete machines and other machinery products in the United Kingdom. It also explains the Machinery Directive 2006/42/EC, which serves the same purpose in the European Economic Area (EEA).

Learning outcomes

Delegates will be provided with information that will help them to:

- understand when the legislation applies to machines, assemblies of machines, partially complete machines and other machinery products;
- understand the scope of the essential health and safety requirements;
- understand the principle of safety by design;
- understand the standards which are relevant to their machines and their use;
- understand what to put in the instructions for use; and
- know how to build a technical file.

What the course will cover

This course is designed to give delegates a thorough understanding of the UK Supply of Machinery (Safety) Regulations 2008, as well as the key British, European and international safety standards that support the regulations. The essential health and safety requirements of the regulations will be described and delegates will have an opportunity to assess a machine against these requirements. The differences between a Declaration of Conformity and a Declaration of Incorporation are explained and the use of the UKCA and CE marks will be described. Delegates will be shown how to build a technical file and the requirements for instructions for use. The importance of risk assessment is explained, however delegates who need a detailed understanding of machinery risk assessment should attend the **'Machinery Series: Risk Assessment Essentials'** course.

Who should attend?

This course is intended primarily for people who design and supply machines and create assemblies of machines. It is also relevant for project engineers and others who specify and install new machines or assemblies, or make significant modifications to existing machines. The course is also relevant for safety professionals who need a detailed understanding of machinery safety and the legislation that controls the supply of machinery in both the UK and the EEA.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



Musculoskeletal Disorder Risk Assessment

Introduction

Employers must protect workers by managing the risks of musculoskeletal disorders (MSDs) caused or made worse by work. MSDs include injuries and conditions that can affect the back, joints and limbs.

This course will equip delegates with the knowledge to help recognise, assess and reduce MSD (manual handling and upper limbs disorder) risks in their organisations.

Prevention and control of work-related MSDs is a major priority for HSE and, as such, it has published a suite of three simple, but effective risk assessment methods which will be explained and used on this course:

- the Manual Handling Assessment Charts (the MAC tool - for lifting, carrying and team handling tasks)
- the Risk Assessment for Pushing and Pulling tool (the RAPP tool - for pushing and pulling tasks)
- the Assessment of Repetitive Tasks tool (the ART tool - for upper limb disorders)

Risk assessment is the cornerstone of risk management, so successful delegates will be able to support MSD risk management by using their learning to carry out accurate risk assessment and develop approaches to risk reduction confidently in their own organisations.

Learning outcomes

Delegates will be provided with information that will help them to:

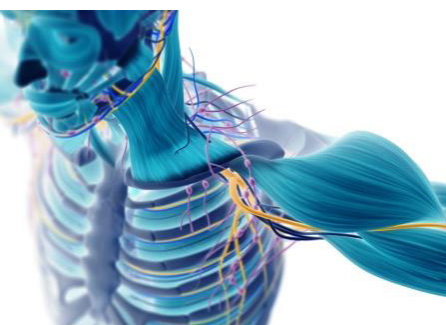
- explain why we should reduce risk;
- understand what the risks in higher risk physical activity are and how they may result in injury;
- learn how to use HSE's manual handling risk assessment techniques (the MAC and RAPP tools);
- learn how to use HSE's upper limb disorder risk assessment technique (the ART tool);
- understand the wider elements of risk management for manual handling; and
- explain the legal obligations under the manual handling regulations.

What the course will cover

This course provides an overview of the manual handling regulations, the key risk factors, the control and reduction of risk and the key principles of good techniques. Delegates will learn about the principles of MSDs, understand how injuries happen and learn about common types of injuries. Delegates will look at the MAC, ART and RAPP tools and use case studies and interactive, practical sessions to master the tools in the classroom.

Who should attend?

This course is designed for employers and employee representatives who intend to begin the process of MSD risk assessment and control within their organisations. It will also benefit those already involved in MSD risk reduction who require more formal or in-depth training on the HSE assessment methods.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



NEBOSH HSE Award in Managing Risks and Risk Assessment at Work



Introduction

HSE and NEBOSH have jointly developed a one-day qualification structured around HSE's approach to controlling the risks caused by workplace hazards. This qualification has been designed to assist employees or volunteers involved in managing workplace risks and who undertake risk assessments, to confidently identify sensible and proportionate precautions to control the risks in the workplace.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the reasons for managing health and safety risks;
- understand the importance of consultation with relevant workers;
- know how to effectively manage risk, including the importance of competence for those involved in identifying, understanding and controlling risks;
- know where to find sources of information to help identify and manage risk; and
- use HSE's risk assessment tools.

What the course will cover

This course teaches delegates how to identify hazards, the resources that can help and how to assess risks in low-to-medium risk premises using simple HSE tools. The course covers how to evaluate risks in a proportionate and sensible manner, how to identify suitable control measures and how to develop straightforward practical skills to manage workplace risks. Delegates will gain confidence in their risk assessment capabilities which will help them contribute to the creation of a safer and healthier workplace as soon as they return to work.

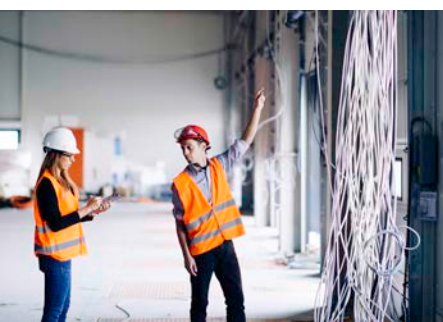
How is the qualification assessed?

A practical assessment is completed at the end of the course. Delegates will be asked to watch a video of a real workplace and complete a risk assessment to identify how they would manage and prioritise the risks present. Delegates will have two working days after the course to complete and return their assessment to us.

Who should attend?

This course provides an introduction to health and safety risk assessment and is suitable for anyone involved in managing workplace health and safety risks, including those who undertake risk assessments. The content will be particularly useful to employers, managers, supervisors, health and safety champions and union representatives.

The course assumes no prior knowledge and experience in risk management. Anyone seeking a more advanced course on risk management and assessment should consider the **HSE Inspector's Guide to Risk Management**.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



NEBOSH HSE Certificate in Health and Safety Leadership Excellence



Introduction

HSE and NEBOSH have joined forces to develop a one-day health and safety qualification for senior business leaders or those aspiring to this position.

The interactive, thought provoking content shows how leaders can influence health and safety performance and culture through their actions and behaviours.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the moral, legal and financial reasons for good health and safety leadership and how it can positively influence health and safety culture;
- understand how leaders can gain assurance that health and safety is being managed effectively;
- understand how human failure can impact on health and safety culture and how HSE's 'Make It Happen' model can help to change behaviours;
- recognise how mental short cuts, perception biases, habits and beliefs can influence the decision-making process;
- know the meaning of transformational, authentic, resonant and transactional leadership styles;
- understand the five values and supporting foundations of the HSE's health and safety leadership model; and
- understand how relationships with the workforce can be built by effective leadership communication.

What the course will cover

This course sets out the business benefits of health and safety leadership and explains the effects of good health and safety leadership on safety culture and how to use HSE's 'Make It Happen' model. Delegates will examine how human failures can impact performance and culture and learn about the process of decision-making, including mental short cuts and perception biases. Delegates will also look at different leadership styles, HSE's five leadership values and also ways that leaders can build effective relationships with the workforce.

How is the qualification assessed?

Delegates will be assessed by writing a number of reflective statements throughout the course. Delegates will also need to make a commitment to a leadership intervention that will improve health and safety management within their sphere of workplace influence.

Who should attend?

This qualification is specifically aimed at individuals currently in a position of senior leadership e.g. board directors, health and safety directors, operations directors, HR directors, finance directors, as well as others in senior leadership positions or those who are aspiring to become a senior leader.



Key facts

Available as:

- Open courses
- In-company training

Duration:

- 1 day (face-to-face)

Scan below to find out more
or to book a course:



NEBOSH HSE Certificate in Managing Stress at Work



Introduction

Stress is one of the leading causes of sickness absence in the workplace, resulting in sickness absence, costs relating to replacement staff, lost production and increased accidents.

Employers have a legal duty to protect employees from stress at work by doing a risk assessment and acting on it. However, many who are tasked with managing work-related stress do not understand their legal obligations, know what to do or where to start.

HSE and NEBOSH have jointly developed a one-day qualification aimed at helping delegates and their organisations to identify and reduce workplace stressors in order to create a positive, healthier workplace.

This qualification will give delegates the confidence that they are trained in HSE's current approach to managing and controlling stress at work. By adopting the principles taught in this qualification, delegates can empower their employees and colleagues to create a positive workplace and significantly reduce the causes and effects of workplace stress.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand the six key areas of work design which can cause stress;
- know how to establish a framework to manage and address stress in their workplace;
- understand how to identify early warning signs and provide support to individuals; and
- develop strategic interventions that will address the root causes of stress in their organisation.

What the course will cover

This course explains the key principles of work-related stress and its relationship to mental ill health issues. Delegates will learn how to recognise the causes and effects of workplace stress and learn about the responsibilities of employers and individual roles in managing workplace stress. Delegates will examine how to apply the HSE Management Standards approach to assess stress risks in the workplace and how to develop suitable interventions to address stressors, reduce negative impacts and manage the effects of stress in the workplace. Delegates will also look at ways to continually improve their organisation and create a great place to work.

How is the qualification assessed?

At the end of the course, delegates will be presented with a realistic workplace scenario and will complete a multiple-choice assessment using the principles learnt throughout the course.

Who should attend?

The qualification is suitable for anyone responsible for employee wellbeing or managing workplace stress, including health and safety professionals, HR professionals, occupational health professionals, line managers and supervisors.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



NEBOSH HSE Certificate in Manual Handling Risk Assessment



Introduction

Musculoskeletal disorders (MSDs) are one of the leading causes of occupational ill health. Poor manual handling is a major cause of MSDs and employers must protect their workers from the risk of injury.

This course will equip delegates with the knowledge to recognise, assess and reduce manual handling risks in their organisation and will guide them through HSE's practical manual handling assessment tools, the Manual Handling Assessment Charts (MAC) tool and the Risk Assessment of Pushing and Pulling (RAPP) tool.

Additionally, as part of the course, delegates will complete the newly developed qualification, the '**NEBOSH HSE Certificate in Manual Handling Risk Assessment**', which will allow them to formally recognise their learning.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand why manual handling should be avoided, the moral, business and legal reasons for assessing and managing it and the common types of injuries that arise;
- understand the risk factors associated with manual handling, the application of HSE's manual handling assessment tools and what makes a risk assessment suitable and sufficient;
- be able to explain what manual handling risks are and how they may result in injury;
- know how to avoid manual handling risks with the use of mechanical assistance and recognition of good handling techniques;
- be able to explain the importance of reducing risks associated with manual handling activities;
- understand their organisation's responsibilities in relation to manual handling; and
- be able to apply wider elements of risk management for manual handling.

What the course will cover

This course explains the principles of manual handling and why reducing the risks associated with manual handling activities is important, the most common types of injuries, the legal aspects and the key risk factors. Delegates will study and use the manual handling assessment tools developed by HSE. Delegates will learn how to control and reduce risk, the key principles of good handling techniques and gain insights from industry and case studies.

How is the qualification assessed?

A practical assessment is completed at the end of the course. Delegates will be asked to watch a video of a manual handling activity in a workplace and then assess it using HSE tools and templates.

Who should attend?

This course is suited to employers and employee representatives who intend to begin the process of manual handling risk assessment and control within their organisations. It will also benefit those already involved in manual handling risk reduction who require more formal or in-depth training in this subject, including the use of specific manual handling assessment tools.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



NEBOSH HSE Certificate in Process Safety Management



Introduction

Effective process safety management is a blend of engineering and management skills and is of vital importance in major hazard industries to prevent catastrophic accidents and near misses.

But process safety management isn't just the job of the process safety specialist. It's important that all managers, supervisors and safety professionals working in these industries possess an understanding of process safety to allow them to manage their responsibilities effectively.

The NEBOSH HSE Certificate in Process Safety Management is a four-day course followed by a formal assessment to give managers, supervisors and safety professionals working in high hazard industries a broad understanding of the accepted principles and recognised industrial practices for the management of process risk. The course introduces delegates to common hazards found in the process industries and will help them to contribute to their control.

Learning outcomes

Delegates will be provided with information that will help them to:

- understand process safety management to ensure that they can contribute to the effective management of process safety risks;
- be able to describe the main elements of a process safety management system and why each element is important;
- have an appreciation of how to establish process safety management systems and the performance standards for safety critical systems and equipment; and
- understand hazards and controls for chemical reactions, bulk storage of dangerous substances, fire and explosion.

What the course will cover

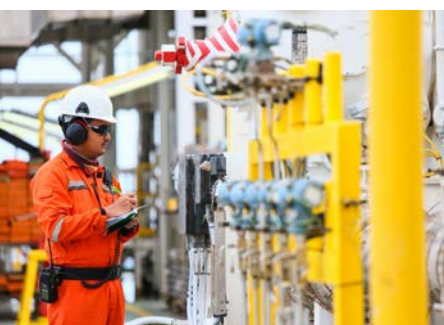
This course gives a wide-ranging introduction to process safety management. It introduces the key elements of a process safety management system and explains why each of the elements is important. Other topics introduced on this course include asset management and maintenance strategies, safe start-up and shutdown of process plant and performance standards for safety critical systems and equipment. Delegates will examine hazards and controls for chemical reactions, bulk storage of dangerous substances and fire and explosion, along with the purpose and features of emergency plans.

How is the qualification assessed?

Delegates are assessed by a 90 minute multiple choice examination, which must be accessed and completed via NEBOSH's Online Assessment Platform within a 24-hour window.

Who should attend?

This qualification is ideal for those who are new to or have some experience and knowledge (building on level 2 knowledge) of process safety. It is not designed for process safety or chemical engineers with extensive operational experience of working within the processing environment. Delegates should have some prior knowledge of health and safety issues and concepts.



Key facts

Available as:

- Open courses

Duration:

- 4 days (face-to-face)

Scan below to find out more
or to book a course:



NEBOSH HSE Introduction to Incident Investigation



Introduction

The investigation and analysis of work-related accidents and incidents forms an essential part of managing health and safety. By learning lessons and making improvements, organisations can prevent similar incidents occurring in the future.

HSE and NEBOSH have jointly developed this one day qualification to show how non-complex incidents can be investigated effectively.

Learning outcomes

Delegates will be provided with information that will help them to:

- appreciate why incident investigations are carried out, including the moral, legal and financial arguments;
- recognise how human and organisational factors contribute to incidents;
- understand how to gather evidence, including how to conduct successful interviews;
- know how to investigate incidents;
- be able to independently investigate simple incidents and contribute to team investigations for large scale incidents;
- be able to produce an action plan to prevent a recurrence of an incident; and
- be able to apply these skills and knowledge to impact positively on the safety culture in their organisation.

What the course will cover

This course provides an overview of incident terminology, sets out the moral, legal and financial arguments for investigations and explains the management system requirements. Delegates will look at human and organisational factors that can contribute to an accident, explore the process for investigating incidents and learn positive interview strategies so that they can conduct successful interviews. Finally, delegates will learn some advanced incident investigation techniques.

How is the qualification assessed?

Delegates will complete a practical assessment at the end of the course. Delegates will be provided with a pack of evidence and shown a video of three witness interviews. They will be asked to review the evidence, evaluate each interview and produce an action plan that will help prevent a recurrence of an incident. Delegates will have two working days after the course to complete and return their assessment to us.

Who should attend?

This qualification is for anyone who wants to carry out incident investigations effectively.

The course is relevant for delegates from all sectors: from manufacturing, construction, financial services, local government and retail, to health care, social services and the caring professions, in fact in any work situation where the outcomes from effective investigations can help improve management arrangements for risk control and compliance.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



Pressure Systems Awareness

Introduction

Pressure systems have been synonymous with industry since the age of steam. Today it is almost impossible to name an industry sector that does not make substantial use of pressure systems in some way or other. From tyre inflators and refrigerators, to full blown industrial processes, pressure systems have become as indispensable to industry as the electricity that powers them.

Many types of pressure equipment can be hazardous and if a piece of pressure equipment fails and bursts violently apart, the results can be devastating to people in its vicinity. Working safely with pressure equipment is therefore really important. Assessing the risks and putting proper precautions in place will minimise the chances of any accidents occurring.

This informative and experiential course is aimed at raising awareness of the hazards associated with pressure systems, as well as explaining the relevant regulatory framework. This course will offer delegates the unique opportunity to learn from real-life case studies and forensic investigations into pressure systems failures, providing a first-hand perspective of what can go wrong and why.

Learning outcomes

Delegates will be provided with information that will help them to:

- be able to identify pressure systems in their workplace;
- understand the nature and significance of common risks associated with pressure systems;
- understand the legal requirements which apply to pressure systems;
- know what can go wrong and why, through studying real life case studies; and
- understand the common methods of risk mitigation.

What the course will cover

This course provides an introduction to what pressure is, what a pressure system is and why pressure system safety is so important. Delegates will examine the relevant regulations to understand their regulatory obligations. They will look at the common hazards that are associated with pressure systems, along with the common methods of risk mitigation. Delegates will study case studies from real-life incident investigations to enhance their learning and there will be an open discussion forum.

Who should attend?

This entry-level course is aimed at employers and employees from all sectors of industry that would like to develop an improved understanding of pressure systems and the risks and regulatory responsibilities associated with them.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



Procedures: Designing for Compliance

Introduction

Effective procedures are crucial for organisations to perform consistently and safely. They are especially important when operating in safety critical environments.

Organisations commonly rely on procedures as a way of controlling health, safety and business risks, but they can only achieve this if they are well designed and people comply with them.

This short online course aims to introduce delegates to the principles of developing effective procedures, or reviewing and improving existing ones, and provides suggestions on how they can encourage compliance with procedures within their organisation.

Learning outcomes

Delegates will be provided with high-level information that will help them to:

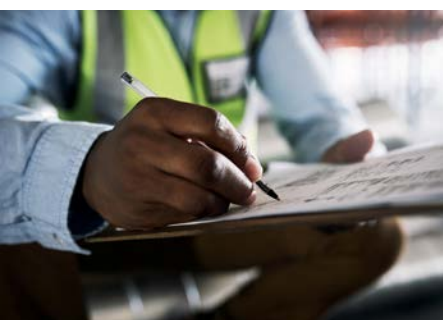
- understand what procedures are, why they are needed and how procedures should fit into controlling risks in an organisation;
- know the steps needed to design, implement and manage effective procedures;
- understand how to apply human factors principles to review, design and produce effective procedures; and
- know how to encourage compliance with procedures within their organisation.

What the course will cover

The course is designed to provide an introduction to the basics of designing, developing, implementing and managing procedures, as well as enhancing compliance, based on human factors good practice. Delegates will develop a better appreciation of the complexities of designing effective procedures, so that they will be able to manage the development, implementation, control and compliance of their procedures more effectively.

Who should attend?

The course is aimed at procedure writers and reviewers and those that manage this process. Typically, this includes managers, supervisors and technicians who are involved in developing and using procedures in a wide range of scenarios. The course is also useful to those who need to follow safety-critical procedures, to help them understand why and how procedures are produced, so that they can contribute effectively to the development process.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- Half day (live online)

Scan below to find out more
or to book a course:



Controlling Exposures to Respirable Crystalline Silica

Introduction

Silica is a natural substance found in rocks, sand and clay and in many common construction products such as bricks and concrete. In the workplace these materials create dust when they are handled, especially when cut or ground. Some of this dust is fine enough to breathe deeply into the lungs and cause serious health problems. The fine dust is called respirable crystalline silica (RCS).

HSE estimates that around 500 deaths occur every year in Great Britain as a result of workplace exposures to RCS, which occurs across a wide range of industries. Whilst silicosis is the disease most commonly associated with exposure to RCS, other conditions including Chronic Obstructive Pulmonary Disease (COPD) may also develop.

This one-day course, delivered by professionally qualified occupational hygienists and supported by other scientific experts, will introduce delegates to the topic and explain why, and where, RCS is an issue. It gives an overview of the design and implementation of appropriate exposure control approaches, the role of exposure monitoring in managing RCS risk along with real-world insights on barriers to and common failing relating to risk control

Learning outcomes

Delegates will be provided with information that will help them to:

- understand how RCS can harm the lungs;
- achieve compliance with the COSHH regulations in situations where RCS is a risk;
- understand which work activities and processes carry the highest risk;
- understand how to reduce exposure to RCS in their workplace and common failures in exposure control; and
- understand how exposure monitoring should be used to support health risk management and the role that occupational hygienists play in protecting worker health.

What the course will cover

This course provides an overview of where significant risks from RCS can be expected. The main focus of the course is on preventing harm through the implementation of effective exposure control strategies, with detailed information on the selection and implementation of effective measures to reduce airborne dust emissions and the role of respiratory protective equipment. The course will also cover the role of exposure monitoring in managing risks from RCS, including how to design an appropriate exposure monitoring strategy and how to interpret results from a monitoring exercise.

Please note: Health surveillance is not covered as part of this course

Who should attend?

This course is aimed at those with a responsibility for managing RCS exposure risks within a workplace. This includes people responsible for the completion of risk and COSHH assessments, or selecting and maintaining exposure controls.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day (face-to-face)
- 2 part days (live online)

Scan below to find out more
or to book a course:



Site and Transport Safety

Introduction

Every year, there are thousands of accidents involving transport in the workplace, some of which tragically result in people being killed.

The most common causes are people falling from or being struck by a vehicle, objects falling from a vehicle or vehicles overturning. Moving, loading and unloading vehicles can be some of the most dangerous work activities organisations carry out.

This course will help delegates understand the legal requirements of both road traffic law and workplace safety law, how and why things go wrong and how they can take practicable steps to reduce risk in their organisation.

Learning outcomes

Delegates will be provided with high-level information that will help them to:

- understand who is responsible for safety in the transport chain, including what the law says;
- understand what makes somebody a safe driver and how to influence driver behaviour;
- understand their work-related road risk (WRRR) responsibilities and some processes to manage the risk;
- know what good practice is for managing vehicles on site;
- know what good practice is for working at height and preventing falls;
- know what good practice is for load securing and the influence this can have on health and safety and WRRR; and
- complete a risk assessment for the loading and transport process.

What the course will cover

The course will introduce the legal principles and UK requirements for workplace transport and will explain the importance of communication and knowing your responsibility in the transport chain. Delegates will learn the background behind load securing and using the vehicle structure for load securing. Delegates will learn how to use lashing for safe road transport and how to separate vehicles and pedestrians on site, as far as reasonably practicable, in order to prevent incidents. The course will also help delegates to manage work at height on a vehicle and prevent falls, as well as cover a range of other work-related road risk issues. Additionally, delegates will look at how to complete risk assessments and develop safe systems of work for loading and transport. There will be interactive learning elements to the course to enhance learning.

Who should attend?

This course is designed for site managers and transport managers working in general haulage, retail, warehousing and distribution.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



Slips, Trips and Falls

Introduction

Slips, trips and falls are the leading cause of major injuries in the workplace. These injuries can be devastating for the individual involved and they generate a huge financial burden on industry. The majority of workplace slips, trips and falls can be prevented, often with simple inexpensive interventions.

This course will help you understand the causes of slips, trips and falls and will highlight successful interventions. The course will consider the importance of appropriate floor surface specification, good housekeeping, the role of footwear and the most important characteristics of stair design.

Learning outcomes

Delegates will be provided with information that will help them to:

- identify the causes of slips, trips and falls;
- know the most effective measures that can be taken to manage the risk;
- understand how stair design characteristics can influence the risk of falls; and
- know the measures that can be taken to improve stair safety.

What the course will cover

The course will look at the slip potential model to help delegates understand why people slip. It will consider the influence of floor surface characteristics, surface contaminants and footwear. The course will also discuss the common causes of trips and how to manage trip risk, as well as the influence of stair design characteristics and how to improve stair safety. By the end of the course, delegates will be able to identify examples of good and bad practice.

Who should attend?

This course is designed for anyone who is involved in managing slips, trips and falls, particularly those responsible for selecting flooring or footwear in their organisation. It is also suitable for employees involved in operations relating to slips, trips and falls, such as cleaning. Those interested in understanding falls on stairs or have responsibility for managing health and safety will also find this course useful.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 1 day

Scan below to find out more
or to book a course:



Work-related Stress: Developing Manager Capability

Introduction

Stress is one of the leading causes of sickness absence in the workplace. Employers have a legal duty to protect employees from stress at work by doing an organisational level risk assessment and acting on it. However, in HSE's experience, managers, supervisors and leaders often feel at a loss to know how to tackle this huge issue: where to start, how to have meaningful conversations with their team; even how to challenge whether their own organisation is doing enough.

This online course (delivered over two half-days) is designed to increase delegates' confidence and competence in managing work-related stress at the organisational, team and individual level and provides advice on fostering a supportive working environment.

Learning outcomes

Delegates will be provided with high-level information that will help them to:

- understand HSE's approach to managing stress and mental health at work;
- become familiar with HSE's Management Standards and how they can support their organisation's workplace stress and mental health strategy;
- spot the signs of stress in their team (both face-to-face and remotely);
- recognise the competencies that enable managers to become more effective at managing stress in their teams;
- gain insight into their personal competencies as a manager and reflect how they might adapt their approach to managing stress in their team;
- have constructive conversations with their peers about how to ensure their organisation focuses primarily on prevention and organisational level solutions;
- understand the different types of interventions required to manage stress at work;
- identify practical tools to manage stress at the organisational and team level; and
- reflect on actions that they could take to improve.

What the course will cover

This course provides delegates with the building blocks that will help them foster a supportive working environment. Delegates will learn about the differences between pressure and stress, how to spot the signs of stress in their team and about burnout and its relationship to stress. Delegates will examine HSE's Management Standards and the course will develop their personal approach to managing work-related stress by getting them to reflect on their own behaviour and management style. This session also provides delegates with a number of practical tools and techniques for managing stress at the team level, including how to structure conversations around stress and/or mental health, the types of interventions to consider and the importance of listening.

Who should attend?

The course is designed for line managers, HR managers, supervisors, team leads, occupational health managers or those responsible for individual case management and risk assessment for stress.



Key facts

Available as:

- Open courses
- In-company training
- Live online

Duration:

- 2 part days (live online)

Scan below to find out more
or to book a course:



Notes

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TRAINING AND EVENTS FROM



Health and Safety Executive

HSE Science and Research Centre
Harpur Hill, Buxton, Derbyshire, SK17 9JN

+44 (0) 203 028 3704
training@hse.gov.uk

solutions.hse.gov.uk/training