

**TRAINING AND
EVENTS FROM**



**SPECIALIST
TRAINING COURSES
BUILT ON OUR UNRIVALLED
EXPERTISE AS GREAT
BRITAIN'S HEALTH AND
SAFETY REGULATOR**



Health	
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Biological Monitoring for Chemical Exposures at Work	
Biosafety: working practices and managing safety at Containment Level 3	
COSHH Training - Practical Assessment and Control	
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NEBOSH recognise Learning Partners who go that extra mile to give learners the best experience and meet the principles that represent global best practice.



Accredited CPD training means the learning activity has reached the required Continuing Professional Development standards and benchmarks. The learning value has been scrutinised to ensure integrity and quality. The CPD Certification Service provides recognised independent CPD accreditation compatible with global CPD requirements.



HSE Training and Events is unlike any other training provider. Our training is built around current real-world expertise and is fully aligned with the requirements of the regulator. Our training courses are delivered by scientists and health and safety experts who work in research and investigations for the benefit of industry and government.

Our specialists review and optimise the relationships between people and the physical and social context of their work to deliver solutions that bring business benefits through safe, healthy and more effective work processes.

Visit us in the heart of the Peak District at the HSE Science and Research Centre

A lot of our courses are run at the world-class HSE Science and Research Centre near the spa town of Buxton, Derbyshire. Buxton is in the heart of the Peak District and has good links to mainline train stations and Manchester International Airport. It's a popular destination for individuals and teams alike because it is an interesting place to visit and gives students the time and space to digest their learning in a tailored workspace.

The HSE Science and Research Centre is an internationally renowned scientific facility for health and safety, employing scientific, medical and technical specialists in a purpose-built laboratory at our 550-acre site.

Train and learn together as a team in our In-Company Courses

Every organisation is different and every organisation has specific training needs. Our In-company health and safety training can be tailored around your organisation's specific needs whilst your work force gets to train and learn as a team. We can organise training at a venue of your choice (nationally and internationally) or host at our Science and Research Centre in Buxton.

- You will develop a course with HSE's leading subject experts that exactly meets your organisation's training needs
- Your workforce will be more engaged because the training is designed to be relevant to their specific requirements
- You choose the most convenient dates, times and location.

For information about our courses, to book a course, register your interest or discuss our in-company training visit us at <http://solutions.hse.gov.uk> call **0203 028 3704** or email HSETraining@hse.gov.uk



Asbestos: Managing asbestos in domestic and non-domestic premises

1 Day Course £525

This course gives you the knowledge to manage asbestos in non-domestic premises to the standards required by Regulation 4 of the Control of Asbestos Regulations (CAR 2012). Please note that 'Domestic' refers to the management of 'domestic premises', such as landlords' duties for rented accommodation, not to people in their own homes.

Learning Outcomes

By the end of this course you will understand:

- the health effects of asbestos
- duty holders and their responsibilities
- asbestos legislation and guidance
- the extent of asbestos-containing materials in buildings
- commissioning asbestos surveys
- assessing risks and formulating a management plan
- managing minor work with asbestos
- commissioning and scrutinising asbestos removal firms
- communication plans for asbestos management

The course is beneficial for anyone with duties under Regulation 4 of CAR 2012 - Management of Asbestos in Non-Domestic Premises. People have duties if they are responsible for repair or maintenance of non-domestic premises or access to them. This can include employers, self-employed people and building owners. Also suitable for landlords with similar responsibilities for managing risks from asbestos in rented domestic premises.

The course includes the use of case studies and the practical use of risk assessment and management tools.



- Asbestos can be found in any building built before 2000
- Asbestos still kills around 5500 workers each year - more than three times the number of people killed on the roads
- Around 20 tradesmen a week die from diseases related to asbestos exposure

"From a Senior Manager perspective it is abosutely fitted for a global overview. It is exactly what I expected."

D R. Merlo, CNIM

You may also be interested in

- Respirable Crystalline Silica (RCS): Health Surveillance and Exposure Control
- Respiratory Protective Equipment (RPE) Essentials



Behaviour Change: Achieving Health and Safety Culture Excellence

2 Day Course £1,175

This course, delivered by our psychologists, moves beyond traditional behaviour modification strategies by combining our knowledge and insights on behaviour, leadership and work engagement to help you adopt an integrated approach to health and safety management within your business.

You'll learn strategies that will help you tackle both the immediate and underlying causes of risk-taking head on; strategies which apply as much to manager behaviour as they do to operational staff. The course adopts a holistic approach to health and safety cultural improvement using behaviour change techniques (incorporating our ASCENT - Achieving Safety Culture Excellence Now and Tomorrow - programme) and concludes with strategies to help reduce the likelihood of risk-taking behaviour for health and safety.

Learn what factors influence both workers' and managers' behaviour and how behaviour change, leadership and worker engagement help you to achieve excellence in health and safety culture. Our experts can provide a variety of 'next step' solutions to help kick start your health and safety cultural programme including facilitated exercises and 'ask the expert' sessions.

"Tangeble tips that's can be immedietly transferrred into the workplace. Trainers extremely knowledgeable. A good mix of physcology amongst the models abd H & S foundations. Links to many other aspects." **L Bartlett, Heathrow Airport Ltd**

You may also be interested in

- NEBOSH HSE Certificate in Health and Safety Leadership Excellence
- Human Factors in Accident and Incident Investigations

Learning Outcomes

By the end of this course you will understand:

- why people take risks and the consequences of such behaviour
- how people think
- how to implement a safety culture improvement programme
- how to prepare your organisation for a health and safety cultural improvement programme
- how to assess safety culture and climate using our Safety Climate Tool
- evidence-based strategies to encourage safer and healthier behaviour at the organisation and individual level

This course is most appropriate for health and safety managers with limited knowledge / experience of behaviour change approaches. However, it will also be relevant to those who have established behaviour change initiatives but are interested in how the psychological principles of human behaviour can be mapped onto an integrated health and safety management system.

Meet one of our speakers

Victoria Whitehouse is a BPS and HCPC recognised Chartered Occupational Psychologist, with a Masters degree in Occupational Health Psychology. Victoria is also a qualified teacher and trainer (PGCE and PTLLS). She specialises in leadership; stress management and behaviour change to make businesses safer and healthier places to work. She does this by training and consulting across industries, helping clients who are struggling to gain traction with their safety culture programmes, those who have 'hit a brick wall' in health and safety improvements, and those who are swamped with data but lack usable information.

Biological Monitoring for Chemical Exposures at Work

Half Day Course £365

This course gives a practical and informative overview of biological monitoring using easily accessible information. During the course you'll be introduced to the fundamentals of biological monitoring and shown how it can be a useful tool for occupational hygiene and health professionals. There is also a practical, interactive learning element using relevant case studies.

An easy to understand guide on how biological monitoring can enhance the service that occupational hygiene and health professionals offer

Learning Outcomes

- The fundamentals of biological monitoring
- Practicalities – how to establish a biological monitoring programme
- View from a practitioner – using biological monitoring to assess chemical exposures
- Interpreting results – understanding and acting on the results received

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

- Biological monitoring is a cost-effective way of measuring the effectiveness of controls, especially with respect to skin exposures, use of PPE and human behaviours
- HSE data can benchmark your performance and show how you compare to current industry practice

Biosafety: Working practices and managing safety at Containment Level 3

5 Day Course £2,500

This course will help you achieve a greater understanding of the work carried out within a microbiological Containment Level 3 facility. It will provide you with the skills and confidence to deal with accidents and incidents and to enforce your duty and the duty of others in maintaining and working in a safe environment. You will learn about the equipment, concepts and philosophy of working with biological agents at this level of containment.

Practical sessions in a level 3 laboratory will provide you with a hands-on opportunity to understand the design and operation of such facilities.

Learning Outcomes

- Legislation
- Biosecurity and security
- Hazard criteria and categorisation
- Microbiological risk assessment
- Personal protective equipment
- Biocontainment facilities and equipment
- Health and safety management
- Code of practice
- Disinfection, sterilisation and fumigation
- Waste management
- Accident/emergency procedures
- Human factors
- Cabinetry
- Laboratory design
- Laboratory working practices

This course is designed for anyone working at or intending to start work at Containment Level 3 also Safety Advisers, Biological Safety Officers who support Containment Level 3 facilities. Previous experience or knowledge of working at Containment Level 2 is essential.

"Really well presented. Very knowledgeable - in depth look at the subject. Good practical guidance on how to set up biological monitoring in the workplace and the benefits."

S Patterson, Airbus

You may also be interested in

- COSHH Training: Practical Assessment and Control
- LEV: Practical Management of Local Exhaust Ventilation Controls
- Respirable Crystalline Silica (RCS): Health Surveillance and Exposure Control
- Respiratory Protective Equipment (RPE) Essentials

Employees must have a clear understanding of any identifiable risks to their health arising from work and the actions to be taken in the event of exposure to a biological agent. The level of training provided, as required under COSHH, should be appropriate to the level of risk or the complexity of the procedures being undertaken. At CL3 written records of training should be kept.

"Excellent course containing a good mix of practical and theoretical tasks. The presentors were very knowledgeable and the course was all very beneficial. I would highly recommend this course to anybody with involvement in containment level 3 facility."

J Haswell, Northumbria Healthcare NHS Foundation Trust

You may also be interested in

- COSHH Training: Practical Assessment and Control
- LEV: Practical Management of Local Exhaust Ventilation Controls
- Respiratory Protective Equipment (RPE) Essentials



CDM: The Construction (Design and Management) Regulations 2015 (CDM 2015) – An Introduction to the Role of the Principal Designer

1 Day Course £525

This course introduces this new role and is aimed at designers, clients, contractors and/or individuals who may take on the pre-construction phase coordination role for the first time, or simply want to understand the PD function for small to medium size projects. It is not aimed at former CDM-Cs. The course will be delivered by an HSE Principal Inspector with over 30 years' experience.

Learning Outcomes

- An introduction and overview to CDM 2015 and the duties of the Principal Designer
- The role of the construction client
- The Principal Designer's role in supporting the client
- Obtaining and using pre-construction information
- Appointment of designers and contractors
- The Principal Designer's role in ensuring designers comply with their duties
- Exploring through case study and discussion the key health and safety risks construction workers can face during construction and maintenance
- Coordinating the flow of health and safety information
- The role of the Principal Contractor and liaison with the PD
- Preparing the health and safety file

This course is designed for individuals and employees of organisations who meet the definition of designer and could be appointed as PD, and those who want to understand the duties of a PD as defined in CDM 2015. It is intended to provide an introduction and overview only and help delegates understand the actions that need to be taken to discharge the Principal Designer's duties. It is not aimed at those involved in major projects or designed to establish or evaluate competence.



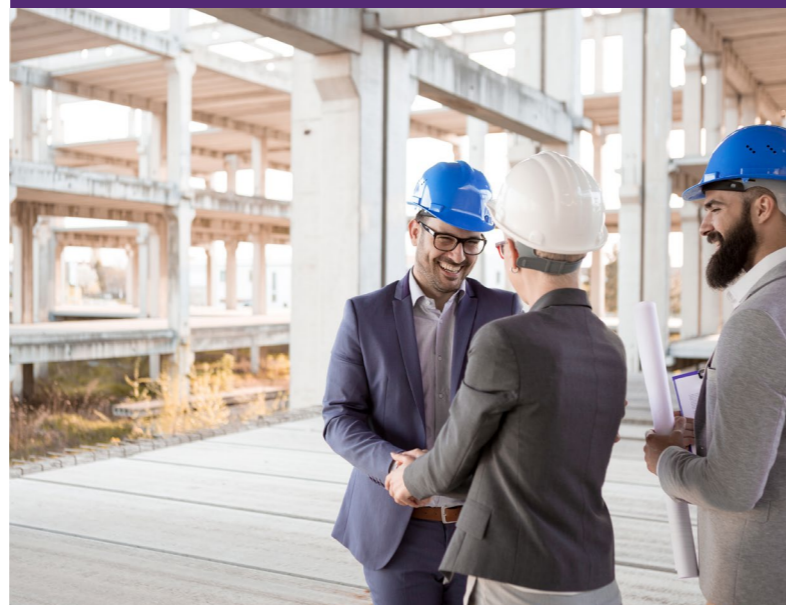
CDM 2015 creates a new role of the Principal Designer (PD) – a designer or design organisation appointed from the existing project team with duties to plan, manage and monitor the pre-construction phase and coordinate matters relating to health and safety during the pre-construction phase. Construction risks can be mitigated through design and exchange of information.

"Invaluable insight into regulatory development based on experiences in industry. Clarification on the importance of early appointment and communication/co-operation."

S Hill, MAG Airports

You may also be interested in

- Asbestos: Managing asbestos in domestic and non-domestic premises
- Ergonomics
- Respiratory Protective Equipment (RPE) Essentials
- Worker Fatigue Risk Management



COMAH: Demystifying COMAH – A Basic Introduction

1 Day Course In-Company ONLY

This course is about the principles behind the Control of Major Accident Hazards Regulations 2015 (COMAH) and the duties the regulations impose. It 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. It will also explain the remodelled COMAH regulatory regime and the national strategic inspection topics.

COMAH 2015 is enforced by a Competent Authority (CA) that comprises HSE, or the Office for Nuclear Regulation (ONR) for nuclear establishments, acting jointly with the appropriate environmental agency. The aim of the Regulations is to prevent and mitigate the effects on people and the environment of major accidents involving dangerous substances.

You may also be interested in

- Designing and Specifying Safety Related Control Systems
- Developing Effective Procedures
- Layers of Protection Analysis: Practical Application and Pitfalls (LOPA)
- NEBOSH HSE Certificate in Health and Safety Leadership Excellence

Learning Outcomes

- An introduction to major accident hazards and the major hazards regulatory regime
- COMAH application, including the aggregation rules, duties and notification to the CA
- The Major Accident Prevention Policy, what it should and should not contain
- Understanding your risk profile
- Controlling your risks
- Roles and responsibilities for compliance
- What to expect from inspections
- COMAH guidance and sources of information

This course is designed for lower tier COMAH operators but will also provide valuable background for upper tier operators. It is designed for managers, supervisors and safety professionals who have responsibilities within companies for managing or implementing major accident controls at existing establishments. It is also suitable for managers/supervisors of establishments newly brought within scope of COMAH 2015 who may be involved in dealing with the COMAH Competent Authority during inspections.



COURSES

COURSES

COMAH: Technical Aspects of Safety Reports

2 Day Course £1,195

COMAH regulations ensure that businesses take all necessary measures to prevent major accidents involving dangerous substances and limit the consequence to people and the environment of any major accidents which do occur. The purpose of a safety report is to show that you have put these arrangements in place.

Presented by HSE Safety Report assessors, this course describes the assessment process and the technical demonstration criteria, covering the following technical topics: process safety; mechanical engineering; electrical control and instrumentation; human factors.

Learning Outcomes

- The technical section of a COMAH Safety Report
- The link between the technical and predictive sections of the Safety Report
- How Human Factors is integral to a Safety Report
- The assessment process and the technical demonstration criteria

This course is designed for individuals and employees of organisations who meet the definition of designer and could be appointed as PD, and those who want to understand the duties of a PD as defined in CDM 2015. It is intended to provide an introduction and overview only and help delegates understand the actions that need to be taken to discharge the Principal Designer's duties. It is not aimed at those involved in major projects or designed to establish or evaluate competence.

This course is designed for those involved in writing the technical sections of COMAH safety reports. They could work for companies with COMAH sites or for their consultants.

The Health and Safety Executive (HSE) is one of the Competent Authorities (CA) under the Control of Major Accident Hazard (COMAH) Regulations, and one of the key duties of the HSE is the assessment of Safety Reports.

"Covered everything required in depth with good examples and further discussion. Knowledge and discussion from presenters really helped with making the understanding of the application clear." J-R Landeg, Tata Steel

You may also be interested in

- Designing and Specifying Safety Related Control Systems
- Developing Effective Procedures
- Layers of Protection Analysis: Practical Application and Pitfalls (LOPA)
- NEBOSH HSE Certificate in Health and Safety Leadership Excellence



COMAH: Compliance for Lower Tier Establishments

1 Day Course £650

The Control of Major Accident Hazards Regulations 2015 (COMAH) impose duties on establishments holding in storage or process quantities of hazardous materials above thresholds defined for each substance. Those 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

- An introduction to the major hazards regulatory regime
- COMAH application, including the aggregation rules, duties and notification to the CA
- The Major Accident Prevention Policy, what it should and should not contain
- Understanding your risk profile
- Controlling your risks
- Roles and responsibilities for compliance
- Delivering the Safety Management System
- Mitigatory actions

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

The Health and Safety Executive (HSE) is one of the Competent Authorities (CA) under the Control of Major Accident Hazard (COMAH) Regulations, and one of the key duties of the HSE is the assessment of Safety Reports.

You may also be interested in

- Designing and Specifying Safety Related Control Systems
- Developing Effective Procedures
- Layers of Protection Analysis: Practical Application and Pitfalls (LOPA)
- NEBOSH HSE Certificate in Health and Safety Leadership Excellence



COMAH Onshore Major Hazards: Predictive Aspects of COMAH

2 Day Course £1,195

This course is intended for risk assessment specialists and 'intelligent customers' who buy in risk assessment services. It is delivered by experienced safety report assessors, and from the point of view of the requirements of the regulator. It gives an overview of the requirements for the predictive (risk assessment) aspects of a safety report under the Control of Major Accident Hazard Regulations (COMAH) from the point of view of safety. Information assessed, during both the early predictive assessment and the full assessment, are explained. Common pitfalls and ways to avoid them will be identified.

The course gives an overview of different risk assessment approaches and explains how the approach needs to be selected to be proportionate to the risk.

Learning Outcomes

- The purposes of a COMAH risk assessment
- Proportionality
- Key information to include (Schedule 3 of COMAH)
- Structure of the risk assessment
- Risk matrix and QRA approaches
- Input data and uncertainty
- ALARP demonstration

This course is designed for safety professionals and managers who are involved in the co-ordination, writing or updating of COMAH safety reports and consultants who provide assistance with safety reports.

The Health and Safety Executive (HSE) is one of the Competent Authorities (CA) under the Control of Major Accident Hazard (COMAH) Regulations, and one of the key duties of the HSE is the assessment of Safety Reports.

"I really valued the course and shall be recommending it to colleagues involved in this activity." R Homan, Esso Petroleum Company UK Ltd.

You may also be interested in

- Designing and Specifying Safety Related Control Systems
- Developing Effective Procedures
- Layers of Protection Analysis: Practical Application and Pitfalls (LOPA)
- NEBOSH HSE Certificate in Health and Safety Leadership Excellence

COSHH Training: Practical Assessment and Control

2 Day Course £825

This two-day course gives detailed and practical training on carrying out COSHH assessments and, crucially, putting the assessment into practice to control substances hazardous to health.

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.

Learning Outcomes

- Hazardous substances and risks from over exposure
- COSHH regulations and what they mean in practice
- Guidance and finding information
- Assessments and action plans
- Adequate control, understanding limits, the principles of good control practice
- Hierarchy of control and reliability
- Reducing exposure by process change and substitution
- Choosing and using effective LEV
- Choosing and using RPE
- Skin and ingestion exposure
- Choosing and using PPE

This course is designed for 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.

Every year, thousands of workers are made ill by hazardous substances, contracting lung disease such as asthma, cancer and skin disease such as dermatitis. The Control of Substances Hazardous to Health (COSHH) is the law that requires employers to control substances that are hazardous to health. Myth 'Of course it's safe – we've always done it this way.' Reality Some diseases take years to develop. If exposure is high because the task has always been done that way, maybe it's time for a change.

"An excellent course as always by the HSE (fifth visit to Buxton). A great mixture of guest speakers, case studies, practical/show." P Riodan, Venator Materials UK Ltd

You may also be interested in

- Asbestos: Managing asbestos in domestic and non-domestic premises
- Biological Monitoring for Chemical Exposures at Work
- Biosafety: working practices and managing safety at Containment Level 3
- LEV: Practical Management of Local Exhaust Ventilation Controls
- Respirable Crystalline Silica (RCS): Health Surveillance and Exposure Control
- Respiratory Protective Equipment (RPE) Essentials



The Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR): Controlling Dust Explosion Risks

1 Day Course £650

The Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR) regulate the presence and use of flammable substances in the workplace. 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 to comply with DSEAR.

Learning Outcomes

- A brief overview of the Regulations
- Identifying and understanding the hazards
- Assessing the risks
- Controlling the risks
- Hazardous area classification
- An introduction to equipment for use in explosive atmospheres

This course is designed for 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.

DSEAR regulates the presence and use of flammable substances in the workplace. The list of potentially dangerous substances includes gases, liquids and flammable solids in the form of a finely divided dust which, if dispersed in the air, could lead to a serious fire or an explosion. However, flammable dusts pose their own unique risks that differ from those posed by flammable gases and liquids.

Dangerous substances can put peoples' safety at risk from fire, explosion and corrosion of metal. DSEAR puts duties on employers and the self-employed to protect people from these risks to their safety in the workplace, and to members of the public who may be put at risk by work activity.

"Interesting course and very informative. Enjoyable, very technical." J Ewers, D.S Smith

You may also be interested in

- COSHH Training: Practical Assessment and Control
- DSEAR: Gases and Liquids
- Hazardous Area Classification for Gases and Liquids
- HSE Inspectors' Guide to Risk Management: Risk Assessment and Control
- Human Factors in Accident and Incident Investigations

The Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR): Gases and Liquids

1 Day Course £650

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

- The legal duties
- Assessing the risks from dangerous substances
- Controlling and mitigating the risks
- An introduction to hazardous area classification
- Area classification of laboratories
- An introduction to equipment for use in explosive atmospheres

This course is designed for 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.

Dangerous substances can put peoples' safety at risk from fire, explosion and corrosion of metal. DSEAR puts duties on employers and the self-employed to protect people from these risks to their safety in the workplace, and to members of the public who may be put at risk by work activity.

Dangerous substances can put peoples' safety at risk from fire, explosion and corrosion of metal. DSEAR puts duties on employers and the self-employed to protect people from these risks to their safety in the workplace, and to members of the public who may be put at risk by work activity.

"I had little understanding before coming into this course, but with the knowledge and training I feel I have gained the requirements to be able to benefit my company."

L Jacobs, Gurit

You may also be interested in

- COSHH Training: Practical Assessment and Control
- DSEAR: Controlling Dust Explosion Risks
- Hazardous Area Classification for Gases and Liquids
- HSE Inspectors' Guide to Risk Management: Risk Assessment and Control
- Human Factors in Accident and Incident Investigations



Designing and Specifying Safety Related Control Systems

1 Day Course £525

This course will benefit delegates responsible for specifying and designing safety related control circuits which comply with the requirements of the Supply of Machinery (Safety) Regulations 2008 (Machinery Directive 2006/42/EC) and the Provision and Use of Work Equipment Regulations.

The course concentrates mainly on the approach laid down in EN ISO 13849 parts 1 and 2 and applies the requirements of the standard to a worked example. Other relevant standards such as EN 62061 are also referenced.

Learning Outcomes

- Control system requirements of the Machinery Directive and PUWER
- Safety integrity levels, performance levels, categories, what they are what they aren't and the difference between them
- Worked example of a circuit design
- Demonstration of interlocking and other safety devices

This course is designed for delegates with engineering knowledge such as electrical, control and project engineers, whether they be original equipment manufacturers or users involved in specifying control systems on customized machinery / assemblies or significantly modifying control systems on existing machinery / assemblies.

Control systems for machinery are often required to perform safety-related functions. There are regulatory requirements for these safety-related control systems and established approaches for dealing with their design which are laid out in European Standards.

"I really valued the course and shall be recommending it to colleagues involved in this activity." R Homan, Esso Petroleum Company UK Ltd.

You may also be interested in

- Machinery Series: Introduction to safeguarding and safety-related control systems
- Machinery Series: Machinery Directive
- Machinery Series: Machinery Risk Assessment Essentials
- Machinery Series: PUWER

Developing Effective Procedures

1 Day Course £525

This one-day course aims to help delegates develop effective procedures, or assess and improve existing ones, and achieve compliance with them. The course has a focus on safety critical activities that impact on occupational safety and major accident hazards.

The course is designed to help attendees review existing procedures effectively and equip them with the capability to write new ones. It is based on human factors good practice in designing, developing, implementing and managing procedures / job aids, and enhancing compliance.

Learning Outcomes

- How procedures should fit into controlling risks in an organisation
- Good practice for developing, implementing and managing procedures
- How to apply human factors principles to review, design and produce effective procedures
- How to encourage compliance with procedures
- Simple tools and guidance to help procedure writers and reviewers improve key procedures

This course is designed for procedure writers and reviewers and those that manage this process. Typically, this will include managers, supervisors and technicians who are involved in developing and using procedures in a wide range of scenarios. The course can also prove useful for those who need to follow safety-critical procedures because a) if personnel understand why and how procedures are produced then this helps them follow procedures, and b) the people that need to follow procedures should be involved in their development to help them to contribute fully.



Display Screen Equipment (DSE) Risk Management

1 Day Course £525

This course, delivered by experienced HSE ergonomists, will provide you with an understanding of DSE risks and approach to risk management and with the documentation to provide your employer with risk assessments. We also discuss risk management for less common DSE issues such as hot-desking and dual screens, and mobile technology such as tablet pcs, smartphones and laptops.

Learning Outcomes

- Why DSE? Legal, moral, financial reasons
- How do we get injured?
- What's the best posture
- Achieving good posture at the workstation
- Alternative pointing device
- Practical assessment
- Break requirements from DSE
- Mobile DSE risks and risk management

This course is designed 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.

Display screen technologies are common in all aspects of our lives. 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 devices 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.

"Excellent course delivery. Very well pitched. Would strongly recommend the course." **A Hall, Derby City Council**

You may also be interested in

- Manual Handling for Assessors
- Slips and Trips: Falls Prevention

Ergonomics

5 Day Course £1,795

A large number of accidents and ill health caused by work activities are due to a lack of thought and planning concerning the use of our everyday systems. This course provides the ergonomics theory and techniques used to maximize the design of the tools, tasks and workplaces for improved comfort, safety and performance of the workforce. The techniques cover both the physical and psychosocial aspects of a workplace design, following relevant HSE guidance and approaches to assess and reduce risks.

Learning Outcomes

- Ergonomics principles, methods and techniques
- Human Beings – physical and psychological factors
- Applied Anthropometry
- Workplace Design and DSE
- Manual Handling risks, assessments and controls
- Upper Limb Disorders – risks, assessments and controls
- Stress Management
- Influencing behaviour
- User investigation methods, such as interviews, questionnaires and focus groups
- Task Analysis
- Controls and Displays
- Environmental Factors – Lighting, Floors and footwear, Noise

This course is designed for all who have an interest in workplace ergonomics and wish to understand more about possible interventions that could be made to assess and improve worker comfort, safety and performance. No previous ergonomics or MSD experience is required.

The term musculoskeletal disorders (MSDs) covers any injury, damage or disorder of the joints or other tissues in the upper/lower limbs or the back. As an employer, you must protect your workers from the risk of injury from hazardous manual handling in the workplace. Manual handling means transporting or supporting a load by hand or bodily force. It includes lifting, putting down, pushing, pulling, carrying or moving loads

"Very efficient, very complex. A lot of information that can be implemented at my work. My knowledge has been broadened significantly." **Ch Wilkos, Police Federation of England and Wales**

You may also be interested in

- Manual Handling for Assessors
- Understanding and Preventing Work-Related Stress
- Worker Fatigue Risk Management



Meet one of our speakers

Matthew Birtles has been a practising ergonomist for 13 years. His work at HSE has spanned various industries and topics, such as welding and foundry work, fairground ride safety and other leisure industry projects, food production, railway and train cabin design, furniture manufacturing, construction health and safety and ergonomics in health care. He also co-authored and presents, material on MSD training for HSE inspectors.

Hazardous Area Classification for Gases and Liquids

1 Day Course £650

The Dangerous Substances and Explosive Atmospheres Regulations (DSEAR) require 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

- The classification of hazardous substances
- The relevance of the physical/chemical properties of gases, liquids and mists to area classification
- The classification of hazardous areas by zone, including the concept of a zone of negligible extent (NE)
- The importance of ventilation in area classification and the concept of Vz
- The Quadvent approach to area classification
- The national and international standards and guidance commonly used in area classification including practical examples of their use
- An introduction to equipment for use in explosive atmospheres

This course is designed for those who may be asked to carry out hazardous area classification as part of a DSEAR assessment including process safety and electrical engineers, and health and safety practitioners.

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

The Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR) provide for the first time a specific legal requirement to carry out a hazardous area study, and document the conclusions, in the form of zones.

"Very detailed course, explained well. Example exercises help with understanding." **B Martin, LMA Services Ltd**

You may also be interested in

- COSHH Training: Practical Assessment and Control
- DSEAR: Controlling Dust Explosion Risks
- DSEAR: Gases and Liquids
- Hazardous Area Classification for Gases and Liquids
- HSE Inspectors' Guide to Risk Management: Risk Assessment and Control
- Human Factors in Accident and Incident Investigations



HSE Inspectors' Guide to Electrical Safety

1 Day Course £525

The workshop will give you a practical understanding of what HSE inspectors are looking for in the control of electrical safety risks, including the effectiveness of appropriate controls. You will review known high-risk electrical safety issues together with the controls based on HSE's investigation experiences and understand the practical application of enforcement. The workshop is based on HSE's practical enforcement experience which arises out of the businesses it inspects, generally those in the higher risk industries but also those where although the hazards can be high, the risks are thought to be well-controlled. It will be delivered by current and former Specialist Electrical Inspectors with extensive industry experience including giving guidance to duty holders, experience with serious incident investigations and taking enforcement action.

Learning Outcomes

- Relevant legislation, guidance and industry best practice; principles of enforcement, recent case law examples
- High-risk and priority issues an HSE inspector will focus on in general electrical safety
- Managing electrical distribution networks and controlling risks to third parties; legislation, guidance
- How to reflect on and plan for any necessary improvements in the control of risks associated with electricity before an HSE inspector calls
- Practical demonstration of hazards associated with electrical control systems
- Electrical safety issues that are likely to trigger enforcement action
- What happens when things go wrong? (An insight into the investigation progress and things you can do to assist with the process)
- To identify possible systems (policies, procedures and people issues) that will help you better manage electrical safety

This course is designed for Health and Safety Professionals responsible for managing or advising on the interface between businesses and the HSE. 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.

Electricity is a familiar and necessary part of everyday life, but electricity can kill or severely injure people and cause damage to property. There are simple precautions when working with, or near electricity that can be taken to significantly reduce the risk of electrical injury to you and others around you.

"An excellent, well delivered and covered a lot of useful information from the HSE inspectors view." **P Shiell, Skanska UK plc**

You may also be interested in

- Designing and Specifying Safety Related Control Systems
- Developing Effective Procedures
- HSE Inspectors' Guide to Electrical Safety

HSE Inspectors' Guide to Improvement and Prohibition Notices

1 Day Course £525

This workshop will be delivered by a senior HSE inspector with more than 25 years of experience and is a rare opportunity to understand your regulator by seeing the world through an inspector's eyes.

You will learn why, when and how HSE takes formal enforcement action, how to influence formal HSE decisions and how to respond to receipt of a notice.

Learning Outcomes

- The legal basis for HSE taking formal enforcement action and the basic format of the Improvement and Prohibition Notice
- How HSE inspectors form their judgement about whether to serve formal notices – the factors that are taken in to account and how an inspector forms their opinion
- An insight into how businesses can legitimately influence an inspector in their enforcement decision
- Options for both formal and informal actions that are available to a business receiving a notice

This course is designed for Health and Safety Professionals responsible for managing or advising on the interface between businesses and the HSE. Business owners or senior managers responsible for managing and controlling risks. Anyone who might have a formal notice put in their hands by an HSE inspector.

Section 21 of the Health and safety at Work Act states that, where an inspector is of the opinion that a person is contravening one or more of the relevant statutory provisions, or has contravened one or more of those provisions in circumstances that make it likely that the contravention will continue or be repeated, s/he may serve an improvement notice.

Section 22 allows an inspector to serve a prohibition notice on a person if s/he is of the opinion that an activity carried on (or likely to be carried on) by or under the control of that person involves (or will involve) a risk of serious personal injury.

You may also be interested in

- HSE Inspectors' Guide to Electrical Safety
- HSE Inspectors' Guide to Risk Management: Risk Assessment and Control

HSE Inspectors' Guide to Risk Management: Risk Assessment and Control

1 Day Course £525

This workshop will be delivered by a senior HSE inspector with more than 25 years of experience and is a rare opportunity to understand your regulator by seeing the world through an inspector's eyes.

You will learn: how HSE examines and uses employers' risk assessments; the common errors that HSE finds in the risk assessment process; and how to use this information to manage risks more effectively and avoid enforcement action.

Learning Outcomes

- The different types of risk assessments required under health and safety legislation
- How HSE inspectors use risk assessments during inspections and investigations, and how they form judgements about whether risks are being adequately controlled
- The common errors that inspectors find in risk assessments and in how businesses use them to manage risks
- The circumstances where an inadequate risk assessment may cause an Inspector to take enforcement action, and what form that action is likely to take
- How to improve your risk assessment processes, manage risks better and avoid formal or informal action

This course is designed for Health and Safety Professionals responsible for managing or advising on the interface between businesses and the HSE and Business owners or managers responsible for managing and controlling risks.

As part of managing the health and safety of your business you must control the risks in your workplace. To do this you need to think about what might cause harm to people and decide whether you are taking reasonable steps to prevent that harm. This is known as risk assessment and it is something you are required by law to carry out. A risk assessment is not about creating huge amounts of paperwork, but rather about identifying sensible measures to control the risks in your workplace. You are probably already taking steps to protect your employees, but your risk assessment will help you decide whether you have covered all you need to.

"The course takes risk assessment back to the base reason for completion and then builds up which is of great value. Secondly its always worth hearing the inspectors opinion." S Heighton, pxlimited

You may also be interested in

- HSE Inspectors' Guide to Electrical Safety
- HSE Inspectors' Guide to Improvement and Prohibition Notices



Human Factors in Accident and Incident Investigations

2 Day Course £1,325

Effective accident investigation identifies critical issues using the minimum of resources possible, and results in changes being implemented which reduce the risk of similar accidents happening again, for an appropriate cost. This is a big challenge, and this course aims to help delegates find ways of achieving effective accident investigation within their own organisational context.

This course is designed to give participants an impartial and pragmatic understanding (and experience) of some of the techniques that are available for investigating Human Factors issues.

Learning Outcomes

- Essential background understanding for accident investigation
- Basic principles of a range of accident / incident investigation techniques to identify causal and contributory factors
- Practical exercises in investigation
- Understanding human performance failure

This course is designed for those relatively new to accident investigation and human factors or wish to consolidate their medium level of competence and to 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.

It is estimated that as much as 90% of incidents involve Human Factors causes. For those wishing to improve human performance, personal safety, management systems and loss control, effective investigation of the Human Factors within accidents and incidents is an essential part of achieving this aim. The lessons to be learnt from investigating accidents provides the insights needed to make effective improvements.

"Good presentation, well explained especially if you have no experience in accident investigation. Just enough detail without information overload. Lots of tools and handouts that you can impliment within your own company."

J Hudson, Space Engineering

You may also be interested in

- Behaviour Change: Achieving Health and Safety Culture Excellence
- NEBOSH HSE Certificate in Health and Safety Leadership Excellence
- NEBOSH HSE Introduction to Incident Investigation



Layers of Protection Analysis: Practical Application and Pitfalls (LOPA)

2 Day Course £1,195

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 storage tanks at sites like Buncefield. The course presenter was a member of the PSLG LOPA working group that developed the LOPA guidance. This course will draw on that guidance, its relevance to LOPA assessment in general, and pitfalls identified during the assessment of many LOPA studies from the petrochemical industry.

Layers Of Protection Analysis (LOPA) is a risk assessment method used to determine and hence demonstrate the ability of existing and proposed safeguards to protect against identified hazard scenarios and to meet predetermined risk based criteria.

You may also be interested in

- Designing and Specifying Safety Related Control Systems
- Developing Effective Procedures
- HSE Inspectors' Guide to Risk Management: Risk Assessment and Control



Learning Outcomes

- LOPA, uses and complexity
- When to use LOPA and when to consider QRA
- LOPA study prerequisites and preparation?
- LOPA target frequencies
- Human Factors
- Input data sources and uncertainty
- How to perform LOPA; LOPA rules and IEC 61511 requirements, scenario's, conditional modifiers, enabling events, Independent protection/mitigation layers
- LOPA Outcomes; regulator expectations, ALARP considerations
- Example pitfalls associated with LOPA
- Case study examples

The course is designed for those engineers, managers and safety professionals who have a basic knowledge of risk assessment possibly gained through HAZOP studies and PHA studies, who would like to understand the LOPA method and how to apply LOPA and the pitfalls commonly associated with this type of analysis. For example, typical attendees could be: SHE managers, Engineering Managers, Operations personnel or Engineers – Safety, EC and I, Process, Electrical and Mechanical.

Meet the speaker

Dr Colin Chambers Ceng MIET has 15 years' experience at HSE, initially on the development of risk assessment methods for the assessment of safety related systems such as the SIL determination method in informative annex of BS EN 62061 and 11 years' experience of risk assessment as a COMAH technical assessor. Dr Chambers was a member of the PSLG working group that developed the PSLG LOPA guidance and was part of the CA team charged with assessing post Buncefield LOPA studies.

LEV: Practical Management of Local Exhaust Ventilation Controls

1 Day Course £525

Poorly controlled exposure to dust and fumes causes a lot of work-related ill-health each year. 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.

Learning Outcomes

- The course will demonstrate how to successfully manage LEV controls in order to get effective, efficient, and reliable control of airborne contaminants, at least cost.
- The course is designed for a range of people including: Employers, Managers including those responsible for production, building facilities and maintenance, Health, Safety and Environment managers, 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

This course is designed for those relatively new to accident investigation and human factors or wish to consolidate their medium level of competence and to 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.

Meet one of our speakers

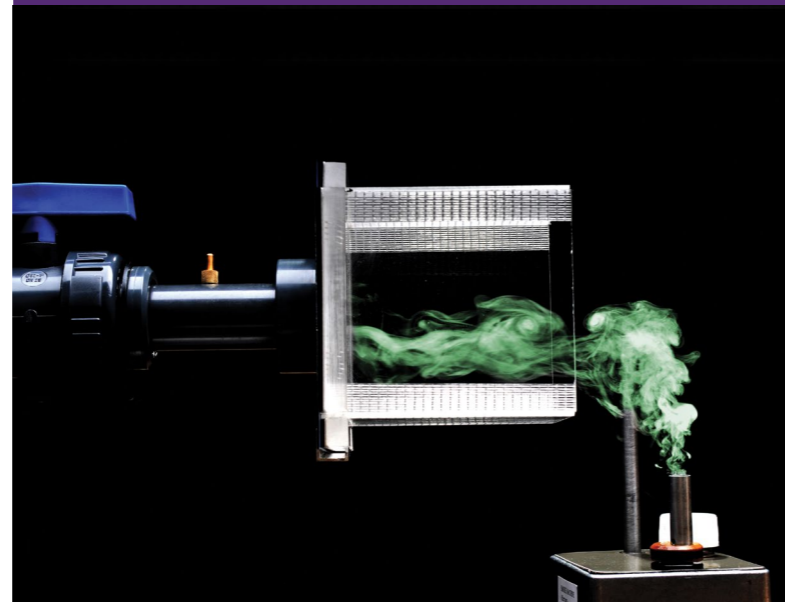
The course is innovative, practical and lively. It was developed by Dr Mark Piney (former HSE Principal Specialist Inspector, main author of HSE LEV guidance, including HSG 258) and HSE staff. It is delivered by HSE specialists in LEV.

Effective LEV or dust/fume extraction can carry away airborne contaminants before they can be breathed in. The effective application of LEV requires a good understanding of processes and the dust sources they create.

"Very informative and allow people with little prior understanding to learn about LEV. Gives ideas to take away and explore." R Harris-Tomkinson, Sodexo

You may also be interested in

- COSHH Training: Practical Assessment and Control
- DSEAR: Controlling Dust Explosion Risks
- Respirable Crystalline Silica (RCS): Health Surveillance and Exposure Control
- Respiratory Protective Equipment (RPE) Essentials



Machinery Series: Introduction to safeguarding and safety-related control systems

1 Day Course £525

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 aims to build on the PUWER and Machinery Directive 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.

A control system or device is deemed to be safety related if it provides functions which significantly reduce the risk of a hazard, and in combination with other risk reduction measures, reduces the overall risk to a tolerable level, or if it is required to function to maintain or achieve a safe state for the equipment under control (EUC).

These functions are known as the safety functions of the system or device and are the ability to prevent initiation of a hazard or detect the onset of a hazard, and to take the necessary actions to terminate the hazardous event, achieve a safe state, or mitigate the consequences of a hazard.

You may also be interested in

- Machinery Series: Machinery Directive
- Machinery Series: Machinery Risk Assessment Essentials
- Machinery Series: PUWER



Learning Outcomes

- Principles of operation of protective devices such as light curtains and laser scanners
- Suitability of protective devices for particular applications
- Principles of operation of control system components such as relays, safety relays and programmable devices
- Logic and software
- Basic safety principles for control systems
- SILs, PLs and Categories
- Demonstration of interlocking and other safety devices

This course is designed for 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.

Machinery Series: Machinery Directive

1 Day Course £525

This course gives delegates a thorough understanding of this legislation, as revised, as well as the key current European and International safety standards that support the Regulations. Delegates are shown how to build a technical file and can practice assessing conformity to the essential health and safety requirements. The purpose and content of a declaration of conformity and incorporation are explained along with when to use which. The role and process of risk assessment are explained.

Learning Outcomes

- Machinery Directive and UK Supply of Machinery (Safety) regulations 2008
- Assemblies of machines
- Principles of safety by design
- Introduction to control system safety
- Ergonomics in machine design
- High level access
- Building a technical file
- Relevant standards and their use
- Documentation requirements
- Hands-on practice of the evaluation and conformity assessment of machinery

This course is designed for people who design and supply machines and create assemblies of machines. It is also relevant for people who specify and install new machines or assemblies or make significant modifications to existing machines. The course will also be helpful to anyone who is interested in a detailed understanding of the safety of industrial machinery, the supply of machinery safety regulations as amended.

The design, supply and incorporation of machinery into assemblies within the European Economic area is governed by the European Machinery Directive that was significantly amended in 2006. In the UK this directive has been transposed into the Supply of Machinery (Safety) Regulations that came into force at the end of December 2009.

"A really good insight into the Machinery Directive, a great basis for me to develop as a machine safety lead within the company I work within. The noise section was really useful and provoked some thought for back at site."

S Lee-Shield, GSK (Barnard Castle)

You may also be interested in

- Machinery Series: Introduction to safeguarding and safety-related control systems
- Machinery Series: Machinery Risk Assessment Essentials
- Machinery Series: PUWER

Machinery Series: Machinery Risk Assessment Essentials

1 Day Course £525

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. It assumes a basic level of understanding of machinery safety.

Learning Outcomes

- What is the difference between hazard and risk and other definitions?
- Hazard Identification process and techniques
- Risk Estimation process and techniques
- Risk evaluation, what does ALARP mean in practice
- Assessment, handling and control of hazardous substances
- Reasonably foreseeable misuse, an introduction to human factors
- Machine interventions
- Risk assessment practice

This course is designed for 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 specified, supplied or under development. 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.

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 Regs. Machinery risk assessment is also now explicitly required by the Supply of Machinery (Safety) Regulations 2008. However, many people still struggle to know what is suitable and sufficient to satisfy these regulations.

"Excellent material provided and templates for conducting assessments." **D Griffin, Molnlycke Health Care**

You may also be interested in

- Machinery Series: Introduction to safeguarding and safety-related control systems
- Machinery Series: Machinery Directive
- Machinery Series: PUWER



Machinery Series: PUWER

1 Day Course £525

Everyone who works with machinery, whether directly or indirectly, need to understand the basics of machinery safety but not everyone needs to know all the details relating to the design. This course covers those activities regulated by the Provision and Use of Work Equipment Regulations (PUWER) and provides delegates with a thorough knowledge of this legislation. The course will also give practical advice on how to evaluate the safety of existing machines and how to measure and evaluate noise and vibration risks.

Learning Outcomes

- Provision and use of work equipment regulations
- Choice of guards and guard dimensions
- Introduction to machinery safety standards
- Machine Modifications allowable under PUWER
- Use of control systems and impact of failures
- Measurement, evaluation and control of noise
- Measurement, evaluation and control of hand-arm vibration
- Hands-on practice evaluating the safety of machinery and suitability of guards

This course is designed for machinery users, maintenance engineers, safety officers and project engineers who may find themselves responsible for purchasing machinery or needing to make minor modifications to improve the efficiency or change the use of existing machinery. This course would also benefit anyone who needs a thorough understanding of the provision and use of work equipment regulations.

Provision and Use of Work Equipment Regulations 1998 (PUWER) often abbreviated to PUWER, place duties on people and companies who own, operate or have control over work equipment. PUWER also places responsibilities on businesses and organisations whose employees use work equipment, whether owned by them or not.

"Excellent course content - Very focussed on the application within the workplace." J Bradshaw, Coop

You may also be interested in

- Machinery Series: Introduction to safeguarding and safety-related control systems
- Machinery Series: Machinery Directive
- Machinery Series: Machinery Risk Assessment Essentials



Manual Handling for Assessors

1 Day Course £525

This course will equip you with the knowledge to help recognise, assess and reduce manual handling risks in your organisation. Prevention and control of work-related musculoskeletal disorders (MSDs) is a major priority and as such HSE have published a simple but effective risk assessment method called the Manual Handling Assessment Charts (MAC) tool. It is designed to help you understand, interpret and categorise the level of risk of the various known risk factors associated with manual handling activities.

Learning Outcomes

- Principles of manual handling
- Understanding injuries
- Common types of injuries
- Legal aspects
- Key risk factors
- Manual handling risk assessment (MAC and L23)
- Pushing and pulling
- Control and reduction of risk
- Key principles of good handling techniques
- Case studies

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

Manual handling is one of the main causes of musculoskeletal disorders (MSDs), which are a common occupational injury in the UK. As an employer, you must protect your workers from the risk of injury and ill health from hazardous manual handling tasks in the workplace. Manual handling means transporting or supporting a load by hand or bodily force. It includes lifting, lowering, pushing, pulling, moving or carrying a load.

You may also be interested in

- Display Screen Equipment (DSE) Risk Management
- Ergonomics
- Upper Limb Disorders Risk Assessment of Repetitive Tasks

Musculoskeletal Disorders (MSDs) Assessment

1 Day Course £525

This course will equip you with the knowledge to help recognise, assess and reduce musculoskeletal disorder (manual handling and upper limbs disorder) risks in your organisation. Prevention and control of work-related MSDs is a major priority and as such HSE have published a suite of three simple, but effective risk assessment methods called: the Manual Handling Assessment Charts (MAC tool – for lifting, carrying and team handling tasks); the Risk Assessment for Pushing and Pulling (RAPP tool – for pushing and pulling tasks), and the Assessment or Repetitive Tasks (ART tool – for upper limb disorders). These assessment methods are designed to help you understand, interpret and categorise the level of risk of the various known ergonomic risk factors associated with manual tasks.

Learning Outcomes

- Principles of MSDs
- Understanding injuries
- Common types of injuries
- Legal aspects
- Key risk factors
- MAC, ART and RAPP Tools – using case studies to master the tools in the classroom
- Key principles of good techniques
- Control and reduction of risk

This course is designed for employers and employee representatives who intend to begin the process of MSD risk assessment and control within their companies. It will also benefit those already involved in MSD risk reduction who require more formal or in-depth training on the HSE assessment methods. Risk assessment is the cornerstone of risk management, so successful delegates will be enabled to support risk management in the key areas of ergonomics through the provision of accurate risk assessment and approaches to risk reduction.

The term musculoskeletal disorders (MSDs) covers any injury, damage or disorder of the joints or other tissues in the upper/lower limbs or the back. MSDs account for about 37% of work-related sickness and nearly 30% of all working days lost due to work-related ill health (taken from HSE published Statistics 2019). As an employer, you must protect your workers from the risk of injury from hazardous manual handling in the workplace.

You may also be interested in

- Display Screen Equipment (DSE) Risk Management
- Ergonomics
- Manual Handling for Assessors



NEBOSH HSE Certificate in Health and Safety Leadership Excellence

1 Day Course £595

The Health and Safety Executive (HSE) and NEBOSH have joined forces to develop a new 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.

Effective health and safety performance comes from the top; members of the board have both collective and individual responsibility for health and safety. Directors and boards need to examine their own behaviours, both individually and collectively, against the guidance given – and, where they see that they fall short of the standards it sets them, to change what they do to become more effective leaders in health and safety.

The FA (Football Association) have used the NEBOSH HSE Certificate in Health and Safety Leadership Excellence to gain colleagues buy-in and drive an engaging health and safety culture.

You may also be interested in

- Behaviour Change: Achieving Health and Safety Culture Excellence
- HSE Inspectors' Guide to Risk Management: Risk Assessment and Control
- NEBOSH HSE Introduction to Incident Investigation

Learning Outcomes

- What health and safety leadership means
- The moral, legal and financial reasons for good health and safety leadership
- The links between health and safety leadership and culture
- What the different leadership styles are
- How human failures can impact performance and culture
- The HSE's model of effective health and safety leadership
- How leaders can build effective relationships with the workforce

This course is designed for individuals currently in a position of senior leadership, e.g. Board Director, H and S Director, Operations Director, HR Director, Finance Director, as well as others in senior leadership positions, or those who are aspiring to become a senior leader. The course covers financial and legal reasons for good health and safety leadership and focuses on how leaders can become better advocates and influencers in relation to health and safety.

Meet one of our speakers

Jane Hopkinson is a psychologist working in HSE's Social and Organisational Factors section. Jane's area of expertise is in risk communication, knowledge, attitude and behaviour changing techniques and the management of work-related stress and how these can be applied with regard to health and safety. Jane has been responsible for developing and delivering HSL training courses on the topics of behaviour change, wellbeing and work-related stress.



NEBOSH HSE Certificate in Process Safety Management

5 Day Course £1,595

The Health and Safety Executive (HSE) and NEBOSH have collaborated to develop a specialist Occupational Safety and Health Qualification specifically for process industries. The qualification combines the advanced technical 'high hazard' expertise of HSE with NEBOSH's ability to deliver strong vocational OSH qualifications.

The course focuses on the prevention of catastrophic accidents and near misses associated with loss of containment of energy or dangerous substances such as chemicals and hydrocarbons.

Learning Outcomes

- Establishment of process management systems
- Asset management and maintenance strategies
- Start-up and shutdown of process plant
- Performance standards for safety critical systems and equipment
- Hazards and controls for:
 - Chemical reactions
 - Bulk storage of dangerous substances
 - Fire and explosion
- Purpose and features of emergency plans

This course is designed for those who work in process industries such as oil and gas, chemicals, plastics and pharmaceuticals. Given the hazardous nature of these industries, this qualification has been designed to give process safety knowledge and understanding to managers, supervisors and safety professionals to allow them to manage their process safety responsibilities.

Process safety management is a blend of engineering and management skills. It focuses on the prevention of catastrophic accidents and near misses associated with loss of containment of energy or dangerous substances such as chemicals and hydrocarbons.

"Extremely informative, balanced and well presented. Great facilities and course material." **G Johnston, Luxfer Mel Technologies**

You may also be interested in

- COMAH: Demystifying COMAH – A Basic Introduction
- Developing Effective Procedures
- NEBOSH HSE Certificate in Health and Safety Leadership Excellence
- NEBOSH HSE Introduction to Incident Investigation



NEBOSH HSE Introduction to Incident Investigation

1 Day Course £525

The Health and Safety Executive (HSE) and NEBOSH have jointly developed a new one-day qualification that shows how non-complex incidents can be investigated effectively. In any business or organisation things don't always go to plan. You need to prepare to deal with unexpected events in order to reduce their consequences. By learning lessons and making improvements, organisations can avoid similar incidents occurring in the future.

You should monitor and review any measures you have put in place to help control risk and prevent accidents and incidents from happening. Findings from your investigations can form the basis of action to prevent the accident or incident from happening again and to improve your overall risk management. An effective investigation requires a methodical, structured approach to information gathering, collation and analysis.

"Experienced and knowledgeable instructor. Excellent facilities." **R John, Ualero**

You may also be interested in

- Behaviour Change: Achieving Health and Safety Culture Excellence
- Developing Effective Procedures
- NEBOSH HSE Certificate in Health and Safety Leadership Excellence

Learning Outcomes

- Moral, legal and financial arguments for investigations
- Human and organisational factors that can contribute to an incident
- The process for investigating incidents
- Positive interview strategies and the barriers to successful interviews

This course is designed for anyone who wants to carry out incident investigations effectively. Employers, supervisors, SHE champions, union and safety representatives will all benefit.

Pressure Systems Awareness

1 Day Course £525

This informative and experiential course is aimed at raising awareness of the hazards associated with pressure systems as well as the relevant regulatory framework. It 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

- Pressure, the basics
- Case studies from real life incident investigations
- What constitutes a pressure system
- What are the relevant regulations
- What are my regulatory obligations
- Appreciation of common hazards associated with pressure systems
- Common methods of risk mitigation
- Open discussion forum

This entry level open course is designed for employers and employees from all sectors of industry that would like to develop an improved understanding of pressure systems and their associated risks and your regulatory responsibilities.

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 through refrigerators to full blown industrial processes, pressure systems have become as indispensable to industry as the electricity that powers them.

"Lecturers kept it interesting, accepted questions throughout and kept what can be a dull subject interesting and relevant to my day job." **M Millner, Rolls Royce**

You may also be interested in

- Designing and Specifying Safety Related Control Systems
- Developing Effective Procedures
- NEBOSH HSE Certificate in Process Safety Management

Respirable Crystalline Silica (RCS): Health Surveillance and Exposure Control

1 Day Course £525

This course will deal with background issues, current practice and how things are changing in relation to health surveillance, particularly considering HSE guidance. It will also provide information about controlling RCS exposures in the workplace.

The course will be delivered by medical and scientific experts who have direct experience of workers with RCS-related health problems and workplaces where exposure carries a significant health risk.

Learning Outcomes

- Background to silica, silicosis and other related breathing problems
- Periodic health surveillance for RCS exposed workers; what's new
- Use of questionnaires
- Use of lung function testing
- Use of chest X-Rays; and what to do if the chest X-Ray is found to be abnormal
- Reducing RCS exposure in the workplace
- The role of exposure monitoring in protecting worker health
- Selection, use and maintenance of exposure controls

This course is designed for health care professionals (normally doctors and / or nurses) who may be responsible for groups of workers exposed to RCS. Occupational health technicians and health and safety representatives may also find this course relevant to their role.

Exposure to respirable crystalline silica (RCS) can cause a range of health issues, including breathing problems. Whilst silicosis is the disease most commonly associated with exposure to RCS, other conditions including Chronic Obstructive Pulmonary Disease (COPD) may also develop. RCS exposure occurs across a wide range of industries, including brickmaking, stone masonry, quarrying, foundries and construction.



Respiratory Protective Equipment (RPE) Essentials

1 Day Course £650

Whilst the use of RPE should only be considered when other control measures are impractical or after their implementation a residual risk remains, there are many workplace situations where RPE is required. This course will increase your knowledge and understanding of RPE and how it can be used effectively in the workplace as a control measure. It will provide training in correctly selecting adequate and suitable RPE (following the principles of HSG 53 and COSHH essentials), and how it should be used and maintained.

Learning Outcomes

- Background to silica, silicosis and other related breathing problems
- Periodic health surveillance for RCS exposed workers; what's new
- Use of questionnaires
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RPE can provide effective protection, it is correctly selected, used and maintained. Unsuitable, poorly maintained and incorrectly used RPE may give limited protection or may not provide any protection. This could lead to ill health in the short or long term, with the possibility of permanent disability. If the RPE is being used in conditions where there is an immediate danger to life and health, the situation could prove fatal.

You may also be interested in

- Asbestos: Managing asbestos in domestic and non-domestic premises
- Biological Monitoring for Chemical Exposures at Work
- COSHH Training: Practical Assessment and Control
- LEV: Practical Management of Local Exhaust Ventilation Controls
- Respirable Crystalline Silica (RCS): Health Surveillance and Exposure Control

RPE Fit Testing – Quantitative using the ambient particle counting method

1 Day Course £650

This course will explain the importance of fit testing, the responsibilities of employers and introduce fit testing using the Ambient Particle Counting (APC) method. The course will cover all the fit testing criteria set out in HSE's fit testing guidance document INDG 479. Practical sessions will cover the essential skills of pre-use checking and correct donning of facepieces, before going on to provide opportunity to practice fit testing using the APC method.

Tight-fitting Respiratory Protective Equipment (RPE) needs to fit the wearer's face well in order to work correctly and provide the expected protection. As faces come in all shapes and sizes, each wearer needs to be supplied with a facepiece which matches their face. Fit testing demonstrates how well a facepiece matches the individual's face. It is used to select a facemask which is a good match for them. HSE's relevant Approved Codes Of Practice (ACOP) require that fit testing be carried out as part of the initial RPE selection process, to ensure that the wearer has the correct facepiece.

You may also be interested in

- Respiratory Protective Equipment (RPE) Essentials
- RPE Fit Testing – Qualitative method
- LEV – Practical Management of Local Exhaust Ventilation Controls

Learning Outcomes

- Understanding the importance of fit testing
- Principles of fit testing
- Essential pre-use checking and correct donning of facemasks
- Responsibilities of employers and fit testers
- Quantitative fit testing using the APC - theory and practical
- Troubleshooting

This course is designed for individuals who are seeking knowledge in the principles of fit testing and to develop practical experience in carrying out fit testing. The course is also suitable for those with the responsibility for correct selection of respiratory protection.



RPE Fit Testing – Qualitative method

1 day £650

This course will explain the importance of fit testing, the responsibilities of employers and introduce fit testing using the qualitative method. The course will cover all the fit testing criteria set out in HSE's fit testing guidance document INDG 479. Practical sessions will cover the essential skills of pre-use checking and correct donning of facepieces, before going on to provide opportunity to practice fit testing using the qualitative method.

Learning Outcomes

- Understanding the importance of fit testing
- Principles of fit testing
- Essential pre-use checking and correct donning of facemasks
- Responsibilities of employers and fit testers
- Qualitative fit testing - theory and practical
- Troubleshooting

This course is designed for individuals who are seeking knowledge in the principles of fit testing and to develop practical experience in carrying out fit testing. The course is also suitable for those with the responsibility for correct selection of respiratory protection.

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You may also be interested in

- Respiratory Protective Equipment (RPE) Essentials
- RPE Fit Testing – Quantitative using the ambient particle counting method
- LEV – Practical Management of Local Exhaust Ventilation Controls



Site and Transport Safety

1 Day Course £525

Vehicle movements and loading and unloading vehicles can be some of the most dangerous work activities organisations carry out. This course will help you understand the legal requirements of both road traffic law and workplace safety law, how and why things go wrong, and how you can take practicable steps to reduce risk in your business.

Vehicles at work continue to be a major cause of fatal and major injuries. Every year there are over 5000 incidents involving transport in the workplace. About 50 of these result in people being killed. Estimates suggest that up to one-third of all road traffic accidents involve someone who is at work at the time.

"Absolutely great for people and businesses like me and who I work for. I came to be educated. I am going home safe in the knowledge I know what is best practice."

M Brian, ADA Fastfix Ltd

You may also be interested in

- Behaviour Change: Achieving Health and Safety Culture Excellence
- NEBOSH HSE Certificate in Health and Safety Leadership Excellence
- NEBOSH HSE Introduction to Incident Investigation
- Slips and Trips: Falls Prevention



Learning Outcomes

- Background for load securing
- Legal principles and UK and European requirements
- Use of the vehicle structure for load securing
- Lashing loads for safe road transport
- Responsibility and communication in the transport chain
- Working at height and fall prevention
- Vehicle/pedestrian separation and preventing incidents
- Risk assessment and systems of work for loading and transport

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

Slips and Trips: Falls Prevention

1 Day Course £525

This course will help you understand the causes of slips, trips and falls, and highlight successful interventions that offer a great starting point for organisations looking to reduce falls. It is delivered by experts in accident investigation and has a practical focus on understanding the causes of slips, trips and falls and reducing the risk of future incidents.

Learning Outcomes

- Why people slip – the slip potential model
- Characterising flooring, which tests work, which don't and why
- The role of contamination in slip accidents
- The effect that good and bad cleaning techniques can have on slips
- How footwear can help in reducing slip accidents
- Preventing trips
- The causes of stair falls and how to reduce the risk

This course is designed for anyone who is involved in managing slips and trips, particularly those responsible for selecting flooring or footwear in their business. Employees involved in critical operations such as cleaning.

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. Almost all slips and trips can be prevented, often with simple inexpensive interventions. Understanding the science behind slips and trips makes it easier to identify the true cause of a fall and prevent future incidents.

Previous attendees of our slip, trip and fall training courses have reported a reduction in incidents of up to 50%.

"I found it very interesting to learn more about industry standards around flooring and other aspects as well as shoes. Has really helped to show me the full picture. Also helped to give me clarity behind the grip scheme uptake etc. would definitely recommend." C McAuley, Shoes for Crews

You may also be interested in

- Ergonomics
- NEBOSH HSE Introduction to Incident Investigation
- Site and Transport Safety
- Stair Assessment
- Worker Fatigue Risk Management



Slips, Trips and falls Online e-learning

1 Day Course £525

HSE have teamed up with Virtual College to provide an online e-learning experience, designed to help businesses meet their compliance needs. Slips, trips and falls are one of the biggest causes of serious accidents at work. To make sure that the learner only receives information that is relevant to them, the content has been designed so it is as relevant and personal to them as possible. The course is delivered in bite-sized chunks and includes sector-specific case studies, videos, infographics and downloadable resources.

Learning Outcomes

- Outline why slips and trips are a risk and why they can happen
- Explain the slip potential model
- Understand how contaminants affect slip resistance and the importance of controlling contamination
- Appreciate the role of cleaning techniques and materials in accident prevention
- Recognise the properties of different flooring materials and types and how to clean and maintain them
- Understand and interpret technical data sheets
- Selecting suitable footwear, and how to test and maintain it
- Understand potential environmental factors and the range of interventions to minimise their impact
- Understand the importance of a reporting system
- Appreciate the main causes of trips and identify simple interventions to reduce them
- Outline how design choices impact on the creation and management of slip and trip hazards in the workplace
- Understand how design and human factors can contribute to accidents on stairs
- Be aware of the relevant legislation
- Know the hierarchy for slips and trips prevention, how to conduct a risk assessment, and understand the importance of effective communication

This course is designed for duty-holders across all industries. Three different courses have been developed, each one relating to different job roles and responsibilities, and within each one they can personalise the information to common sectors, such as catering and hospitality, education, and healthcare. Content is in-depth, correct and in line with businesses' needs.

'Falls due to slips or trips remain a significant contributor to the risk of injury and ill health at work with numerous major injuries to employees and significant costs to employers,' explains Jill De Nardo, Head of Commercial Training at Health and Safety Executive. 'We are pleased to be collaborating with Virtual College on this important topic and hope that by combining our strengths we will be able to significantly extend our reach and improve understanding on the causes of slips trip and falls in the workplace so that they can be prevented, often with simple, inexpensive interventions.'

You may also be interested in

- Ergonomics
- NEBOSH HSE Introduction to Incident Investigation
- Site and Transport Safety



Stair Assessment

1 Day Course £525

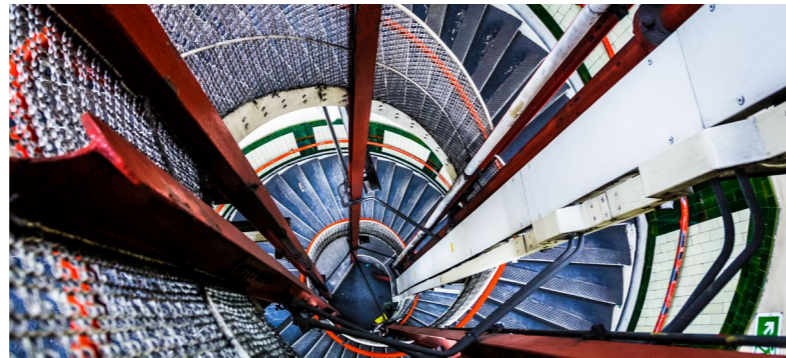
Simple, cost-effective improvements to existing stairs can significantly reduce the risk of a serious fall. This course will help you understand the design features of stairs which can give rise to a risk of falling and identify simple remedial improvements to reduce the likelihood of a fall. By the end of the course, you will have the knowledge and skills to assess stairs in your own premises and identify examples of good and bad practice.

Learning Outcomes

- Common design issues that give rise to a risk of falls on stairs
- Examples of HSL stair investigations and the findings
- How to undertake a stair fall assessment using a simple toolkit
- An opportunity for you to assess stairs yourself and discuss with the expert
- You will have the knowledge and skills to assess stairs in your own premises
- You will have the knowledge to consider appropriate changes to working practices and the work environment

This course is designed for anyone who is interested in understanding falls on stairs or who has responsibility for managing health and safety.

The causes of stair falls are well understood but poorly designed stairs are still commonplace, stairs therefore often present significant potential for harm. A stair fall often leads to serious injury or even death. In the UK there is a fall on stairs every 90 seconds (BS 5395-1:2010). It is often assumed that all stairs comply with the relevant building codes and that compliance means the stair must be safe. Neither of these assumptions is true.



"Mark was very knowledgeable and helpful. Great course tutor, filled with practical advice, good mix between practical and classroom based learning. Mark had lots of practical knowledge and experience which brought the subject to life." J MacCluskey, Elanco UK AH Ltd

You may also be interested in

- Developing Effective Procedures
- Ergonomics
- HSE Inspectors' Guide to Risk Management: Risk Assessment and Control
- Slips and Trips: Falls Prevention



Worker Fatigue Risk Management

1 Day Course £525

HSE works with companies from across industry to assess fatigue risk and enable them to develop their own sensible fit for purpose fatigue risk management systems that promote healthier and safer working. HSE fatigue experts have a track record of contributing technical advice on shift work and management of working hours to inform HSE guidance, regulation, and investigation, which means that HSE has unique insight and technical expertise in this.

Fatigue refers to the issues that arise from excessive working time or poorly designed shift patterns. It is generally considered to be a decline in mental and/or physical performance that results from prolonged exertion, sleep loss and/or disruption of the internal clock. It is also related to workload, in that workers are more easily fatigued if their work is machine-paced, complex or monotonous.

You may also be interested in

- Ergonomics
- Human Factors in Accident and Incident Investigations
- Understanding and Preventing Work-Related Stress



Learning Outcomes

- An understanding of the importance of ensuring good quality sleep and the impact that a lack of sleep can have on the individual, the business and health and safety performance
- Knowledge of the signs and symptoms of fatigue
- Tips on how to engage effectively with senior leaders
- Knowledge of the HSE perspective/expectations on fatigue risk management (including legal requirements/responsibilities)
- An understanding of the key steps involved in undertaking a fatigue risk assessment
- Knowledge of what additional tools are available to assist them in undertaking a fatigue risk assessment
- Knowledge of what good practice looks like when designing effective work schedules
- Understand the components of an effective Fatigue Risk Management System and how to make it fit for purpose

This course is designed for people in all industries who have responsibility for implementing a company's Safety Management System, SHE Managers, Occupational Health and HR Managers. This course is suitable for those responsible for operating a 24/7 shift system as well as those managing more regular working patterns.

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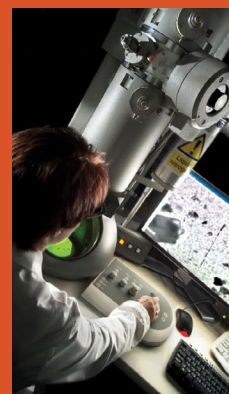
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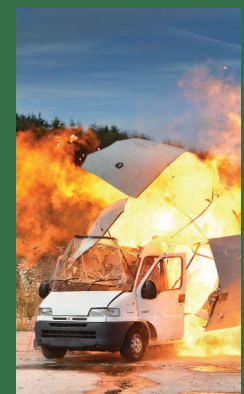
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