## Contents

### Health and Wellbeing

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asbestos - Managing Asbestos in Domestic and Non-Domestic Premises</td>
<td>7</td>
</tr>
<tr>
<td>Behaviour Change - Improving Health and Safety Performance</td>
<td>8</td>
</tr>
<tr>
<td>Behaviour Change - Maintaining Your Approach Using Observation</td>
<td>9</td>
</tr>
<tr>
<td>Biological Monitoring for Chemical Exposures at Work - an Introduction</td>
<td>10</td>
</tr>
<tr>
<td>COSHH - Practical Assessment and Control</td>
<td>11</td>
</tr>
<tr>
<td>HAVS (Hand Arm Vibration Syndrome) (FOM Accredited)</td>
<td>12</td>
</tr>
<tr>
<td>HAVS (Hand Arm Vibration Syndrome) Refresher</td>
<td>13</td>
</tr>
<tr>
<td>Improving Your Health Related Risk Assessments</td>
<td>14</td>
</tr>
<tr>
<td>LEV - Practical Management of Local Exhaust Ventilation Controls - BOHS Approved</td>
<td>15</td>
</tr>
<tr>
<td>Managing Health Risks in Construction Seminar</td>
<td>16</td>
</tr>
<tr>
<td>Occupational Medicine Seminar for HSE Appointed Doctors, Occupational Health Professionals and GPs</td>
<td>17</td>
</tr>
<tr>
<td>Management of Hand Arm Vibration in the Workplace - An Introduction</td>
<td>18</td>
</tr>
<tr>
<td>Managing Work-Related Stress at an Organisational and Individual Level</td>
<td>19</td>
</tr>
<tr>
<td>Preventing Dermatitis and Dermal Exposure - an Introduction</td>
<td>20</td>
</tr>
<tr>
<td>Respirable Crystalline Silica (RCS) - Health Surveillance and Exposure Control</td>
<td>21</td>
</tr>
</tbody>
</table>

### Personal Protection

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>PPE (Personal Protective Equipment) Essentials</td>
<td>23</td>
</tr>
<tr>
<td>RPE (Respiratory Protective Equipment) Essentials</td>
<td>24</td>
</tr>
<tr>
<td>RPE (Respiratory Protective Equipment) Fit Testing - an Introduction</td>
<td>25</td>
</tr>
<tr>
<td>RPE (Respiratory Protective Equipment) Fit Testing Advanced in Qualitative Fit Testing and Quantitative (Portacount) Fit Testing</td>
<td>26</td>
</tr>
</tbody>
</table>

### Human Factors

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Screen Equipment (DSE) Risk Management</td>
<td>28</td>
</tr>
<tr>
<td>Ergonomics - an Introduction</td>
<td>29</td>
</tr>
<tr>
<td>Human Factors in Accident and Incident Investigations</td>
<td>30</td>
</tr>
<tr>
<td>Human Reliability Assessment using the Human Error Assessment and Reduction Technique (HEART)</td>
<td>31</td>
</tr>
<tr>
<td>Manual Handling for Assessors</td>
<td>32</td>
</tr>
<tr>
<td>Slips and Trips - Falls Prevention</td>
<td>33</td>
</tr>
<tr>
<td>Stair Assessment</td>
<td>34</td>
</tr>
<tr>
<td>Upper Limb Disorders - Risk Assessment of Repetitive Tasks</td>
<td>35</td>
</tr>
</tbody>
</table>

### Major Hazards & Process Safety

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMAH Compliance for Lower Tier Establishments</td>
<td>36</td>
</tr>
<tr>
<td>COMAH 2015 Unpacked</td>
<td>37</td>
</tr>
<tr>
<td>COMAH - Onshore Major Hazards: New Knowledge on Flammable Hazards</td>
<td>38</td>
</tr>
<tr>
<td>COMAH - Onshore Major Hazards: Predictive Aspects of COMAH</td>
<td>39</td>
</tr>
<tr>
<td>COMAH - Safety Report Requirements with Emphasis on Technical Aspects of COMAH Safety Reports</td>
<td>40</td>
</tr>
<tr>
<td>COMAH - The Application of CLP and Aggregation in the COMAH 2015 Regulations</td>
<td>41</td>
</tr>
<tr>
<td>DSEAR Compliance for Managers and Supervisors</td>
<td>42</td>
</tr>
<tr>
<td>Hazardous Area Classification</td>
<td>43</td>
</tr>
<tr>
<td>LOPA (Layers of Protection Analysis) - Practical Application and Pitfalls</td>
<td>44</td>
</tr>
<tr>
<td>Pressure Systems Awareness</td>
<td>45</td>
</tr>
<tr>
<td>Principles of Incident Investigation and Failure Analysis</td>
<td>46</td>
</tr>
</tbody>
</table>

### Machinery Safety Series

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>PUWER - Machinery Basics</td>
<td>48</td>
</tr>
<tr>
<td>Machinery Risk Assessment Essentials</td>
<td>49</td>
</tr>
<tr>
<td>Machinery Directive</td>
<td>50</td>
</tr>
<tr>
<td>Designing and Specifying Safety-Related Control Systems</td>
<td>51</td>
</tr>
<tr>
<td>Process and Fire Incidents</td>
<td>52</td>
</tr>
<tr>
<td>Site and Transport Safety</td>
<td>53</td>
</tr>
</tbody>
</table>

### Speciality

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biosafety - Concepts and Working Practices at Containment Level 3</td>
<td>54</td>
</tr>
<tr>
<td>Nanotechnology Health and Safety - a Practical Approach</td>
<td>55</td>
</tr>
<tr>
<td>Site-Based Assurance on Process Safety Management Systems - insights to HSE’s Major Hazards Management Protocol</td>
<td>56</td>
</tr>
<tr>
<td>The Chartered Institute of Environmental Health (CIEH) Level 3 Award in Training - Principles and Practice (TPP)</td>
<td>57</td>
</tr>
<tr>
<td>The Chartered Institute of Environmental Health (CIEH) Conversion from Level 3 Award in Training Principles &amp; Practice (TPP) to Level 3 Award in Education and Training (EAT)</td>
<td>58</td>
</tr>
<tr>
<td>Understanding and Using the Risk Management Maturity Model (RM3)</td>
<td>59</td>
</tr>
<tr>
<td>Index</td>
<td>60</td>
</tr>
</tbody>
</table>
Health & Safety Training Courses

About HSL

The Health and Safety Laboratory (HSL) is one of the world’s leading providers of workplace health and safety research, training, products and consultancy services. Our expertise extends across a wide range of scientific disciplines.

We have been developing health and safety solutions for over 100 years. We know what goes wrong in the workplace, and why. Our long history means that we’re well placed to understand the changing health and safety landscape, and anticipate future issues.

We are part of the Health and Safety Executive (HSE) and our relationship with the regulator gives us a unique insight into workplace health and safety.

HSL employs over 380 staff who help make working environments and working lives safer, in the UK and around the world. We focus on the development of practical solutions to workplace health and safety problems, which are best solved by multi-disciplinary teams.

What makes HSL different to many other course providers is the scientists and safety experts who deliver the training. They are working daily in research and incident investigation.

With so many specialists from such a diverse set of disciplines all gathered under one roof, plus 550 acres of outdoor space in which to conduct a wide range of work, the possibilities are vast.

Many of our courses offer you the opportunity to visit our facilities, including large-scale testing areas, and specialist laboratories for ergonomics, microbiology and noise and vibration.

We structure our courses around the latest developments in health and safety practice.

All new course developments and dates will be posted on our website.

Look out also for our seminars and conferences on a range of health and safety-related topics.

We help our clients improve their business by increasing productivity, protecting their staff and clients, protecting their assets to prevent catastrophe, and improving their supply chain. This in turn protects reputation and ensures best practice.

We help clients across a broad range of sectors including:

- Energy
- Advanced Manufacturing
- Transport
- Construction and Infrastructure
- Government

Our courses mostly take place at HSL’s unique laboratory in Derbyshire, situated just outside the spa town of Buxton on the edge of the beautiful Peak District National Park. We are just 50 minutes’ drive from Manchester Airport, 20 minutes from Macclesfield railway station (less than two hours’ journey time from London) and 10 minutes from Buxton.

We can tailor our courses around your training needs. Many of our courses can be held at a venue convenient to your location, nationally or internationally.

If you would like to discuss a bespoke training course for your organisation, please call the Training and Conferences Unit on 01298 218806.
Asbestos - Managing Asbestos in Domestic* and Non-Domestic Premises

Many people now dying from asbestos-related diseases like mesothelioma and lung cancer are tradesmen - people who work on and maintain buildings.

This course will give you the knowledge to manage asbestos in premises to the standards required by the Control of Asbestos Regulations (CAR) 2012. CAR places duties on anyone who is responsible for repair or maintenance of premises, controls the premises or controls access to them.

Course includes
- Dutyholders and their responsibilities
- Asbestos legislation and guidance
- The extent of asbestos-containing materials in buildings
- Commissioning and understanding asbestos surveys
- Assessing risks and formulating a management plan
- Managing minor work with asbestos
- Commissioning and scrutinising asbestos removal firms

Who should attend
Anyone who has duties under Regulation 4 of CAR 2012 - Management of Asbestos in Non-Domestic Premises. This can include employers or self-employed people, building owners or companies that have responsibility for maintenance or other control over premises.

The course is suitable if you have similar responsibilities for managing risks from asbestos in domestic* premises.

Well delivered and well explained.
Ian Williams, Cristal Pigment UK Limited

1 day course

Course fees
£425

Please go to www.hsl.gov.uk/training to see course dates and to book.

* ‘Domestic’ refers to landlords of domestic premises and not to people in their own homes.
Behaviour Change - Improving Health and Safety Performance

Not all risks can be engineered out of the work environment. Even with the best plans, procedures and systems in place, individuals at work still take short cuts and make mistakes. Sometimes risk-taking behaviour is intentional, for whatever reason. In other cases, risks may be taken due to a lack of understanding about a particular hazard, associated controls or inadequate training. To individual workers, such risk-taking can result in injury, ill-health and fatalities. To the organisation, some of the many costs can include lost time, damage to machinery, litigation, and prosecution. If unchecked, these costs can escalate.

This course, delivered by HSL psychologists, will provide you with an understanding of the many factors that influence both workers’ and managers’ behaviour. It will also highlight the strengths and weaknesses of traditional behaviour modification strategies for correcting unsafe and unhealthy behaviour, highlighting why such approaches may have limited impact. The course adopts a five step, holistic approach to behaviour change (ASCENT — Achieving Safety Culture Excellence Now and Tomorrow) and concludes with strategies to help reduce the likelihood of risk taking behaviour for health and safety. It differs from other courses on this topic by demonstrating how behaviour change, leadership and worker engagement can be incorporated into the wider health and safety management system to ensure an integrated, healthier management system.

Who should attend

Those who have previously attended our course Behaviour Change - Improving Health and Safety Performance.

Course includes

- Why people take risks at work
- The consequences of risk taking for individuals and the organisation
- How to prepare an organisation for a behaviour change programme
- Assessing safety culture and safety climate - use and follow up of the Safety Climate Tool
- Strategies for influencing senior management
- Factors that influence behaviour outlining HSL’s model of behaviour change
- Human failure: errors and violations
- Strategies to identify the root cause of behaviours
- Evidence based strategies to encourage safer and healthier behaviour, e.g.
- How to develop persuasive risk communication
- Worker engagement
- Leadership development
- How to impart knowledge
- Changing habits
- Mitigating perceptual biases
- Changing beliefs, values and attitudes
- Making best use of nudges
- Developing interpersonal skills
- Developing situational awareness
- Evaluating your programme and maintaining change

Course fees

2 day course
£825

Please go to www.hsl.gov.uk/training to see course dates and to book.

Trainers were knowledgeable, experienced and enthusiastic.
Carol Easton, Prosalus

Who should attend

Those who have previously attended our course Behaviour Change - Maintaining Your Approach Using Observation.

Course includes

- How behavioural observation can benefit organisations
- Roles and responsibilities of the observation programme
- Techniques for effective identification of behaviours
- How to define the criteria for safe and unsafe behaviours
- Developing an observation strategy
- Monitoring, evaluating and learning from your programme

Course fees

1 day course
£425

Please go to www.hsl.gov.uk/training to see course dates and to book.
**Biological Monitoring for Chemical Exposures at Work - an Introduction**

Biological monitoring is a useful tool for occupational hygiene and health professionals. It is based on the analysis of hazardous substances or their metabolites in urine, blood or breath, and is used to assess exposure by inhalation, ingestion and absorption through the skin.

Biological monitoring for workers significantly exposed to lead (as defined in the Control of Lead at Work Regulations 2002 (as amended)) is compulsory. For all other substances biological monitoring is voluntary, but it has roles under COSHH for Exposure Assessment (reg 10) and Health Surveillance (reg 11). Biological monitoring has proved to be a simple and cost-effective means of assessing control of chemical exposures; for example isocyanates in polyurethane manufacture and paint spraying, nickel and chromium in surface plating industries and benzene and mercury in the oil and gas sector.

Biological monitoring is particularly valuable where substances may be absorbed through the skin, or where control of exposure relies on personal protective equipment. A further benefit is the ‘personal’ nature of biological monitoring; results can be used to give workers reassurance about their exposure and risk of ill-health.

This workshop is an overview of biological monitoring and how it can enhance the service occupational hygiene and health professionals offer.

**Course includes**
- How biological monitoring can enhance your service to your clients
- Practical applications of biological monitoring
- Using biological monitoring in hazardous chemical exposure assessment
- Small group working on real examples

**Who should attend**
Occupational hygiene and health providers who are interested in what biological monitoring can do for them and their clients. Health & safety professionals responsible for production areas with potential chemical exposures.

**Course fees**
£325

Please go to [www.hsl.gov.uk/training](http://www.hsl.gov.uk/training) to see course dates and to book.

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**COSHH - Practical Assessment and Control**

Are you unsure of what is needed in your COSHH assessment, and where to get information?

This course delivers detailed and practical training on carrying out COSHH assessments, and how to put the assessment into practice. It will give you knowledge of how to approach control, and judging when it is appropriate. The focus is on practicality and effectiveness.

Day one covers assessing exposure and risk, including case studies and the chance to work through examples. Day two moves on to implementing effective exposure controls, and includes practical demonstrations.

**Course includes**
- 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 and PPE
- Skin and ingestion exposure

**Who should attend**
Anyone who completes COSHH assessments and/or implements controls. This will typically include managers, supervisors and safety officers, plus other health and safety professionals looking to refresh or update their skills.

**Course fees**
£695

Please go to [www.hsl.gov.uk/training](http://www.hsl.gov.uk/training) to see course dates and to book.

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Very informative, will recommend to colleagues.

Lynsey Barnford, Chromalloy United Kingdom Ltd

Good overview of COSHH. Broken up with interesting presentations. Informative and interesting instructor.

Helen Banney, Home Office

2 day course
HAVS (Hand Arm Vibration Syndrome) (FOM Accredited)

This course has been developed in conjunction with the Faculty of Occupational Medicine (FOM) for occupational health professionals. HAVS is a complex condition that requires practitioners to have a good understanding of the anatomy and neurology of the hands.

You will learn what is required for health surveillance of a workforce exposed to hand-transmitted vibration. You will improve your skills of examination, diagnosis and management of someone with HAVS.

At the end of the course there will be an assessment of competence. If you pass you will be given a certificate that shows you have demonstrated competence in Hand-Arm Vibration Syndrome assessment.

Course includes
- Assessment, control and calculation of vibration exposure
- Health surveillance, tiered approach, health records and legal requirements
- Health effects of hand-transmitted vibration
- Staging of HAVS
- A demonstration of standardised tests (clinical and laboratory) for HAVS
- Clinical examination
- Case management
- Worked case scenarios

Who should attend
Occupational physicians, occupational health nurses and general practitioners with an interest in occupational health.

Very informative content. Clear and concise lectures. Appropriate level for all. For all these reasons I would recommend to other health professionals requiring HAVS training.

Wendy Elton, Acorn Occupational Health Ltd

2 day course
Cost: £735
This fee now includes an evening meal and the FOM certificate.
Please go to www.hsl.gov.uk/training to see course dates and to book.

HAVS (Hand Arm Vibration Syndrome) Refresher

Do you need to refresh your HAVS knowledge and skills? This course is designed for doctors and nurses who would like to update their knowledge and clinical skills to assess workers exposed to hand-transmitted vibration.

Examination skills are difficult to maintain if they are not regularly practised. The implications of poor practice or misdiagnosis are significant for both the employer and the employee.

Course includes
- Assessment of vibration exposure
- Health surveillance, tiered approach, health records and legal requirements
- Review of standardised tests and differential diagnoses
- Diagnosis, staging, the interpretation of sensori-neural threshold test results and case management

Who should attend
Occupational physicians, occupational health nurses and general practitioners who have successfully completed the Faculty of Occupational Medicine (FOM) two-day Hand Arm Vibration Syndrome course.

This has been an excellent day, not only as a refresher but for content and presentation of information. Both speakers held my interest throughout the day.

Helen Condliff, University of Sheffield

1 day course
Cost: £425
Please go to www.hsl.gov.uk/training to see course dates and to book.
Improving Your Health Related Risk Assessments

It is now widely recognised that occupational disease causes far more harm in Great Britain than accidents relating to safety failings. Good quality risk assessments for health related issues are central to effective health risk management. However, there is often less confidence and understanding amongst general health and safety practitioners when it comes to the ‘health’ side of health and safety.

This course is designed to help the general H&S practitioner better understand the ‘invisible’ risks associated with hazardous substances, noise and vibration and aims to provide a more confident approach to these issues. The course will explain how to conduct risk assessments to meet legal requirements. More importantly, the course will explain how risk assessment should fit into an overall risk management programme. We aim to deburk the myth that risk assessment is a pointless, bureaucratic burden by showing that effective actions to reduce harm, and protect the health of workers, should all flow from an effective risk assessment process.

Course includes
- Risk assessment to meet the requirements of:
  - The Control of Substances Hazardous to Health (COSHH) Regulations
  - The Control of Noise at Work Regulations
  - The Control of Vibration at Work Regulations
  - The role of risk assessment in effective health risk management:
    - How to identify health risks
    - How to prioritise action
    - How to ensure effectiveness of risk assessment

Who should attend
Anyone responsible for managing health and safety risks in the workplace would benefit from attending this course.

Course includes
- Principles of effective LEV procurement
- How to review and improve existing LEV
- How to manage LEV suppliers and contractors
- Key things to put in place to manage LEV checking and maintenance
- Common techniques for assessing LEV effectiveness

Who should attend
Employers and those who have responsibility for, advise on, or have an interest in, LEV systems.

LEV - Practical Management of Local Exhaust Ventilation Controls - BOHS Approved

Poorly controlled exposure to dust causes ill-health. In 2008-9, 39,000 people in the UK reported breathing or lung problems due to work, and an estimated 15% of chronic obstructive pulmonary disease (including bronchitis and emphysema) is work-related, adding up to 4,000 deaths a year.

Over-exposure can, however, be controlled. Properly designed, applied and maintained LEV can control exposure and the health risk.

This innovative, practical course has been developed in close co-operation with HSE and the British Occupational Hygiene Society (BOHS). It is interactive and uses HSL’s award-winning LEV working demonstration model, unique video clip illustrations and other practical demonstrations to illustrate learning points. It is focused on the needs of both employers and their advisors. Along with HSL staff, the course is presented by Dr Mark Piney, main author of the HSE LEV guidance HSG258.

Course includes
- Principles of effective LEV procurement
- How to review and improve existing LEV
- How to manage LEV suppliers and contractors
- Key things to put in place to manage LEV checking and maintenance
- Common techniques for assessing LEV effectiveness

Who should attend
Employers and those who have responsibility for, advise on, or have an interest in, LEV systems.

I learnt more in one day than I’d learnt in seventeen years on LEV system and design and maintenance.

Neil Davies, Acushnet Europe Ltd

Course fees
£450

Please go to www.hsl.gov.uk/training to see course dates and to book.
Managing Health Risks in Construction Seminar

As a construction worker you are 100 times more likely to die from ill health caused by your work than through an accident. However, there is a tendency to focus on immediate likelihood of harm rather than the things that kill workers slowly.

Deaths in construction workers caused by a cumulative exposure to health risks over many years are completely preventable, yet do we do enough to recognise and act upon the known risk factors?

This seminar will provide a unique opportunity to influence the type of support required by the industry to effect a change on health risk management.

Seminar includes

- Common health risks in the construction sector, their prevention and early identification (respiratory, skin, HAVs, noise)
- Practical Occupational Hygiene updates and a ‘Hands On’ session
- Approaches to identifying and dealing with stress and mental health issues in the construction sector
- The new Health Risk Management Maturity Engagement Toolkit and how this can help your business
- You will also have access to the broad range of HSL experts including medical and health expertise, hygienists, behavioural scientists and psychologists

Who should attend

This seminar will be of interest to employers and contractors of construction workers, health and safety managers and others with responsibilities for health under Construction Design and Management Regulations.

Book to attend this seminar if you want to take control of health risks to your workers and be involved in setting direction for industry support in this area.

Seminar fees

Please contact the training team for the seminar fees

Please go to www.hsl.gov.uk/training to see seminar dates and to book.

Occupational Medicine Seminar for HSE Appointed Doctors, Occupational Health Professionals and GPs

It is important for practitioners to keep their practice up to date and evidence based. This one day seminar has been put together by the Centre for Workplace Health at the Health and Safety Laboratory to inform and update about specific aspects of clinical occupational health practice.

This FOM CPD approved seminar has been put together to align with the HSE appointed doctor work requirements, but will be suitable for other occupational health professionals and GPs with an interest in occupational medicine. It has been designed to inform you about topical and changing aspects of health at work

Seminar includes

- Asbestos related lung disease and changes to the Control of Asbestos Regulations
- The Control of Lead at Work Regulations
- Health surveillance and its documentation under the COSHH Regulations
- Practical guidance on how to diagnose occupational asthma and what is new in the field of occupational asthma
- There will be opportunities to feedback to the session leaders and to take part in interactive case discussion. A certificate of attendance and CPD credits will be available, and these can be used to support both annual appraisal portfolios and evidence of personal development for Appointed Doctor work

Who should attend

This course is designed for occupational health professionals, primarily occupational physicians, occupational health nurses and GPs with an interest in occupational medicine.

Seminar fees

Please contact the training team for the seminar fees

Please go to www.hsl.gov.uk/training to see seminar dates and to book.
Management of Hand Arm Vibration in the Workplace - An Introduction

The Control of Vibration at Work Regulations 2005 describe the legal duties of employers to protect workers from injury resulting from exposure to hand-arm vibration.

This course will review the risks from hand-arm vibration exposure and introduce you to the requirements of the current regulations. It will enable you to carry out risk assessments, develop vibration control action plans and understand the role of health surveillance.

The course is designed for those who manage hand-arm vibration in the workplace.

Course includes
- Hand-arm vibration risks
- Legal requirements
- Risk assessment
- Control of HAV risk
- Information from machine manufacturers
- Health surveillance

Who should attend
Those responsible for assessing, controlling and managing hand-arm vibration risks in the workplace.

The course provides a solid understanding of HAV and implementing suitable controls. The practical demonstrations are particularly enlightening.

C Wynn, NSK

1 day course
Course fees £475
Please go to www.hsl.gov.uk/training to see course dates and to book.

Managing Work-Related Stress at an Organisational and Individual Level

This comprehensive course considers the management of work-related stress at the organisational level and examines individual stress management.

Day one outlines the key elements of HSE’s Management Standards for Work-Related Stress and the associated risk assessment approach. It provides guidance on how to use the approach in your organisation and affords the opportunity to explore its practical application.

Day two focuses on individual case management. This outlines a practical method of conducting an individual stress risk assessment, how to communicate with an individual during sickness absence and how to effectively manage the return to work process. This part of the course focuses specifically on individuals with work-related stress.

The programme includes a discussion of the legal aspects associated with work-related stress and how to practically implement the risk assessment approach at an organisational and individual level. The course is interactive involving a variety of practical group activities and discussion exercises, to help you take the approach forward in your organisation. The course also affords the opportunity to share experiences with other delegates and HSL experts.

Course includes
- A definition of work-related stress - its causes and symptoms
- The legal aspects of work-related stress
- The HSE Management Standards for work-related stress
- HSE’s risk assessment approach
- Guidance on interventions for work-related stress at the organisational and individual levels
- How to adapt HSE’s Management Standards approach to carry out an individual risk assessment
- How to manage an individual’s return to work

Who should attend
This course is suitable for managers, health and safety or HR professionals who will be in a position to apply this approach in their organisation.

Great content, well run and really interactive.
David Carlin, Dr Reddy’s Laboratories (EU) Ltd

An excellent course, well timed and a very good balance between presentation, practical and discussion.
Gemma Farley, Queen Victoria Hospital NHS Foundation Trust

2 day course
Course fees £825
Please go to www.hsl.gov.uk/training to see course dates and to book.
Preventing Dermatitis and Dermal Exposure - an Introduction

Many materials used at work can pass through or affect the skin. Dermatitis and other diseases occur in many industries, and skin can be an important route of entry of chemicals into the rest of the body. This course will show you how to identify and assess the risks, and how to control those risks to prevent harm.

Dermatitis can be a life-altering condition. Occupations with high dermatitis rates range from engineering and manufacture to hairdressing, catering, floristry, and the health sector. Dermal exposure resulting in potential harm to the rest of the body occurs across all sectors. Measures to prevent harm are often straightforward if they are correctly applied.

This introduction to the problem and its solutions will equip you with the skills to tackle dermal exposure, even if you have no previous experience. It is also a useful addition to any COSHH training you may already have received. We work through instruction, practical examples and case studies.

Course includes
- Health and safety law applying to skin exposure
- Structure and function of the skin
- Dermatitis, other skin diseases and other risks
- Exposure pathways and COSHH assessments for skin exposure
- Dermal exposure monitoring
- Reducing skin contact to control risk
- Skin care programmes and health surveillance

Who should attend
Managers, supervisors and staff representatives will benefit from this course, particularly if you are in industries where dermatitis rates are high. Safety officers and other health and safety professionals can also expand their knowledge of the subject without attending longer courses for formal qualifications.

Very informative course, answered all questions I had before the course.
R Lapham, Environment Agency

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

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.

HSE estimates that around 500 deaths occur every year as a result of workplace exposures to RCS in Great Britain. Because of these health risks, workers exposed to RCS may need to undergo periodic health surveillance, to confirm that they are healthy and ensure that they remain healthy. This surveillance is sometimes required by law.

Effective health surveillance carried to identify silicosis and COPD may involve asking the right questions about worker’s health, performing accurate breathing tests and, occasionally, taking X-Rays.

In 2015, HSE updated its guidance and advice about health surveillance for workers exposed to RCS. This one-day course will deal with background issues, current practice and how things are changing in relation to health surveillance, particularly in light of the new HSE guidance. It will also provide information about controlling RCS exposures in the workplace.

Course includes
- 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

Who should attend
Respirable Crystalline Silica (RCS) - Health Surveillance and Exposure Control is aimed at 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.

Good content, relevant to role and answered a lot of questions.
I Mosley, Wavin

1 day course
Course fees £495
Please go to www.hsl.gov.uk/training to see course dates and to book.

1 day course
Course fees £425
Please go to www.hsl.gov.uk/training to see course dates and to book.
PPE (Personal Protective Equipment) Essentials

PPE can provide effective protection provided that it is correctly selected, used and maintained. Unsuitable, incorrectly used or poorly maintained PPE can give little or no protection.

This course will increase your knowledge and understanding of PPE and its limitations, so that you can use PPE as an effective workplace control measure. Tuition includes practical elements to enhance your learning.

Course includes

- Risk assessment and the hierarchy of controls
- Relevant legislation on supply and use of PPE
- The range of PPE and how it works
- Correct selection, use and maintenance
- Types, capabilities and limitations of PPE
- Using different PPE and equipment together at the same time
- Wearer training and what you need to develop competence
- The elements of an effective PPE management programme
- Typical problems with PPE and PPE programmes

Who should attend

Anyone who has responsibility for, or is involved with, the selection, use and maintenance of PPE in the workplace as an employer, advisor or supplier.

A good broadspectrum course, well presented by people who know their stuff.

D Weaver, Magnox

2 day course

Course fees

£895

Please go to [www.hsl.gov.uk/training](http://www.hsl.gov.uk/training) to see course dates and to book.
RPE (Respiratory Protective Equipment) Essentials

RPE can provide effective protection provided that it is correctly selected, used and maintained. Unsuitable, incorrectly used or poorly maintained RPE can give little or no protection.

This course will increase your knowledge and understanding of RPE and its limitations, so that you can use RPE as an effective workplace control measure. You will be trained in correctly selecting adequate and suitable RPE (following the principles of HSG 53 and COSHH essentials). Tuition includes practical elements to enhance your learning.

Course includes
- What RPE is and how it works
- RPE types - capabilities and limitations
- Legal requirements
- Correct selection
- Wearer training
- Correct use
- Maintenance
- Management of a RPE programme

Who should attend
Anyone who has responsibility for, or is involved with, the selection, use and maintenance of RPE in the workplace as an employer, advisor or supplier.

Course fees
£925

Get more information and book your place by visiting www.hsl.gov.uk/training.

An excellent course. Well trained instructors with lots of knowledge and information.
Bob Briscoe, Shepherd Widnes Ltd

RPE (Respiratory Protective Equipment) Fit Testing - an Introduction

Tight-fitting 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 have a facepiece that matches their face. Fit testing shows how well a facepiece fits; it is used to select the right match for each person, to comply with the law.

This course explains the importance of fit testing, and guides you through the common UK fit testing methods, providing practice in their use. Practical sessions will also cover the essential skills of pre-use checking and correct wearing of facepieces.

Course includes
- Understanding the importance of fit testing
- Principles of fit testing methods
- Essential pre-use checking and correct donning of facemasks
- Responsibilities of employers and fit testers
- Qualitative fit testing using Bitrex or Saccharin
- Quantitative fit testing using the Portacount

Who should attend
Anyone who is new, or relatively new to practical fit testing, and those with responsibility for correct selection of respiratory protection.

Course fees
£495

Having been on a HSL course before, I felt it prudent to get the best training possible for staff who were going to start carrying out fit testing in the future.
Iain Mathieson, RGRL

2 day course

1 day course

Course fees
£495

Please go to www.hsl.gov.uk/training to see course dates and to book.
RPE (Respiratory Protective Equipment) Fit Testing Advanced in Qualitative Fit Testing and Quantitative (Portacount) Fit Testing

We offer two advanced courses - a one-day course in qualitative fit testing and a two-day course covering both qualitative and quantitative (Portacount) fit testing.

Concern over the quality of RPE fit testing in the UK has led to the development of a competency scheme known as Fit2Fit. These advanced courses cover the syllabus of the Fit2Fit training scheme.

All course presenters are Fit2Fit accredited fit testers; some were actively involved in the development of the Fit2Fit scheme and are members of the Fit2Fit technical committee.

Courses include

- Knowledge of RPE
- The role of fit testing
- Principles of fit testing
- Qualitative fit testing using either Bitrex or Saccharin - theory and practical
- Quantitative fit testing using the Portacount both with and without the N95 Companion/Technology - theory and practical (2 day course only)
- Troubleshooting

Who should attend

Experienced fit testers who are seeking additional training, including those aiming for Fit2Fit accreditation in quantitative and/or qualitative fit testing. Experience should cover the relevant range of tight-fitting facepieces.

You should have a basic working knowledge and understanding of RPE and be familiar with HSE guidance documents HSG 53 and HSE 282/28. You will need to bring along your own fit test equipment for use during the practical sessions.

More information on the Fit2Fit scheme is available at [http://fit2fit.org](http://fit2fit.org)

Extremely useful training course, offering a good mix of theory and practical information. I gained a great deal from the training given. The trainer was excellent, good delivery and knowledge.

D Burrell, Marshalls

1 and 2 day course

Course fees

£495 for the one-day course

£925 for the two-day course

Please go to [www.hsl.gov.uk/training](http://www.hsl.gov.uk/training) to see course dates and to book.
Display Screen Equipment (DSE) Risk Management

Display screen technology, such as computers, laptops, smartphones and tablet PCs 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, adding significantly to sedentary lifestyles.

While the musculoskeletal (MSD) risks from such device are relatively low, the increased exposure does mean that the effects of preventable risks such as poor or fixed postures can accumulate and lead to problems. HSE statistics (2014/15) indicate that 44% of cases of work related illness involves MSDs, which result in 40% of working days lost. Data from the general practitioners scheme (THOR-GP) suggests that “keyboard work” are significant contributors to both lower back and upper limb disorders.

This course, delivered by experienced HSL 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. The course covers the key elements for office DSE risk assessment and management and provides the information and techniques required to enable anyone to become a DSE assessor. 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.

Course includes
- 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

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

Very good trainer and a lot of interesting information which will help me in my role and to introduce into corporate DSE policy.
- Walsh, Thurrock Council

1 day course
Course fees £425
Please go to www.hsl.gov.uk/training to see course dates and to book.

Ergonomics - an Introduction

Every year, 35 million days are lost to British industry as a result of accidents and ill-health caused by work activities. A large number of these accidents could be prevented with greater thought and planning concerning the use of our everyday systems.

This course provides the ergonomics theory and techniques used to maximise 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.

Training is organised to give delegates a practical understanding of the key issues and practice at using the assessment approaches so they can apply these in the workplace.

Course includes
- Ergonomics principles, methods and techniques
- Human beings - physical and psychological factors
- Applied anthropometry
- Workplace design and DSE including a behavioural approach to managing mobile DSE
- Fitting trials
- Manual handling risks, assessments and controls
- Upper limb disorders - risks, assessments and controls
- Stress management
- Influencing behaviour
- Environmental factors - lighting, floors and footwear, noise

Who should attend
Anyone with an interest in workplace ergonomics. No previous ergonomics or musculoskeletal disorder experience required.

Fantastic course, relevant and put across well.
- David Sullivan, Asda

5 day course
Course fees £1195
Please go to www.hsl.gov.uk/training to see course dates and to book.
Human Factors in Accident and Incident Investigations

As many as 90% of incidents involve human factors causes. This course is designed to give you an impartial and pragmatic understanding of some of the techniques available for investigating human factors issues.

Effective investigation of the human factors within accidents and incidents is essential when wanting to improve performance, personal safety, management systems and loss control. You will be given the tools to find ways of having effective accident investigation within your organisation.

Course includes

- Essential background understanding for accident investigation
- Key principles for effective investigations into human factors
- Key steps for investigating human factors
- Practical exercises in investigation
- Basic principles of a range of contributory/root cause and accident/incident investigation techniques
- How to perform informative and effective human factors investigations of accidents and incidents in your own work environment

Who should attend

Safety managers, operations managers, quality assurance professionals, equipment and design specialists, safety advisors and safety specialists, hazard analysts, regulators, inspectors and human factors advisors.

One of the most useful, enjoyable and well structured courses that I have taken part in. Visiting a simulated incident scene was particularly useful.

Richard Harrison, BB9IC

2 day course

Course fees

£1195

Please go to [www.hsl.gov.uk/training](http://www.hsl.gov.uk/training) to see course dates and to book.

Human Reliability Assessment using the Human Error Assessment and Reduction Technique (HEART)

Achieving high reliability is the ultimate aim of safety management. Quantifying equipment failure rates as a well-established part of this process, but this knowledge represents only a portion of the complete picture. To understand, and therefore, minimise, the risks associated with industrial processes, it is essential to understand the human reliability component. Identifying the likely sources of human error, quantifying the likelihood of error, and implementing measures to prevent, detect and recover are of crucial importance in managing safety and achieving high reliability. A number of human reliability assessment techniques are available for this purpose.

The method is appropriate for use in a wide range of industries such as chemical, oil, gas, nuclear, transport, defence and medicine, and gives insight into potential sources of error.

Course includes

- A copy of the HEART manual
- Quantified human error potential (HEP)
- An overview of task analysis
- Human error identification
- Generic Task Types (GTTs)
- Understanding the updated Err

Who should attend

Risk analysts, safety case assessors and managers, operations managers, safety advisors and specialists, systems engineers, system and equipment design assessors, regulators, inspectors and human factors advisors.

A brilliant course! Interesting and very worthwhile.

Allan Hannah, Technip UK Limited

2 day course

Course fees

£1095

Please go to [www.hsl.gov.uk/training](http://www.hsl.gov.uk/training) to see course dates and to book.
Human Factors

Health & Safety Training Courses

Manual Handling for Assessors

Manual handling remains one of the main causes of occupational injuries within the UK with nearly 3 million working days lost to back pain in 2014/15.

Taking into account the costs associated with lost productivity, productivity disturbance and payment of employers liability insurance, HSE estimate the costs incurred by employers to be of the order of £3,000 per MSD case. The potential cost savings to be realised by managing ergonomic hazards in the workplace better are therefore clearly evident. Studies that have directly compared the benefits and costs associated with interventions targeting occupational health, typically report the benefits outweigh the costs by a factor of 4.

Prevention and control of work-related musculoskeletal disorders are amongst HSE’s priorities. To assist with this, HSL and HSE developed the risk assessment tools called the MAC and RAPP tools, which guides the assessors and helps identify key risk factors associated with lifting, carrying, team handling and pushing/pulling. The HSE Guidance to the Manual Handling Regulations provides all the information required to understand the issues and take action.

Course includes

- 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 risk assessment (the RAPP tool)
- Control and reduction of risk
- Key principles of good handling techniques
- Case studies

Who should attend

Employers and employee representatives who intend to begin manual handling risk assessment and control within their companies. It will also benefit you if you are already involved in manual handling risk education and need more in-depth training.

This is by far the best course I have attended as a safety professional.

Sonia Sweeney, ROK Group

Course includes

- Capturing and using good near miss and incident data
- 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
- The causes of stair falls and how to reduce the risk
- A visit to the Falls Prevention Team laboratory to see slip testing in action

Who should attend

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.

The course can also be tailored to suit all businesses and employees. Bespoke versions of this course for specific organisations can be developed on request.

Good content and insight into the testing of slip resistance. Good industry examples and solutions. Great networking event

J. Haggarty, House of Fraser

Course includes

- 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 risk assessment (the RAPP tool)
- Control and reduction of risk
- Key principles of good handling techniques
- Case studies

1 day course

Course fees

£425

Please go to www.hsl.gov.uk/training to see course dates and to book.

1 day course

Course fees

£425

Please go to www.hsl.gov.uk/training to see course dates and to book.

Slips and Trips - Falls Prevention

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.

Slips and trips can happen for a number of reasons, but all too frequently people jump to conclusions about why they happen rather than looking for the true cause, or assume that it is ‘just one of those things’ and do nothing.

The biggest challenges when trying to reduce slips in the workplace are knowing where to get reliable information on flooring, understanding the ins and outs of cleaning, and knowing how to select footwear. Understanding the science behind slips and trips makes it easier to identify the true cause of a fall and prevent future incidents.

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

Course includes

- Capturing and using good near miss and incident data
- 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
- The causes of stair falls and how to reduce the risk
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- Legal aspects
- Key risk factors
- Manual handling risk assessment (MAC and L23)
- Pushing and pulling risk assessment (the RAPP tool)
- Control and reduction of risk
- Key principles of good handling techniques
- Case studies

1 day course

Course fees

£425

Please go to www.hsl.gov.uk/training to see course dates and to book.

1 day course

Course fees

£425

Please go to www.hsl.gov.uk/training to see course dates and to book.
Stair Assessment

Stairs present significant potential for harm to their users. A fall on stairs often leads to serious injury or even death. In the UK, there is a fall on stairs every 90 seconds (BS 5395-1:2010).

There are approximately 100,000 accidents on stairs in leisure environments each year, and several thousand more in the workplace. Negotiating stairs is a largely subconscious task and, as such, falls are often blamed entirely on human error. In reality, the design of a stair plays a critical role in helping a pedestrian make their subconscious judgments accurately and therefore safely negotiate the stair.

HSL forensic investigations into the causes of fatal stair accidents have found that poor stair design is a significant factor in many cases. Fatalities are often preceded by a history of less serious falls which have not prompted careful scrutiny. 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. This will allow appropriate changes to working practices and the work environment to be considered and planned in proportion with the risks and costs involved.

Course includes

- How to undertake a stair fall assessment
- Common design issues that give rise to a risk of falls on stairs
- Examples of HSL stair investigations and the findings
- Simple tools for assessing common stair features (stair assessment tools will be provided to take away as part of the training)
- An opportunity for you to assess stairs yourself and discuss with the expert

Who should attend

Anyone who is interested in understanding falls on stairs or who has responsibility for managing health and safety. We can run bespoke courses at your premises tailored to your specific requirements. This includes a free expert assessment of your stairs.

Essential knowledge for anyone investigating incidents on stairs or escalators. I wish I’d done this years ago!

Lucinda Whitehead, Boots

½ day course

Course fees

£395

Please go to www.hsl.gov.uk/training to see course dates and to book.

Upper Limb Disorders - Risk Assessment of Repetitive Tasks

Musculoskeletal disorders are the most common occupational illness in Britain. HSE data shows that prevalence of upper limb disorders is as high as lower back pain, but these types of injuries are often overlooked.

Taking into account the costs associated with lost productivity, productivity disturbance and payment of employers' liability insurance, HSE estimate the costs incurred by employers to be of the order of £8,000 per MSD case. The potential cost savings to be realised by managing ergonomic hazards in the workplace better are therefore clearly evident. Studies have directly compared the benefits and costs associated with interventions targeting occupational health, typically report the benefits outweigh the costs by a factor of 4.

HSL and HSE developed the Assessment of Repetitive Tasks (ART) tool to assess the frequent handling of light loads and other repetitive tasks that can contribute to upper limb disorders. In this course you will learn how to use the ART tool to help recognise, assess, and reduce upper limb disorders in your organisation.

Course includes

- Common ULDs and their development
- Key risk factors
- Risk management (including legal duties)
- Risk assessment using the ART tool
- Practise using the ART tool with case studies
- Risk controls
- Practical tips on how to perform an assessment

Who should attend

Employers and their representatives who wish to carry out or improve ULD risk assessment and control within their organisation. Health and safety or occupational health professionals who wish to learn about the ART tool, or further their abilities in this area.

Very informative course with plenty of background information. Enthusiastic and knowledgeable presenter.

Simon Kelly, The Barden Corporation (UK) Ltd

1 day course

Course fees

£425

Please go to www.hsl.gov.uk/training to see course dates and to book.
COMAH Compliance for Lower Tier Establishments

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.

Course includes

- 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

Who should attend

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.

Very professional experts, excellent facilities and content up to date and relevant’
M Taylor, Klenzan

1 day course

Course fees
£495

Please go to www.hsl.gov.uk/training to see course dates and to book.
COMAH 2015 Unpacked

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

This course informs delegates about the changes in the regulation of chemical major hazards brought about by the implementation of the SEVESO III Directive.

Course includes
- The structure of the regulations
- Changes in definitions
- The main duties
- The classification of chemicals according to the CLP regulations as they apply to Schedule 1 and the application of the schedule to identify establishments within scope of COMAH

Detailed coverage will be given to:
- Notification
- Safety reports
- Information to the public
- LLP
- Timetable for actions
- Emergency planning
- Changes to interventions

Who should attend
Managers and safety advisers from existing COMAH establishments; safety consultants who provide advice in this field.

I found the course very informative, the presentations were concise and to the point and time was allowed for discussion on various issues.

I will be looking at sending employees on further HSL courses.

P Carter, Ibstock Building Products Ltd

1 day course
Course fees £495
Please go to www.hsl.gov.uk/training to see course dates and to book.

COMAH Onshore Major Hazards: New knowledge on flammable hazards

This course deals with important flammable risks at Major Hazards sites for which new knowledge or guidance has become available recently. It complements the general course ‘COMAH onshore major hazards: predictive aspects of COMAH’.

The specific risks dealt with include:
- Assessment of vapour cloud accumulation at very low wind speeds (overfill and spray releases). These conditions account for a very high proportion of major incidents involving flammables.
- Explosion modelling for large low-lying vapour clouds.
- Assessment of risks for packaged chemical storage: drum and IBC stores and warehouses.

Course includes
- How to carry out vapour cloud dispersion modelling in very low or nil wind conditions. They will use methods described in FABIG Technical Note 12 and learn how to extend the scope of this guidance to sites with slopes.
- How to carry out explosion analyses for large low-lying clouds.
- How to carry out simple assessments of the potential effects of chemical warehouse fires.
- How to advise on controlling the risks from IBC fires.

Who should attend
Safety professionals and managers who are involved in the co-ordination, writing or updating of COMAH safety reports. Consultants who provide assistance with safety reports.

Very informative, varied material - data, photos, videos. Regular reference to practical examples.

G Burns, Tyco Flame & Gas Detection

1 day course
Course fees £495
Please go to www.hsl.gov.uk/training to see course dates and to book.
COMAH Onshore Major Hazards: Predictive Aspects of COMAH

This course is intended for risk assessment specialists who buy in risk assessment services. 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.

It is delivered by experienced safety report assessors, and from the point of view of the requirements of the regulator.

Course includes

- Purposes of a COMAH risk assessment
- Proportionality
- Key information to include (Schedule 4 Part 2 of COMAH)
- Structure of the risk assessment
- Risk matrix and QRA approaches
- Input data and uncertainty
- ALARP demonstration

Who should attend

Safety professionals and managers who are involved in the co-ordination, writing or updating of COMAH safety reports. Consultants who help with safety reports.

A must for anyone writing a COMAH report.

C Pickard, Total

Course fees

£925

Please go to www.hsl.gov.uk/training to see course dates and to book.

COMAH - Safety Report Requirements with Emphasis on Technical Aspects of COMAH Safety Reports

You will gain a general overview of the information required to be presented in a Control of Major Accident Regulations (COMAH) safety report.

Emphasis is placed on relevant technical aspects of the safety report. The technical assessment criteria are explained, including the type and level of information needed to demonstrate that the technical measures implemented meet COMAH requirements.

Common pitfalls associated with COMAH safety reports are discussed and ways to avoid them will be identified. This course is delivered by experienced safety report assessors, and from the point of view of the regulator’s requirements.

Course includes

- General expectations for COMAH safety report submission
- Proportionality and how this affects technical criteria demonstration
- Technical measures demonstration requirements
- Process safety, mechanical engineering, and human factors
- Process safety, electrical control & instrumentation and human factors

Who should attend

Safety professionals and managers who are involved in the co-ordination, writing or updating technical aspects of COMAH safety reports. Consultants who provide assistance with safety reports.

Provided information that I needed to be able to use when providing technical input for future safety report submissions and for helping to improve policies and procedures that will feed into this.

K Palden, Synthite Limited

Course fees

£875

Please go to www.hsl.gov.uk/training to see course dates and to book.
COMAH: The Application of CLP and Aggregation in the COMAH 2015 Regulations

The Control of Major Accident Hazards Regulations (COMAH) 2015 came into force on 1 June 2015.

One of the major changes introduced by the regulations is the use of the Classification, Labelling and Packaging (CLP) Regulations to classify the hazardous properties of chemicals and to use these classifications to decide if establishments are in scope. The new classification scheme brings with it the potential for sites to change their COMAH status (upper tier, lower tier or non-COMAH) depending on the substances and quantities held.

The course will give an overview of the requirements of the new Regulations. It will also cover the potential changes in scope brought about by the CLP classifications, how to determine the CLP classification of chemicals and how to apply the COMAH aggregation rules to determine the COMAH status of a site. The presenters have been providing scientific advice to the UK team which negotiated the SEVESO III Directive implemented in the UK by the COMAH 2015 Regulations.

Course includes

- Introduction to the COMAH 2015 Regulations highlighting the major changes to the scope introduced by the application of CLP
- Alignment of COMAH 2015 with CLP
- How to determine CLP category for acute toxicity - pure substances and mixtures
- How to determine GHS category for environmental hazards (M factor method)
- The application of the aggregation rules
- A classification and aggregation exercise

Who should attend

Safety managers and those responsible for compliance with the COMAH Regulations should attend. This would include existing COMAH upper tier and lower tier sites, and also sites which were outside of scope of the COMAH 1999 Regulations but may have potential to come into scope of the new regulations.

Course fees

£495

Please go to [www.hsl.gov.uk/training](http://www.hsl.gov.uk/training) to see course dates and to book.

D Revitt, Elanco

Comprehensive understanding of aggregation procedures provided, especially mixtures, very useful. Simplified a difficult topic.

D Revitt, Elanco

DSEAR Compliance for Managers and Supervisors

HSL is to run a course on the identification and control of risks from dangerous substances required to comply with the Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR).

The regulations place 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.

Course includes

- The legal duties
- Assessing the risks from dangerous substances
- Controlling and mitigating the risks
- The safety management system to deliver DSEAR
- Explosive atmospheres - determining their extent and type
- Controlling the risks from specific processes

Who should attend

Managers and supervisors of process plant and operations, where dangerous substances are used or stored, who need to understand how to manage the risks from dangerous substances within the framework of the DSEAR duties.

Course fees

£495

Please go to [www.hsl.gov.uk/training](http://www.hsl.gov.uk/training) to see course dates and to book.

A comprehensive introduction to DSEAR by the people behind the regulation.

Kevin Chamberlain, The Royal Mint

D Revitt, Elanco

Comprehensive understanding of aggregation procedures provided, especially mixtures, very useful. Simplified a difficult topic.
Hazardous Area Classification

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.

Course includes

- The classification of hazardous substances
- The relevance of the physical/chemical properties of gases, liquids, dusts and mists to area classification
- The classification of hazardous areas by zone, including the concept of a zone of negligible extent (NE)
- How ventilation is taken into account when determining the hazardous zone and the concept of Vz
- A recently developed scientific approach to area classification
- The national and international standards and guidance commonly used in area classification including practical examples of their use
- The selection and identification of equipment for use in hazardous areas

Who should attend

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.

Covered the main areas very thoroughly and gave good examples.

M Turner, Tennants Fine Chemicals

LOPA (Layers Of Protection Analysis) - Practical Application and Pitfalls

LOPA is a semi-quantitative risk assessment method. It is used to determine and demonstrate the ability of existing, and proposed safeguards to protect against identified hazard scenarios, and to meet predetermined risk based criteria.

The Process Safety Leadership Group prepared guidance on using LOPA to determine the safety integrity requirements for overfill protection of bulk fuel storage tanks. This course draws on this guidance and presents its relevance to other applications. It also identifies common pitfalls that can occur when using LOPA.

Course includes

- When to use LOPA and when to consider QRA
- Complexity
- LOPA as applied in IEC 61511
- Input data and uncertainty
- Rules
- Target frequency
- Outcome of LOPA
- Pitfalls associated with LOPA

Who should attend

Engineers, managers and safety professionals who have a basic knowledge of risk assessment (possibly gained through HAZOP studies and PHA studies) who may already be aware of LOPA but would like to have a better understanding of how to apply LOPA.

A wealth of experience from the presenter.

Nick Howard, 6 Engineering Ltd

Course fees

£925

Please go to www.hsl.gov.uk/training to see course dates and to book.

1 day course

Course fees

£495

Please go to www.hsl.gov.uk/training to see course dates and to book.

2 day course
Pressure Systems Awareness

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.

This informative and experiential course is aimed at raising awareness of the hazards associated with pressure systems as well as the relevant regulatory framework. This course will offer delegates the unique opportunity to learn from real life case studies and forensic investigations in pressure systems failures, providing a first hand perspective of what can go wrong and why. Delegates will also benefit from a substantial afternoon session with the HSE Inspector responsible for the current revision of the Safety of Pressure Systems Regulations, during which delegates will be able to discuss both general and specific issues directly with the regulator in an open forum setting.

On completion of this course delegates will be able to identify pressure systems in the workplace and have an appreciation of the regulatory requirements for the management of a pressure system portfolio. Delegates will all also develop a firm understanding of the nature and significance of common risks associated with pressure systems as well as current risk mitigation strategies.

Course includes

- 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

Who should attend

This entry level open course is aimed at 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.

The course provided more information than I expected and covered some areas I was unaware of.

S Crampton, University of Lincoln

Pressures Systems Awareness

1 day course

Course fees

£495

Please go to [www.hsl.gov.uk/training](http://www.hsl.gov.uk/training) to see course dates and to book.

Principles of Incident Investigation and Failure Analysis

The ability to carry out a detailed and accurate mechanical failure analysis is a key skill for many sectors of industry particularly engineering, manufacturing and research and development.

From costly delays in production due to the failure of vital plant or tooling through to catastrophic failures with potential insurance and safety implications; all require the application of scientific analytical methods of inquiry. HSL are offering a unique opportunity to engage directly with our incident investigation professionals and take full advantage of our decades of failure analysis experience. This course is aimed at individuals or companies that maintain, contract or are seeking to develop failure analysis capability. While the course will focus primarily on the investigation of mechanical and engineering failures, many of the principles covered will be directly transferable to investigations of any type. The course will explain the common strategies and tactics of the failure analysis process from the initial response through to presenting your findings.

Course includes

- Roles and responsibilities
- Strategy and tactics of incident investigation and failure analysis
- Initial inspection
- Identification and collection of evidence
- Record and note keeping
- Common failure mechanisms
- Establishing cause and contributory factors
- Engaging scientific support
- Presenting your finding

Who should attend

This entry level course would be most useful for Health and Safety managers, insurance professionals, design and process engineers and other professionals seeking to better understand the forensic, scientific and analytical process.

Well presented course with friendly delivery and all items covered in detail.

D Hibbert, Wellbeck Estates Co Ltd

1 day course

Course fees

£495

Please go to [www.hsl.gov.uk/training](http://www.hsl.gov.uk/training) to see course dates and to book.
PUWER - Machinery Safety Basics

Do you need to know about the safe design of machinery? This course will give you practical advice on how to evaluate the safety of existing machines.

It will also show you how to evaluate and control noise and hand-arm vibration risks. Those activities regulated by the Provision and Use of Work Equipment Regulations (PUWER) are covered here. This course can be taken in combination with the Machinery Risk Assessment Essentials course.

Course includes
- 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
- Evaluation and control of noise risks
- Evaluation and control of hand-arm vibration risk.
- Hands-on practice evaluating the safety of machinery and suitability of guards

Who should attend
Machinery users, maintenance engineers, safety officers and project engineers who need to purchase machinery or make minor modifications to improve the efficiency, or change the use, of existing machinery.

Machinery Risk Assessment Essentials

Being able to carry out a detailed machinery risk assessment is a key requirement under the Management of Health and Safety at Work Regulations. Are you aware of what is sufficient and suitable to satisfy these regulations?

Machinery risk assessment is also now explicitly required by the Supply of Machinery (Safety) Regulations 2008. This course gives you hands-on experience of carrying out a machinery risk assessment. You will use structured techniques to demystify the process.

The course assumes a basic level of understanding of machinery safety. If you need an understanding of the Provision and Use of Work Equipment Regulations (PUWER), you should take this course in combination with the Machinery Safety Basics course.

Course includes
- What the difference is between hazard and risk, and other definitions
- Hazard identification process and techniques
- Process and techniques for risk estimation
- Risk evaluation - what does ALARP mean in practice?
- Assessment, handling and control of hazardous substances
- Reasonably foreseeable misuse, and other machine interventions
- Risk assessment practice

Who should attend
Machinery users, maintenance engineers, designers and project engineers who need to carry out the risk assessment of existing machinery or new machinery being specified, supplied or under development. Also, safety professionals who are familiar with the concepts, but need to know how machinery risk assessment differs from other workplace safety or risk assessments.

1 day course
Course fees £425

Please go to www.hsl.gov.uk/training to see course dates and to book.

Very informative and interactive.
C Bain, Tata Steel

Good course with good reference to standards.
A Boast, Active Engineering
Machinery Directive

The design, supply and incorporation of machinery into assemblies are governed by the European Machinery Directive. In the UK this has been transposed into the Supply of Machinery (Safety) Regulations.

This course gives you a thorough understanding of this legislation, as well as the key current European and international safety standards that support the regulations. You will learn how to build a technical file, and have the opportunity to practise assessing how to conform to the essential health and safety requirements.

The role and process of risk assessment are explained, and there is an introduction to control system safety and some of the related standards. However if you need a more detailed understanding of machinery risk assessment or the design of safety-related control systems, you should also attend other Machinery Safety Series courses.

Course includes:
- Principles of safety by design
- Ergonomics in machine design
- High level access
- Relevant standards and their use
- Documentation requirements
- Hands-on practice of the evaluation and conformity assessment of machinery

Who should attend
People who design and supply machines, and create assemblies of machines. People who specify and install new machines or assemblies, or make significant modifications to existing machines. It will also be helpful to anyone who is interested in a detailed understanding of the safety of industrial machinery.

Course fees
£425

Please go to www.hsl.gov.uk/training to see course dates and to book.

Designing and Specifying Safety-Related Control Systems

Control systems for machinery, whether electrical, pneumatic, hydraulic or combinations there-of, are often required to perform safety-related functions. There are regulatory requirements for these control systems and established approaches for dealing with their design, which are laid out in European Standards.

This course will help delegates understand how to specify and design safety related control circuits which comply with the requirements of both the Supply of Machinery (Safety) Regulations 2008 (Machinery Directive 2006/42/EC) and the Provision and Use of Work Equipment Regulations. It explains how these and other regulations and standards are applied to real-life situations, through the use of examples of how to and how not to do it. The course provides methods and templates developed at HSL to help engineers comply with the relevant requirements effectively and efficiently. The course concentrates mainly on the approach laid down in EN ISO 13849-1:2008, but also gives objective advice on the relevance of other standards such as EN ISO 13840-2:2012, EN 62061:2015 and other Safety of Machinery standards, such as EN ISO 14119:2013 on interlocking devices.

Course includes:
- Safety integrity levels, performance levels, categories, what they are, what they aren’t, and the difference between them
- Circuit design
- Demonstration of interlocking and other safety devices
- Potential user interference and misuse of safety devices

Who should attend
Electrical, control and project engineers, whether they are original equipment manufacturers or users involved in specifying control systems on customised machinery/assemblies or significantly modifying control systems on existing machinery/assemblies.

Clear, concise presentation.
J Heredia, ITM Power Plc

Depth and knowledge of instructor in relation to the topic was fantastic.
M Burke, Magal AWT Ltd

1 day course
Course fees
£425

Please go to www.hsl.gov.uk/training to see course dates and to book.
Process and Fire Incidents

This course introduces you to lessons learned from a number of significant or high profile incidents involving fires or chemical processes.

Drawing on the wealth of investigation experience within HSL, this course provides detailed histories of incidents and key outcomes of the investigations. It also gives examples of how investigation and follow-up research has led to improvements in safety.

There will be significant practical demonstration content in the course, where you will witness live experiments to illustrate hazardous effects that have caused previous incidents.

Course includes
- Chemical reaction hazards and incidents
- History and principles
- Risk reduction strategies
- A practical demonstration programme

Who should attend
Senior managers, safety professionals, health and safety managers, insurers, trade union representatives.

A very interesting and relevant course for the high hazard process industries. Many of the lessons learned from process incidents should be shared within industry to help prevent accidents.

S Smith, Solvay Solutions UK Ltd

2 day course
Course fees £1250
Please go to www.hsl.gov.uk/training to see course dates and to book.

Site and Transport Safety

Vehicle movements and loading and unloading vehicles can be some of the most dangerous activities carried out on a worksite.

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.

Course includes
- 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

Who should attend
Site managers and transport managers working in general haulage, retail, warehousing and distribution.

Opened my eyes to issues I had not been aware of or thought about. Will help me going forward.

M Barratt, TFL

1 day course
Course fees £425
Please go to www.hsl.gov.uk/training to see course dates and to book.
Biosafety - Concepts and Working Practices at Containment Level 3

This is a four-day course (run over five days) on working in and with a Microbiological Containment Level 3 facility. It comprises a number of modules using a combination of interactive theory, practical and workshop training.

You will achieve a greater understanding of the work carried out within a Containment Level 3 facility, the equipment used, and the concepts and philosophy of working with biological agents at that level of containment. It will also cover the design, management and legislative requirements associated with operating a Containment Level 3 laboratory facility.

You will gain the skills and confidence to deal with accidents and incidents, and learn what you and others need to do to ensure you are working in a safe environment. Practical session in our Containment Level 3 laboratory facilities will give you the opportunity to understand the design and operation of such facilities.

Course includes

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

Who should attend

Anyone working at, or intending to start work at, Containment Level 3. Safety advisors and biological safety officers who support Containment Level 3 facilities. Previous experience working at Containment Level 2 is essential.

Along with HSL staff, the course is presented by Sharon Webster of Webster’s Biosafety. Sharon is a biosafety consultant and trainer.

Content of course was very applicable to work carried out in APHA. Very comprehensive when planning and working in containment labs.

S Marsh, APHA

5 day course

Course fees

£1950

Please go to www.hsl.gov.uk/training to see course dates and to book.
Nanotechnology Health and Safety - a Practical Approach

Nanotechnology has a wide range of consumer applications, from pharmaceuticals and electronics to cosmetics and novel fabrics.

One of the prerequisites for the safe development of nanomaterials is to ensure the safety of workers using, handling or manufacturing nanoparticles. This course provides practical advice and tools on the measures needed to adequately control exposure to airborne nanoparticles during their manufacturing, or during their use and disposal.

Course includes
- Current best practice
- Assessing and implementing control measures and exposure monitoring

Who should attend
Health and safety advisors, occupational hygienists, and users of nanomaterials in universities, research organisations and industry.

A good course with knowledgeable and enthusiastic presenters. Good pace and good resources.
Alan Taylor, TWI

1 day course
Course fees £495
Please go to www.hsl.gov.uk/training to see course dates and to book.

Site-Based Assurance on Process Safety Management Systems - insights to HSE’s Major Hazards Management Protocol

HSE has developed a methodology to target the most important aspects of risk control and to identify vulnerability and susceptibility of these measures to fail and the likelihood of a major accident.

This workshop will share this new Process Safety Analysis tool with safety professionals and managers responsible for risk management at major hazard establishments. You will be able to utilise your learning to target and assess key aspects of process safety management.

Course includes
- An overview of HSE’s process safety management model
- How to identify process safety failure mechanisms
- How to target key aspects of process safety risk management and how to use this within your own company’s risk assurance programme
- How to identify key vulnerabilities or weaknesses in operational control measures
- How to incorporate the outcomes to your organisation’s KPI programme

Who should attend
Safety professionals and managers responsible for risk management at major hazard establishments.

1 day course
Course fees £495
Please go to www.hsl.gov.uk/training to see course dates and to book.
The Chartered Institute of Environmental Health (CIEH) Level 3 Award in Training - Principles and Practice (TPP)

The TPP is now the new recognised minimum requirement for trainers wishing to register to deliver most CIEH qualifications. It replaces the CIEH Level 3 Award in Training Skills and Practice (TSP).

It is ideal for first-time trainers who need to understand basic training skills and practices. It encourages a flexible approach to training delivery that takes account of learners’ needs and preferences.

Course includes
- Inclusive teaching and learning approaches in education and training
- Ways to create an inclusive teaching and learning environment
- Planning and delivering inclusive teaching and learning
- Evaluating the delivery of inclusive teaching and learning
- A two-part assessment

Who should attend
This qualification is ideal for anyone who has never delivered training before or for trainers who want to reinvigorate their training skills or for trainers wishing to become a CIEH registered trainer.

I came into the course with very little experience within training and found the course very productive, very interesting and gained a lot of knowledge from the tutor. Well explained and understood.

M Barnett, Carillion

3 day course
Course fees £695
Please go to www.hsl.gov.uk/training to see course dates and to book.

CIEH Conversion from Level 3 Award in Training Principles and Practice (TPP) to Level 3 Award in Education and Training (EAT)

HSL is to run a 2 day CIEH TPP to EAT Conversion course – this course is open to those people who already have the CIEH TPP qualification.

The EAT qualification comprises three units:

1. Understanding roles, responsibilities and relationships in education and training
2. Understanding and using inclusive teaching and learning approaches in education and training
3. Understanding assessment in education and training

Those people who have achieved the TPP qualification will have already completed unit 2 and therefore, on the conversion course, will just complete units 1 and 3.

Course includes
- The training/teaching cycle
- Legislation and codes of practice
- Equality, diversity and inclusion
- Boundaries and referral
- Types and methods of assessment
- Adapting assessment
- Feedback
- Keeping records

Who should attend
This EAT qualification is designed for people who:
- Have already achieved the CIEH TPP qualification
- Are not in a teaching/training role, or who have just started a teaching/training role
- Want a short nationally recognised qualification
- Want a qualification without a minimum teaching practice requirement

2 day course
Course fees £550
Please go to www.hsl.gov.uk/training to see course dates and to book.
Understanding and Using the Risk Management Maturity Model (RM3)

The Office of Rail and Road (ORR) expect the rail industry to achieve excellence when controlling health and safety risks. The Office of Rail and Road (ORR) expect the rail industry to achieve excellence when controlling health and safety risks. They believe that this is only possible through effective and efficient management. ORR have described what excellent management capability looks like in the Risk Management Maturity Model (RM3). ORR inspectors use this model to assess duty holders’ risk management arrangements as required by the Railways and Other Guided Transport Systems (Safety) Regulations 2006 and the Management of Health and Safety at Work Regulations 1999. RM3 has been embraced by the UK railway industry and is increasingly influencing activity in Europe through its adoption by the European Railway Agency.

This course, designed in collaboration with ORR, will provide you with:

- A thorough understanding of what makes a good management system and why you need one
- How you can use RM3 within your organisation, and
- How an inspector uses RM3 to assess your risk management arrangements.

HSL is delighted to be collaborating with ORR to deliver training on RM3. HSL’s comprehensive understanding of RM3 and best practice in the field of health & safety risk management across a range of industries, along with our knowledge of regulation puts us in the best position to help you to implement RM3 effectively and achieve excellence in H&S risk management.

Course includes:

- Key elements of a good safety management system
- RM3 and how to use it within your organisation
- Good practice (beyond HSG65) in health & safety risk management from across industry

Who should attend:

Whilst this course is tailored to those who are responsible for health & safety risk management in the rail industry, delegates from other industries will find the course of relevance due to the cross-industry applicability of the principles of excellent risk management.

2 day course

Course fees
£1,095

Please go to www.hsl.gov.uk/training to see course dates and to book.
ASCENT
Achieving Safety Culture Excellence: Now and Tomorrow

HSL support to ensure a successful programme of safety culture improvement

HSL specialists are available every step of the way to guide your progress to safety culture excellence, ensuring greater effectiveness, staff engagement, senior management buy in and, ultimately, a more successful programme of improvement.

5. Evaluate
It is important that you keep the momentum going with your culture change initiative by reviewing the actions you have put in place and evaluating what impact your changes are having.

1. Foundation
A good foundation is essential to any successful safety culture improvement programme and includes: securing senior management commitment and resources, establishing a steering group and project plan, and developing an employee engagement strategy.

3. Focus
SCT data analysis provides an indication of the underlying culture of your organisation and key areas to target. The next step is to discuss the results with a sample of employees and develop solutions that you can act upon.

2. Analyse
Running the HSL Safety Climate Tool (SCT) to gather employee opinions on your safety culture enables you to start understanding your strengths and target areas for improvement, and gives you data against which you can measure the success of follow-up interventions.

4. Act
You can now make evidence-based decisions which will form the basis of targeted action plans that focus your resources on those areas that genuinely need attention, and those that will have most impact on improving safety performance.

Find out more:
T: +44 (0) 1298 218 356
E: productsupport@hsl.gsi.gov.uk
W: www.hsl.gov.uk

Undertaking safety culture improvements offers measurable benefits and return on investment.
Every year HSE publishes annual statistics on health and safety in Great Britain.

HSE’s new ‘Vital statistics’ poster visualises the key information in an infographic style, allowing health and safety professionals to show why health and safety matters.

Use it to:
- Convey the importance of good health and safety
- Demonstrate organisational commitment
- Encourage employees to take personal responsibility for their own health and safety
- Refresh health and safety noticeboards
- Start conversations

Buy the poster now from https://www.books.hse.gov.uk/


The accident book is also a valuable document that organisations can use to record accident information as part of their management of health and safety. It can be used to record details of injuries from accidents at work that employers must report under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR).

If a worker sustains an occupational injury resulting from an accident, their injury should be reported if they are incapacitated for more than seven days. There is no longer a requirement to report occupational injuries that result in more than three days of incapacitation, but you must still keep a record of such injuries.

BI510 2012 ISBN 978 0 7176 6458 0
It is also available in packs: ISBN 978 0 7176 6544 0
## Index

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asbestos - Managing Asbestos in Domestic and Non-Domestic Premises</td>
<td>67</td>
</tr>
<tr>
<td>Behaviour Change - Improving Health and Safety Performance</td>
<td>08</td>
</tr>
<tr>
<td>Behaviour Change - Maintaining Your Approach Using Observation</td>
<td>09</td>
</tr>
<tr>
<td>Biological Monitoring for Chemical Exposures at Work - an Introduction</td>
<td>10</td>
</tr>
<tr>
<td>Biosafety - Concepts and Working Practices at Containment Level 3</td>
<td>55</td>
</tr>
<tr>
<td>COMAH Compliance for Lower Tier Establishments</td>
<td>37</td>
</tr>
<tr>
<td>COMAH Onshore Major Hazards: New Knowledge on Flammable Hazards</td>
<td>39</td>
</tr>
<tr>
<td>COMAH Onshore Major Hazards: Predictive Aspects of COMAH</td>
<td>40</td>
</tr>
<tr>
<td>COMAH - Safety Report Requirements with Emphasis on Technical Aspects of COMAH Safety Reports</td>
<td>41</td>
</tr>
<tr>
<td>COMAH - The Application of CLP and Aggregation in the COMAH 2015 Regulations</td>
<td>42</td>
</tr>
<tr>
<td>COSHH - Practical Assessment and Control</td>
<td>11</td>
</tr>
<tr>
<td>Display Screen Equipment (DSE) Risk Management</td>
<td>28</td>
</tr>
<tr>
<td>DSEAR Compliance for Managers and Supervisors</td>
<td>43</td>
</tr>
<tr>
<td>Ergonomics - an Introduction</td>
<td>29</td>
</tr>
<tr>
<td>HAVS (Hand Arm Vibration Syndrome) (FOM Accredited)</td>
<td>12</td>
</tr>
<tr>
<td>HAVS (Hand Arm Vibration Syndrome) Refresher</td>
<td>13</td>
</tr>
<tr>
<td>Hazardous Area Classification</td>
<td>41</td>
</tr>
<tr>
<td>Human Factors in Accident and Incident Investigations</td>
<td>30</td>
</tr>
<tr>
<td>Human Reliability Assessment using the Human Error Assessment and Reduction Technique (HEART)</td>
<td>31</td>
</tr>
<tr>
<td>Improving Your Health Related Risk Assessments</td>
<td>14</td>
</tr>
<tr>
<td>LEV - Practical Management of Local Exhaust Ventilation Controls - BOHS Approved</td>
<td>15</td>
</tr>
<tr>
<td>LOPA (Layers of Protection Analysis) - Practical Application and Pitfalls</td>
<td>45</td>
</tr>
<tr>
<td>Machinery Directive</td>
<td>50</td>
</tr>
<tr>
<td>Machinery Risk Assessment Essentials</td>
<td>49</td>
</tr>
<tr>
<td>Managing Health Risks in Construction Seminar</td>
<td>16</td>
</tr>
<tr>
<td>Management of Hand Arm Vibration in the Workplace - An Introduction</td>
<td>18</td>
</tr>
<tr>
<td>Managing Work-Related Stress at an Organisational and Individual Level</td>
<td>19</td>
</tr>
<tr>
<td>Manual Handling for Assessors</td>
<td>32</td>
</tr>
<tr>
<td>Nanotechnology Health and Safety - a Practical Approach</td>
<td>56</td>
</tr>
<tr>
<td>Occupational Medicine Seminar for HSE Appointed Doctors, Occupational Health Professionals and GPs</td>
<td>17</td>
</tr>
<tr>
<td>PPE (Personal Protective Equipment) Essentials</td>
<td>23</td>
</tr>
<tr>
<td>Pressure Systems Awareness</td>
<td>48</td>
</tr>
<tr>
<td>Preventing Dermatitis and Dermal Exposure - an Introduction</td>
<td>20</td>
</tr>
<tr>
<td>Principles of Incident Investigation and Failure Analysis</td>
<td>42</td>
</tr>
<tr>
<td>Process and Fire Incidents</td>
<td>52</td>
</tr>
<tr>
<td>PUWER - Machinery Safety Basics</td>
<td>48</td>
</tr>
<tr>
<td>Respirable Crystalline Silica (RCS) - Health Surveillance and Exposure Control</td>
<td>21</td>
</tr>
<tr>
<td>RPE (Respiratory Protective Equipment) Essentials</td>
<td>24</td>
</tr>
<tr>
<td>RPE (Respiratory Protective Equipment) Fit Testing Advanced in Qualitative Fit Testing and Quantitative (Portacount) Fit Testing</td>
<td>26</td>
</tr>
<tr>
<td>RPE (Respiratory Protective Equipment) Fit Testing - an Introduction</td>
<td>25</td>
</tr>
<tr>
<td>Slips and Trips - Falls Prevention</td>
<td>33</td>
</tr>
<tr>
<td>Site and Transport Safety</td>
<td>53</td>
</tr>
<tr>
<td>Site-Based Assurance on Process Safety Management Systems - Insights to HSE’s Major Hazards Management Protocol</td>
<td>57</td>
</tr>
<tr>
<td>Stair Assessment</td>
<td>34</td>
</tr>
<tr>
<td>CIEH Conversion from Level 3 Award in Training Principles and Practice (TPP) to Level 3 Award in Education and Training (EAT)</td>
<td>59</td>
</tr>
<tr>
<td>The Chartered Institute of Environmental Health (CIEH) Level 3 Award in Training - Principles and Practice (TPP)</td>
<td>58</td>
</tr>
<tr>
<td>Understanding and Using the Risk Management Maturity Model (RM3)</td>
<td>60</td>
</tr>
<tr>
<td>Upper Limb Disorders - Risk Assessment of Repetitive Tasks</td>
<td>35</td>
</tr>
</tbody>
</table>

*Prices correct at time of printing*