

## Training

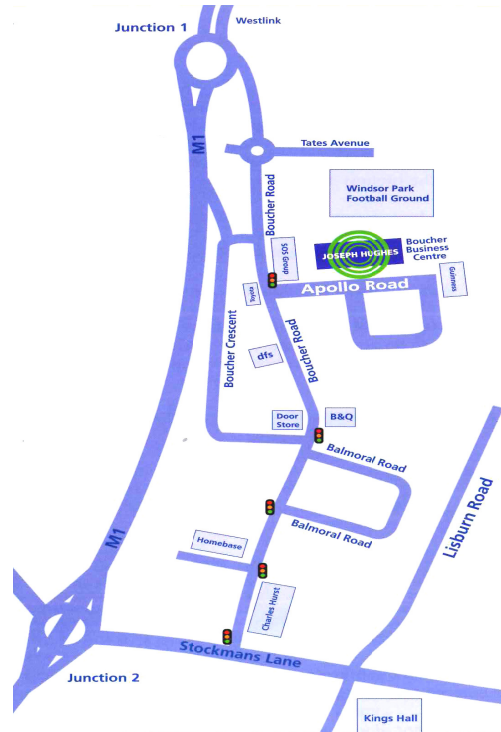
J H Safety Training Services have been providing training to industry for many years. We provide a comprehensive range of courses, the most popular of which are listed inside. However we do offer many other training courses, most of which can be tailored to your specific needs and delivered on your premises if necessary.

If you know of a training course that you or your employees require that is not listed, do not hesitate to contact us and we will try to organize it for you.

The majority of our courses are available for grant aid from CITB (Construction Industry Training Board), however, this is for levy payers only.

## Training Facilities

- Purpose built, air-conditioned training suite
- Refreshments provided
- Easy to find— see map on back of pamphlet
- Ample free parking in car park
- Disabled Access



# JH

## SAFETY TRAINING SERVICES

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# JH

## SAFETY TRAINING SERVICES

### Why Train?

- Lower the risk level in terms of insurance premiums
- Upskill Staff, improve safety, motivation and productivity
- Compliance with Statutory Obligations and reduced risk of litigation and claims
- Tender more effectively



Protect your workforce, and  
your profits

Contact us now!

02890 668504

[training@josephhughes.co.uk](mailto:training@josephhughes.co.uk)



## JH Safety Training Services

### Principles in Manual Handling

Aimed at those who carry out manual handling activities at work and introduces candidates to the hazards of manual handling activities.

**Topics covered include:**

- Responsibilities & duties
- Process of manual handling in the workplace
- Manual handling injuries & activities that cause them
- Manual Handling Assessment

### Foundation Cert in H&S

Specifically designed to provide essential knowledge and understanding of health and safety for employees working in any sector of business

**Topics covered include:**

- Employer & Employee Duties
- Accidents and ill Health
- Workplace Safety
- Manual Handling
- Hazardous Substances
- Workplace Ergonomics
- Noise & Vibration

### COSHH Awareness

Designed for those who use substances which may be hazardous to health at work

**Topics covered include:**

- Definition and types of substances hazardous to health
- Effects of Hazardous Substances
- COSHH assessments and control options
- Legal Duties



### AED Defibrillator

Designed to teach candidates how to recognise cardiac arrest and treat it using the AED defibrillator.

**Topics covered include:**

- Identification of Cardiac Arrest
- Understanding the problem of cardiac arrest
- Basic life support skills
- Understand Indications and Contra-Indications for AED
- Demonstrate safe use of the AED

### Risk Assessment

This course enables the candidate to understand principles of Risk Assessment and contribute to improved workplace safety

**Topics covered include:**

- Causes and implications of accidents and ill health
- Legal requirements for Risk Assessment
- Difference between hazard and risk
- Preparing a risk assessment
- How to control the assessed risk

### CSR—English/ Polish/ Renewal

The aim of the CSR scheme is to raise standards of health and safety and provide recognition of skills, experience and qualifications.

**Topics covered include:**

- Health & Safety Legislation
- Employer/ Employee duties
- Accident Prevention
- Safe Methods of working

### Mobile tower Scaffold\*

Designed to teach the relevant skills essential for the use and inspection of mobile scaffold. Successful delegates should be able to site, erect, inspect, use and dismantle mobile towers safely and efficiently.

**Topics covered include:**

- Safe erection & dismantling of mobile scaffold
- Safety checks

\*This course is ITSSAR accredited

### Forklift\* & Telehandler\*



**Topics covered include:**

- Operator Responsibilities
- Pre-operational checks and fault finding
- Factors affecting stability
- Manoeuvring in open and confined areas
- Stacking and de-stacking procedures

\*This course is ITSSAR accredited

### First Aid at Work\* & Emergency First Aid



These courses cover the practical skills needed by a first aider in the workplace.

**Topics covered include:**

- Legislation
- Using a First Aid Kit
- Resuscitation
- Burns and Scalds
- Eye Injuries

\*This course is approved by HSE EMAS

### Asbestos Awareness

Asbestos can kill, as such it is imperative that you and your employees are made aware of the dangers and how to minimise their exposure.

**Topics covered include:**

- Properties of asbestos and its effect on health
- Safe work practices, protective equipment and control measures
- Types of materials and products likely to contain asbestos
- Emergency Procedures

### Powered Access Equipment & Safety Harness (Boom/Scissor Lift/ Hoist)\*



**Topics covered include:**

- Pre-use Safety and damage checks
- Safe operation
- Safety Harness checks

\*This course is ITSSAR accredited

### Fire Warden

Recent changes in legislation make it mandatory to have a designated fire warden on every premises, as such this training aids the understanding of the role of a fire warden.

**Topics covered include:**

- Fire Legislation
- Common Causes of fire
- Fire Safety control measures
- What to do in case of fire
- Safe evacuation of premises