

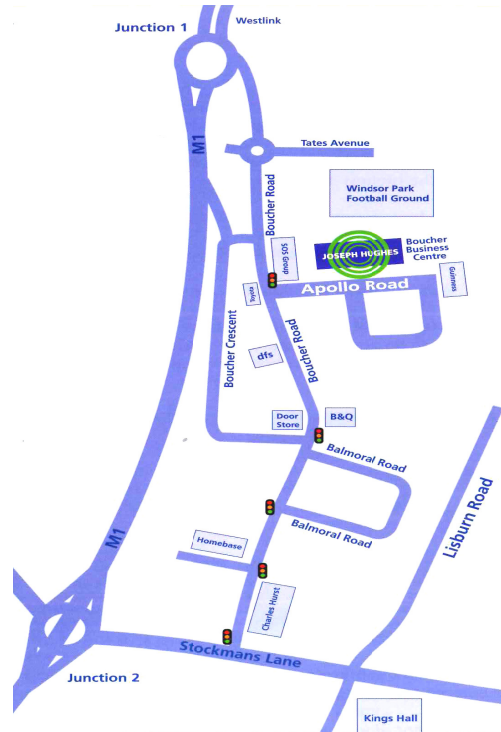
Training

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.

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



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

Office Safety Training

This course will provide an insight into basic safety in an office environment.

Topics covered include:

- Slips, Trips & Falls
- Display Screen Eqt
- Personal Safety
- Fire Safety Basics
- Safe Lifting & Manual Handling
- Accident Prevention & Reporting

Pallet Truck* (Powered & Pedestrian)

This course provides the candidate with the skills necessary to operate a pallet truck safely.

Topics covered include:

- Pallet Truck Safety measures
- Safe Systems of Work
- Pre-use safety & damage checks
- Operating instructions
- Appropriate PPE

*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*



This course covers 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
- Injuries to bones, muscles & joints
- Unconsciousness
- Poisoning

*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

Emergency First Aid

This course covers the Basics in First Aid, as well as providing an insight into the duties of a first aider.

Topics covered include:

- Accidents & Illness
- Using a First Aid Kit
- Resuscitation
- Burns & Scalds
- Eye Injuries



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