

# CITB HEALTH & SAFETY AWARENESS



## Overview

This course is aimed primarily at those working in the construction industry and teaches delegates about health, safety, welfare and environmental issues that may affect them and their workplace. It also helps delegates to understand how they should react to potential health and safety risks, their responsibilities when it comes to looking after themselves and others, and their employer's duties. The CITB Health and Safety Awareness training is a requirement for anyone who wants to obtain a Green CSCS Card.

We offer health and safety awareness training courses at centres across the UK, in-house at your premises, or at a local venue of your choosing. Please use our "Open Course" search function on the right-hand side to quickly find training in your area, or call today to book an onsite instructor.

## Outline of Programme

- What are your responsibilities?
- Health and welfare at work.
- Working at heights.
- Safe manual handling.
- Personal Protective Equipment (PPE).
- Operating handheld equipment and tools.
- Site transport safety.
- Accident prevention reporting.
- Noise and vibration.
- Hazardous substances.

- Electricity.
- Emergency procedures and first aid.
- Fire protection and control.

### **Assessment**

The CITB Health and Safety Awareness course is delivered over one full day and delegates will be expected to engage in several group activities. Our experienced trainers will be on hand to help guide participants through these sessions and delegates must also pass a multiple-choice exam. A certificate will be awarded upon successful completion, valid for 5 years. Advanced courses such as SSSTS and SMSTS can be taken afterwards to further delegates' development. After completion of this course, delegates must take a 45-minute online test to obtain a Green CSCS Card.

### **Cost**

Our courses are competitively priced, and we aim to beat any equivalent training quote.

### **Important Information**

- The training venue should be quiet and undisturbed.
- Staff should not be expected to be on duty.
- Staff attending should remain for the entire length of the session.
- Flexible dates available.
- Please call to book a day that suits you.