



ABIOSH – ABI18020 – HEALTH AND SAFETY AWARENESS COURSE FOR EMPLOYEES (30Hrs)

Course content:

Module 1 - International Law

- International Labour organisation
- European Directives
- USA 1970 Work Act
- UK Health and Safety at Work Act
- Construction Regulations (CDM)

Guided learning hours (GLH) 180 mins

Module 2 - Why we manage Health and Safety

- Moral, Legal and Financial
- Increase profits, reputation
- Reduce waste and Insurance premiums

GLH – 180 mins

Module 3 - Risks and how to control them

- Hazard definition
- Risks
- Risk definition
- Risk assessment 5 steps

GLH – 240 mins

Module 4 - Manual handling Regulations (1992-2002)

- Manual Handling Regulations
- What is Manual Handling
- Risk Assessment (TILE)

GLH – 120 mins

Module 5 - Material Handling equipment

- Lifting operations LOLER (1998)

GLH – 120 mins

Module 6 - Ground disturbance

- Avoiding dangers from ground disturbance
- Duties as a Contractor
- Planning the work
- Locating and identifying buried services
- Safe excavation

GLH – 120 mins

Module 7 - Working at height

- Working at Height Regulations
- Employers' responsibility

GLH -90 mins

Module 8 – Permits Operations

- Hot work permit
- General permits
- Confined space permit
- Working on high voltage apparatus

GLH – 120 mins

Module 9 – Lock Out Systems

- What is a Lock Out Target System
- Lock out – target machine guards
- OSHA – lock out violations

GLH – 60 mins

Module 10 – Noise

- Control Noise at Work Regulations (2005)
- Noise levels
- Hearing loss
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GLH -120 mins

Module 11 – Confined Space

- What is a confined space
- Confined space regulations (1997)

GLH – 90 mins

Module 13 – Control of Substances Hazardous to Health (COSHH)

- COSHH Regulations (2002 and 2004)

GLH –180 mins

Module 14 –Driving, Traffic Management on site

- The Law : Construction site must be organised so that pedestrians and vehicle can move safely
- Keeping Pedestrians and vehicles apart
- Minimizing movement
- People on site
- Turning vehicles
- Visibility
- Signs and instructions
- Driver training
- Vehicle maintenance

GLH-180 mins

Summary of course and revision

GLH 60 mins

General information – the ABIOSH ABI18020 course has been designed to provide an insight into the general health and safety requirements for employees.

The course has been designed to provide 30 hours of training through an e-learning portal.

Students will need to register on the ABIOSH site, and a tutor will be allocated to aid the course progress online.

At the end of the course students will be provided with an ABIOSH certificate.

The cost of the course will be provided to the individual or an agreed company listed on the ABIOSH website Student will connect to the ABIOSH portal and register through the company name to start the course

A list of all students registered or certificated can be provided after a successful multi choice assignment