

# Health & Safety Awareness (green card course)



## Who should attend?

- Operatives who work on any type of building site and in any trade. This course is cited by BUILD UK training standards as the appropriate training level for site operatives.
- Anyone who needs to fulfil the training requirements to gain their CSCS green card
- Any person starting out in the construction industry
- Persons who visit site for any purpose who need to understand the hazards and risks in the construction environment



## Course content

- People who work on site are more likely to be hurt at work than in almost any other industry. This course will explain the legal duties to look after yourself, report problems and cooperate with employers, as well as fully understanding the dangers that you may face.
- We will focus on identifying hazards to health as well as safety, the consequences of exposure and how to control these serious risks.
- This will be an intense but rewarding day for all attendees, resulting in certainty, new knowledge and understanding.
- For a full course programme – please see the next page



## Assessing learning outcomes

- Continual assessment throughout the course, which will end with a multiple-choice exam.
- Our tutors are familiar with people who may not be at home in the classroom. If you have any issues with reading and writing, please tell us so we can support you and give you the best possible experience.



## Course duration

- 1 day



## Refresher training

- Certification will need to be renewed after 5 years



## Please bring

- Just yourself, we will provide everything you need on the day



## Publication(s)

- CITB publication GE707 Safe Start is included with the course



Visit [www.hcssafety.co.uk](http://www.hcssafety.co.uk) for dates and prices

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## Course programme guide

### Session 1

- Introduction
- The effects of accidents - an investigation of how accidents affect victims, companies and society
- The Health & Safety at Work Act 1974 - your rights and responsibilities
- Enforcement and Penalties - who are the HSE and what are their powers?

### Session 2

- Risk assessment principles - what is hazard, what is risk, what are effective control measures
- Working at Height
- Avoiding/ preventing falls/ protecting and arresting falls
- Selection of access equipment
- Access around site - tidiness, transport and traffic

### Session 3

- Excavations and confined spaces
- Electricity - overhead and underground
- Fire prevention and protection
- Hazardous substances - site chemicals, silica, dermatitis, biological hazards, asbestos

### Session 4

- Noise and vibration
- Environmental hazards
- Manual handling
- end of course test

