



HCS  
SAFETY

# Training Courses



# Training you can trust



## NEBOSH

### The National Examining Board for Occupational Safety & Health

We are an approved training provider for NEBOSH Diploma and Certificate courses. These are in-depth training programmes aimed at those who will have a high level of responsibility for health and safety within their organisation, or those who may be looking to begin a career in this field.



## IOSH

### The Institution of Occupational Safety and Health

IOSH is the professional body for health and safety in the UK and is well known and respected throughout the world. We are able to offer the 3 most popular courses from IOSH, all of which are packed with engaging, essential information for staff at different levels within your organisation.



## CITB

### Construction Industry Training Board

The Site Safety Plus Scheme from the CITB is highly sought after in the construction industry. These qualifications are mandatory to work on most projects and are an essential tool in reducing accidents and ill health in one of the UK's most dangerous industries.



## NUCO

### First Aid at Work Courses

First Aid Training is an essential life skill, not to mention mandatory for workplaces. Our courses are approved and certificated by NUCO Training Ltd, an influential and well respected partner in this vital field. We are also accredited to teach NUCO's First Aid for Mental Health course.



## UKATA

### UK Asbestos Training Association

As a Professional Member of UKATA, our asbestos training holds the highest standards and is the most sought after certification for asbestos training. It is specifically requested by the retail and construction sectors, as well as many local authorities.



## PASMA

### Prefabricated Access Suppliers' & Manufacturers' Association

Our accrediting body for scaffold tower training.

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# Absolute Essentials

- ◆ What is the most important health and safety concept to understand?
- ◆ What is a legal requirement for every single business?
- ◆ What is cited in almost every prosecution case as being unsuitable?

That's right, it's **Risk Assessment**

- ◆ What's the biggest cause of time off work in the UK?
- ◆ What's the single issue that affects all businesses?
- ◆ What is the most costly drain on a company's resources?

That's right - it's **Workplace Stress**

These essential courses may be the best investment of time that you can make. Your staff will have clarity and understanding in just two days - it's good sense for any business.

We deliver both of these one-day training programmes as open courses here at HCS Safety, but we can also come to your company and deliver them directly to your staff and tailored to your business.

The risk assessment course was incredibly helpful and very insightful - I would definitely recommend.

I cannot recommend this course highly enough...now going to roll this out throughout our company.  
(Workplace Stress)

## Workplace Stress Assessments

HCS Safety can also provide advice and assistance on conducting a Workplace Stress Assessment in your business. It may be a lot simpler than you think. Please call us for more details if you'd like some help.



# Risk Assessment

**1 day course. For those who are asked to write or update risk assessments.**

Understanding risk assessment is fundamental to health and safety. This course provides a solid overview of the subject - delegates can expect to leave with understanding and confidence in their new-found skills.

The day will be interactive, interesting and engaging. It will involve a lot of workshop based activities to ensure delegates feel comfortable with the concepts and terminology of risk management.

## Course Contents (full details online)

Legal requirements for risk assessment
Understanding key concepts
Different types of hazard
Identifying those at risk
Evaluating risk - likelihood and severity
Methods of reducing risk
Hierarchy of controls
Choosing effective control measures
Recording your assessment
Communicating effectively
Reviewing and updating



# Workplace Stress Preventing and Managing

**1 day course. For those who are responsible for the way others work.**

The course is open to delegates from any industry who need to understand what the law requires employers to do in terms of preventing and managing occupational stress.

Employers have a duty to ensure the health and safety at work of their employees - this includes mental health.

This course offers straightforward and practical solutions to benefit your employees and your business.

## Course Contents (full details online)

What is mental health?
Understanding key conditions
Performance v stress
The effects of stress
The legal framework - what are employers required (and not required) to do?
Stress evaluation
HSE Management Standards - the 6 key areas for employers
Finding solutions - practical examples
Action planning
Setting the tone for change





IOSH offers engaging, interactive training for all levels of your workforce.

<b>Leading Safely</b>	Aimed at company directors and senior management from all organisations, large or small.  Understand your responsibilities and see your business thrive.	<b>1 day</b>
<b>Managing Safely</b>	Aimed at managers who make decisions that affect others.  Understand how to plan safe working methods and organise a safe workplace.	<b>3 days</b>
<b>Working Safely</b>	Aimed at the people in your workforce who are most at risk of injury or ill health.  Understand how accidents happen and how personal responsibility is vital for all.	<b>1 day</b>

## IOSH Leading Safely

**1 day course. For Directors and senior management of all organisations.**

The course talks to those who have the most power and influence within their company.

The IOSH Leading Safely course will give you a solid base of understanding in your health and safety duties as a leader and enable you to go back and plan for a safer future for your business.

We can guarantee it will be an interesting and lively course - a great opportunity to meet others with the same responsibilities.

### Course Contents (full details online)

Legal, financial and human effects of workplace accidents and ill health

Legal basics - negligence, extent of liability

The Health & Safety at Work Act - your duties

Safety management systems - overview

Policy and planning / risk profiling

Capability and competence - your duties

Improving safety culture in your business

Measuring performance / reporting

Auditing and reviewing



# IOSH Managing Safely

**3 day course. For Managers who are responsible for the safety of others.**

The IOSH Managing Safely course is a unique training programme produced by one of the most respected organisations in the world. Course delegates will be active, engaged and interested throughout.

Memorable and thought-provoking facts, figures and case studies help drive the points home over the whole course. Each module is backed by crystal clear examples, recognisable scenarios and summaries to reinforce the key learning points.

## Course Contents (full details online)

Understanding your responsibilities

Identifying hazards

Assessing risks

Controlling risks

Investigating accidents and incidents

Measuring performance

Protecting the environment

Practical workplace assignment

# IOSH Working Safely

**1 day course. For all workers within any organisation.**

Training for your workforce is all about personal responsibility. Once employers have provided safe ways of working, it is over to your workers to use them.

IOSH Working Safely offers a high impact, interactive presentation that's designed to be fun and get people fully involved and interested.

Clear scenarios drawn from genuine work situations will personalise and reinforce the message.

## Course Contents (full details online)

Why is it important to work safely?

What causes us harm?

How do we control risk?

Hazards in the workplace

Your legal duties and responsibilities

How is safety measured - reporting

Protecting the environment

End of course assessment



Managing Safely Refresher -  
please see website for details





# NEBOSH National Diploma



The NEBOSH National Diploma course is aimed at safety professionals in all industries. This globally recognised course is a degree level qualification that is sought after the world over by employers who wish to manage their safety effectively.



The course is taught one day per week over a year and is split into 4 units. Written examinations are held in January and July and are fully supported by our mock examinations and revision sessions.

Successful students will be invited to attend a graduation ceremony at the University of Warwick.

Full details of the course content and our entry requirements are available on our website - below is an indication of what you will study...

## Unit A - Managing Health and Safety

Safety Management Systems, Loss Causation and Incident Investigation, Measuring Safety Performance, Principles of Safety Law, Criminal Law, Civil Law, Identifying Hazards, Assessing and Evaluating Risk, Risk Control, Safety Culture, Human Factors, Role of the Safety Practitioner.

## Unit B - Hazardous Agents in the Workplace

Principles of Toxicology and Epidemiology, Hazardous Substances and other Chemicals, Engineering and other Controls, Monitoring and Measuring, Biological Agents, Noise and Vibration, Radiation (Ionising and Non-Ionising), Psychosocial Agents, Musculoskeletal Risks and Controls, Work Environment Risks and Controls.

## Unit C- Workplace and Work Equipment Safety

General Workplace Issues, Principles of Fire and Explosion, Fire Risk Assessment, Storage, Handling and Processing, Work Equipment, Mobile, Lifting and Access Equipment, Electrical Safety, Construction Hazards and Controls, Workplace Transport and Driving for Work.

## Unit D - Practical Application

The aim of the assignment is to produce an overall review of the health and safety management system of an organisation and indicate, using risk assessment, the priorities for the organisation for the future.



# NEBOSH General Certificate

The NEBOSH National General Certificate is aimed at managers, supervisors and staff from all types of organisations who need a broad understanding of health and safety issues, with the knowledge gained on the course helping them to manage risks effectively. Face-to-face classroom course.



**What does the course cover?**

# NEBOSH Construction Certificate

The NEBOSH National Construction Certificate is aimed at project managers, construction clients and designers within the construction industry, who are required to ensure that activities under their control are planned, managed and carried out safely. Face-to-face classroom course.



**What does the course cover?**

## NGC1 Module - common to all NEBOSH Certificate courses

Foundations in Health & Safety / Health and Safety Law / Health and Safety Management Systems - Planning, Policies and Risk Profiling / Implementing - Risk Assessment and Control Measures / Measuring and Monitoring Safety and Investigating Incidents / Auditing, Learning and Reviewing.

## NEBOSH General Certificate

Workplace Hazards and Risk Control including Violence at Work, Transport Hazards and Risk Control, Musculoskeletal Hazards and Risk Control, Work Equipment Hazards and Controls, Electrical Safety and Fire Safety, Chemical and Biological Hazards and Controls, Physical and Psychological Hazards and Controls.

**Duration - 11 taught days including NGC1 module  
2 x 2 hour written examinations + mock and revision**

Practical Application

Assignment: Workplace Inspection and Report

## NEBOSH Construction Certificate

Construction Law and Management, Construction Activities, Traffic Management, Lifting Operations, Construction Equipment, Fire and Electrical Hazards on Site, Chemical and Biological Hazards, Physical and Psychological Site Hazards, Working at Height, Excavations and Confined Spaces, Demolition and Asbestos.

**Duration - 14 taught days including NGC1 module  
2 x 2 hour written examinations + mock and revision**

Practical Application

Assignment: Site Inspection and Report

# CITB Courses



## Cskills Awards Approved Centre

The courses in the CITB scheme are required for working on many sites in the UK. Attendance will help to meet your company's requirements under the CDM Regulations 2015 to ensure skills, knowledge and experience for all on site.



## Directors' Role for Safety

**1 day course. For Directors and other senior managers working in the construction industry.**

The construction industry is one of the UK's most dangerous. Your role as a Director is of critical importance and the stakes are high whether your company is large or small.

Fatal incidents and long term ill health effects are still a reality in the 21<sup>st</sup> Century; thousands are affected every year and a UK construction company is prosecuted almost every day.

### Course Contents (full details online)

Human and business costs

Key legal concepts: criminal and civil law, duty of care, negligence

In brief: The Health & Safety at Work Act

Prosecutions, fines and impact of corporate manslaughter legislation

Overview of Safety Management Systems

Safety culture on site - competence, communication, cooperation, control

Measuring / reporting / improving

Brief overview of CDM Regulations 2015





# Site Management Safety Training Scheme (SMSTS)

**5 day course. For those who manage any aspect of construction work. Essential for site managers, property developers and management in high risk trades.**

A lively, engaging and interactive course with plenty of discussion and opportunities to meet others and share their ideas.

Delegates will gain an excellent working knowledge of practical solutions, best practice and legal requirements. The content focuses on the health issues faced by those who work in construction, as well as the safety challenges that we face on site every day.

**Includes the CITB publication GE700 Construction Site Safety.**

**This 5 day course must be refreshed every 5 years - see online for details of the 2 day SMSTS Refresher.**

## Course Contents (full details online)

Effects of Accidents / Law Basics / Health & Safety at Work Act / Enforcement and Penalties

Inductions and Toolbox Talks / Risk Assessment Principles

What is CDM and how does it work / Duties of the Duty Holders / Documentation

Biological Hazards / Noise / Vibration / Manual Handling / COSHH including Silica / Asbestos

Investigating Specific Risks on Site (part 4 of CDM)

Site Traffic Management / Excavations and Confined Spaces / Fire Prevention and Protection

Work at Height (includes scaffolding overview using our on site facility)

Lifting Operations / Work Equipment

Introduction to Safety Management Systems: Plan, Do, Check, Act / Measuring Performance

Accident Investigation and Reporting / Auditing

Revision session and multiple choice test

SMSTS Refresher - please  
see website for details

# Site Supervisors Safety Training Scheme (SSSTS)

**2 day course. For site supervisors working in any trade.**

A requirement of Build UK and many other sites, the SSSTS course is an enjoyable and activity focussed course that will challenge supervisors while providing essential information and teaching new skills.

**A refresher is required after 5 years - please see online for details of the SSSTS Refresher.**

**Includes the CITB publications GE706 Site Supervision Simplified and GT700 Toolbox talks.**

## Course Contents (full details online)

Effects of accidents / enforcement

Legal duties of supervisors to their team

Assessing risk and choosing control measures

Delivering effective toolbox talks and other methods of communication

Understanding the CDM Regulations 2015

Accident reporting and investigation

Supervisors duties relating to health hazards including noise, vibration, manual handling, biological hazards, silica dust and other hazardous substances

Supervisors duties relating to safety hazards including slips and trips, traffic, fire and electricity, excavations and confined spaces, work at height and work equipment

# Health and Safety Awareness

**1 day course. For operatives who work on any type of building site and in any trade.**

This course is a requirement of Build UK training standards and is required to obtain a green CSCS labourer's card.

This is a fully interactive and engaging course in which we show how working safely is an integral part of being good at your job.

**Includes the CITB publication GE707 Safe Start.**

## Course Contents (full details online)

Effects of accidents

Legal rights, duties and enforcement

Risk assessment concepts

Health hazards including noise, vibration, manual handling, biological hazards, silica dust and other hazardous substances

Safety hazards including slips and trips, traffic, fire and electricity, excavations and confined spaces, work at height and work equipment

Importance of communication on site

Accident reporting and prevention

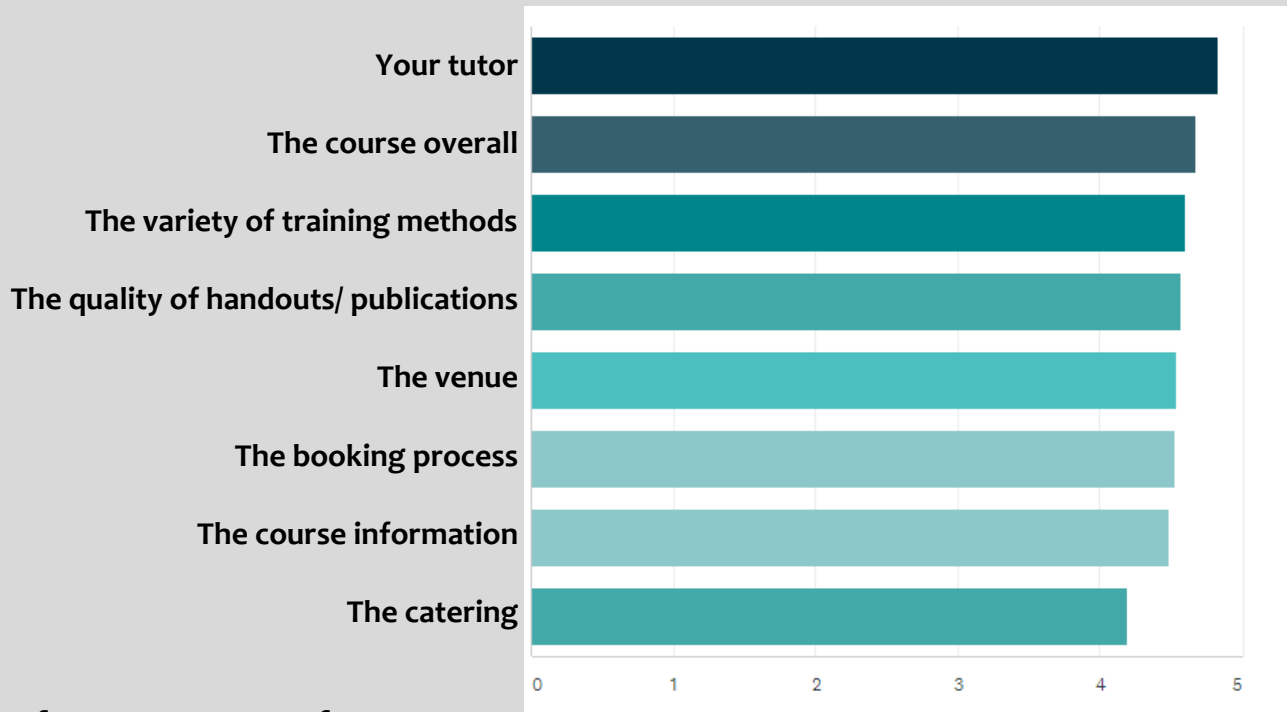




# Training Reviews

What do our delegates really think?

We asked our delegates to score us out of 5 and asked the question - what did you think of...



A few comments from our delegates...

Well planned and executed, clear and informative. (IOSH Working Safely)

A very informative course, up to date and really useful for my job. Good variety of teaching methods and plenty of real world examples. (SMSTS)

A great trainer and the course content was varied and interesting. (IOSH Managing Safely)

The tutor was a patient professional and a great trainer. (IOSH Managing Safely)

Vital for all Directors. Very positive and not at all overwhelming. Everyone positive and open to share their experiences. (IOSH Leading Safely)

The course was very well set out and explained well by the tutor. It was fun and educational. (First Aid)

A great tutor and very informative. I feel I've learned a lot in a short space of time. Classes were great. (SSSTS)

# Training For Emergencies

## What if?

Good safety management is all about preventing things from going wrong, but we also must be able to deal with the situation if they do.



## First Aid for Mental Health

### 1 and 2 day course.

First Aid for Mental Health is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Attendees are taught a set of skills which enables them to support someone experiencing mental health issues.

First Aiders for Mental Health are an asset to any business - they have:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress

See also our “Workplace Stress - Preventing and Managing” course on page 6



### First Aid for Mental Health Course Contents (full details online)

What is Mental Health?  
Impact of Mental Health Issues  
Stigma and Discrimination  
What is Depression?  
Symptoms of Depression  
Risk Factors for Depression  
Depression in the Workplace

Suicide Figures  
Alcohol, Drugs and Mental Health  
First Aid for Suicidal Crisis  
Non Judgemental Listening Skills  
First Aid for Depression  
Treatment and Resources for Depression  
Self-Care

What is an Anxiety Disorder?  
First Aid for Anxiety Disorders  
Crisis First Aid after a Traumatic Event  
Alcohol, Drugs and Anxiety Disorders  
Treatment and Resources  
Cognitive Distortions and CBT  
Personality Disorders/ Eating Disorders  
Self Harm

What is Psychosis?  
Risk Factors for Psychosis  
Alcohol, Drugs and Psychosis  
Schizophrenia/ Bipolar Disorder  
Warning Signs of Developing Psychosis  
Crisis First Aid for Acute Psychosis  
Treatment and Resources for Psychosis  
Recovery and Building Resources  
Action Planning for using FAMH

# Emergency First Aid

**1 day course.** Candidates for this course must be happy to undertake the role and be a responsible, reliable person. The law requires all workplaces to have First Aid cover.

**This intense and highly enjoyable hands-on course teaches a truly valuable life skill.**

We will look at a wide range of emergency situations, enabling the candidate to assess and deal with an emergency promptly, confidently and safely.

## Course Contents (full details online)

The Law / responsibilities of the first aider
Action in the event of an emergency
Primary Survey / Secondary Assessment
The respiratory system
Resuscitation / use of Defibrillator
Disorders of respiration and circulation
Wounds and bleeding
Epilepsy
Burns and scalds
Bones, joint and muscle injuries
Head and spinal injuries
Chest and abdominal injuries
Eye injuries
Anaphylaxis / Poisoning
Major illnesses
Effects of extreme heat or cold
Heart attack and stroke



# Fire Warden/Fire Marshall

**½ day course. For individuals who are required to act as Fire Wardens/ Fire Marshalls in the workplace.**

The law requires us to train those who may need to take charge in case of fire.

The course covers the causes of fires and how they can be prevented, whilst looking at the legal requirements for fire management and procedures for evacuating a building.

Delegates will understand how fires start, how they spread, how people tend to behave, and how to deal with the situation safely.

**Delegates will use different types of fire extinguishing media in a controlled, outdoor environment.**

## Course Contents (full details online)

The Law and duties of the Fire Warden
Common causes of fire
How fires start - the fire triangle
Case studies - causes and consequences
Fire prevention
Actions on discovering a fire
Human behaviour in the event of a fire
Practical session - use of fire extinguishers





# About our Training

We run our open courses from our modern, welcoming Training Centre in Southampton, or we can come to you anywhere in the UK.



We can tailor courses for you or write bespoke training from scratch.



## Work at Height Awareness

**½ day course. For those who organise, plan or carry out work at height.**

Work at height is dangerous and we need to understand how to make it safe. Using interactive exercises and case studies, this course really gets the message across.

The primary focus will be on the hierarchy of risk controls within the Regulations: Avoid / Prevent / Protect.

Crucially, we will investigate perception of risk as well as other aspects of human behaviour that cause us to take risks when we work at height.

### Course Contents (full details online)

Consequences of accidents

The Work at Height Regulations:  
Duties of Employers and Employees

Defining work at height

Organisation / planning / competence

Examples of good and bad practice

The hierarchy of risk controls

Options for access / selection of equipment

Ladders / steps and hop ups - safe use

Work equipment requirements

Fragile surfaces / falling objects

Danger areas / Rescue





## PASMA Tower Erection

**1 day course. For those erecting aluminium towers for maintenance, cleaning or short term building work.**

The PASMA course will cover both theoretical and practical tower erection and inspection, giving delegates the knowledge and skills they require to safely erect a tower, whilst being aware of the capabilities and limitations of this type of access equipment.

It is often required by contractors and clients for those erecting towers on site.

**Delegates should wear suitable outdoor clothing and bring safety boots and a hard hat with them.**



### Course Contents (full details online)

- Legal essentials - employees' duties at work
- Best practice for selecting equipment
- Checking components
- Safety when erecting and using your tower
- Practical erection sessions

## Scaffold Inspection

**2 day course. For those who inspect scaffolding as part of their job.**

This hands on, interactive course utilises our purpose-built training scaffold as well as practical model making to give delegates maximum confidence when inspecting scaffolds - a truly safety critical job.

Delegates receive a copy of the NASC guidance booklet on TG20:21 to take away for reference.

**Please bring a hard hat and wear suitable clothing for the weather.**

### Course Contents (full details online)

- Facts and figures / Legal responsibilities
- Work at Height Regulations 2005
- Handover procedures / Inspection
- Compliance sheets and designs
- Procurement and scaffolding competency
- TG20:13 Technical session
- Components / Structure / Bracing / Ties
- Practical sessions (outside)
- Safe Erection - SG4: 15
- Practical inspection and theory test



## Manual Handling

**½ day course. For those who are at risk of manual handling injuries and those who plan or manage their work.**

This course has been updated to provide maximum interaction from all in the class, making it an enjoyable, engaging programme for all attendees.

Delegates will leave confident in their understanding and fully aware of the TILE (Task, Individual, Load, Environment) assessment principles as outlined in the Regulations.

### Course Contents (full details online)

The size of the problem in the UK
Anatomy of the spine
How back injuries occur
Disorders caused by lifting and carrying
How to do a manual handling assessment
How to lift safely
Use and selection of manual handling aids
How to maintain back health



## Abrasive Wheels Safety

**½ day course. For those who use a disc cutter (cut-off saw) or angle grinder as a part of their job.**

Essential for anyone who may need to carry out a risk assessment of this activity. The Provision and use of Work Equipment Regulations require training for anyone who uses abrasive wheels equipment such as angle grinders and cut off saws.

### Course Contents (full details online)

Risks concerned with abrasive wheels
Abrasive wheels and the law
Safe and unsafe methods of work
The consequences of accidents
Setting up machines correctly
Selection, storage and marking of discs
Long-term health effects of noise, vibration and dust inhalation
How to use dust suppression equipment
Personal protective equipment required



# Asbestos Awareness

**½ day course. For those who work in buildings that could contain asbestos.**

Asbestos is the biggest occupational killer in the UK, responsible for over 4,500 deaths each year. The law requires training for anyone who could come into contact with this deadly substance.

The course is UKATA accredited and satisfies Regulation 10 of the Control of Asbestos Regulations 2012.

UKATA require that refresher training is carried out within a year of the initial course date, and that the full Asbestos Awareness course is attended every 2 years.

## Course Contents (full details online)

- Properties and types of asbestos
- Uses of asbestos and common products
- Likely places for asbestos to occur
- Risk of fibre release
- Effects on health including increased risks to smokers
- What to do if you may have found asbestos



# Face Fit - Train the Tester

**1/2 day course. For those who need to fit-test their employees' respiratory protection.**

Face fit testing is required to ensure that respiratory protective equipment is effective.

The test will provide reassurance to your employees and help your company to comply with the law.

We will train you to conduct a qualitative face fit test using a 3m FT30 testing kit. We will supply a variety of sample masks for you to use during the session.

## Course Contents (full details online)

- Legal requirements for RPE and testing
- How airborne substances affect the body
- Information to be provided to employees
- Understanding different RPE Options
- Practical session:
  - Fitting masks correctly
  - Sensitivity Test
  - Face Fit test
- Recording your tests





# CDM 2015

**Full or ½ day course. For duty holders: Clients, Designers, Principal Designers, Principal Contractors and Contractors.**

The CDM Regulations 2015 place significant and in many cases, new duties on those above. Understanding CDM is essential as it is woven into the fabric of every construction project.

The course is fully interactive, using exercises and class participation to ensure that delegates leave feeling fully informed and with a good level of understanding and confidence.

## Course Contents (full details online)

Purpose, origins and structure of CDM 2015

Headline changes in the Regulations and their implications for you

Duties of the duty holders - Clients, Designers, Principal Designers, Principal Contractors and Contractors

General duties for competence, cooperation and consultation

New requirements for notifying HSE

# Temporary Works Awareness

**½ day course. For Site Managers and other CDM Duty Holders.**

Temporary Works are the parts of a construction project that enable the permanent works to be built. They include access scaffolds, props, excavation support, falsework and formwork, haul road foundations, crane or piling platforms and even signage and hoarding.

The HSE expects this potentially high risk area to be well managed. Enforcement of Temporary Works is high on the priority list in the light of a number of recent incidents.

## Course Contents (full details online)

What are Temporary Works?

History: Tragedy, Bragg and the HSE

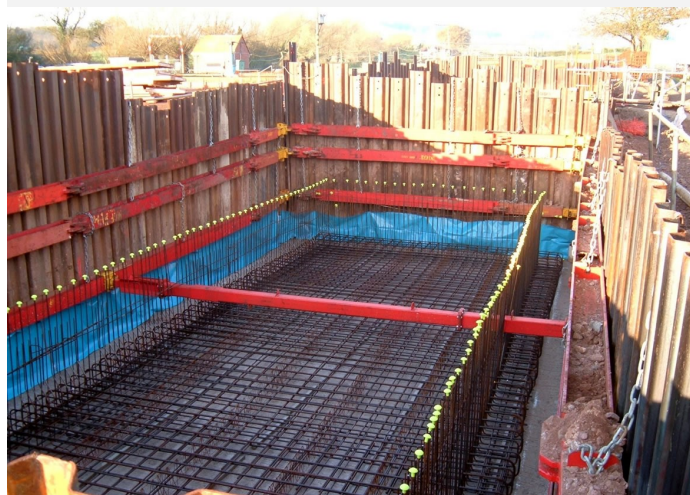
Legislation and the Standard BS5975

Temporary Works Procedure

Understanding the roles including TW Coordinator and TW Supervisor

Risk Levels and the TW Register

HSE Enforcement Expectations





# Help with Construction Projects

As well as safety training, HCS Safety can also provide active support if you are involved in any aspect of construction work.

## Support for Clients

- Early stage design meeting / visit to site
- Advising on the appointment of your Principal Designer and other Designers
- Producing Pre-Construction information (required by CDM 2015)
- Notifying the HSE of your project (required by CDM 2015 for some projects)
- Advising on the appointment of your Principal Contractor
- Approving the Construction Phase Plan written by your Principal Contractor
- Monitoring visits to site during construction (required by CDM 2015)
- Attendance at site meetings
- Setting up and reviewing the Health & Safety File (required by CDM 2015)

## Support for Principal Designers

- Early stage design risk meeting
- Advising on production of design risk assessments and the risk register (required by CDM 2015)
- Producing Pre-Construction Information (required by CDM 2015)
- Attendance at site meetings
- Providing a template for the Health & Safety File and review before handover to the client

## Support for Principal Contractors

- Advising on tendering including Pre-Qualification Questionnaires (PQQ)
- Writing the Construction Phase Plan (for you or with you)
- Conducting site safety inspections during the construction phase

Please **call us** to see how HCS Safety can help to plan, manage or monitor your project.

# A one stop shop for Health and Safety...

At HCS Safety we do far more than training...

## **We can support your business**

Our unique Membership Service gives you access to the best safety department in the South. Excellent value for money and great peace of mind. We help you to be organised, up to date, legally compliant and confident you are doing what is needed.

## **We can inspect your workplace**

Through regular (or one off) safety inspections and audits we can monitor your company's standards and let you know exactly how effective your safety management is, or what you need to do to improve.

## **We are your friendly, local experts**

*If you need advice or guidance on any health and safety issue, please call us - we are here to help.*

Our other regular work includes - fire risk assessments / face fit testing for respiratory protection / company audits / chairing or attending your safety meetings / presentations at board level / inductions for your staff / writing risk assessments / noise surveys

# Membership Service

**Our membership service provides around 400 companies in the South with all of the following benefits from as little as £1250 per year.**

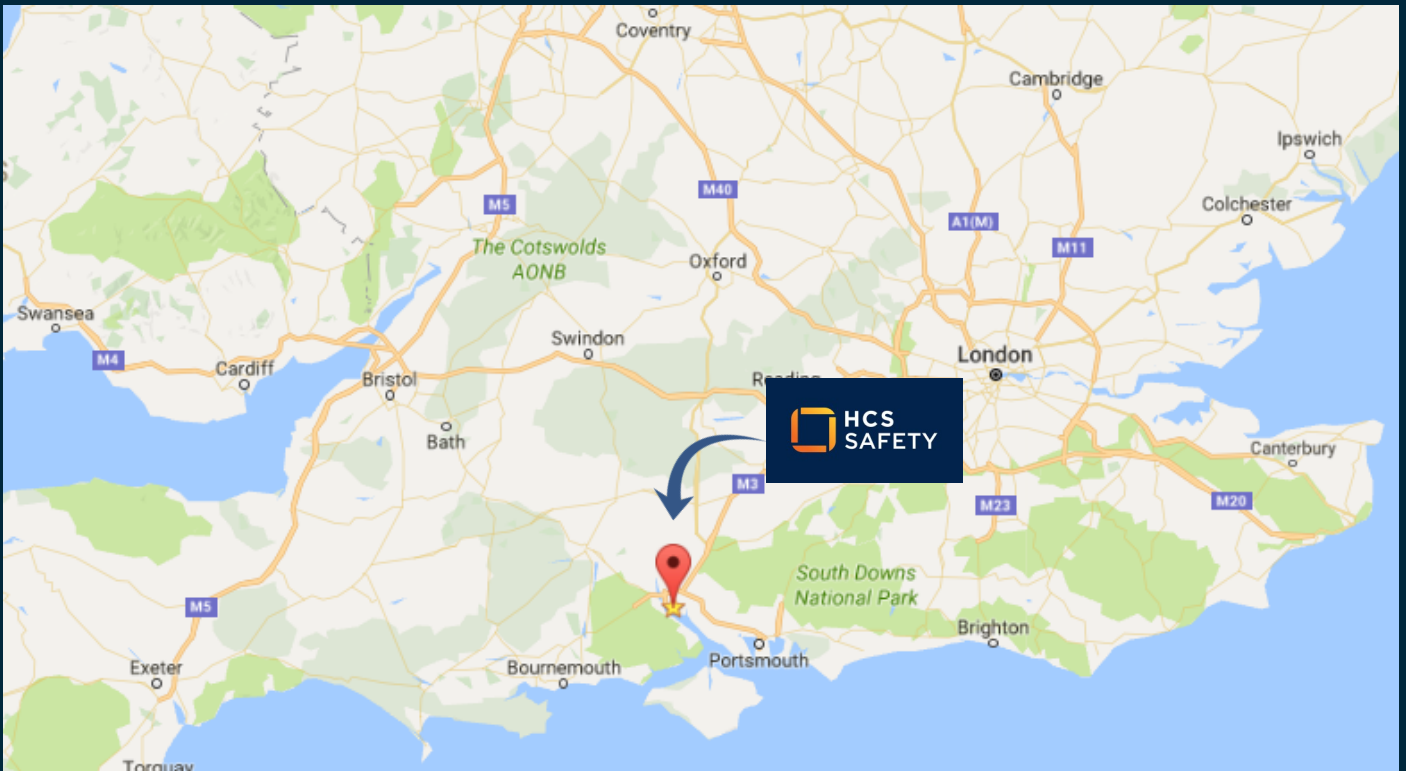
You will have access to your own designated safety advisor and will be supported by a team of professional, friendly and practical people who are happy to help you through your safety challenges.

**If you wish to discuss becoming a member  
simply give us a call on  
023 80 894695**

**Membership service includes...**

- Health and Safety Policy - updated each year
- Safety Management System - easy to use and auditable
- Annual Safety Audit - with your own advisor
- Online document library - editable downloads
- Telephone Advice - for your safety queries
- Accident Investigations - RIDDOR reportable accidents
- Monthly Newsletter - stay up to date
- Annual Safety Forum - a presentation on the safety year
- Free Seminars and Workshops - on a range of live issues
- Help with Accreditations - helping you to stay competitive
- Training Planning Assistance - time with our training team
- Training Discounts - 15% off open courses booked with us

# How to get in touch



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Proud to be your safety department



HCS Safety is an **Investors In People** employer for the benefit of our highly valued staff and clients.

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