



## Course Objectives

To ensure Individuals understand the basic principles of Health & Safety in a variety of working environments, and to ensure they understand their legal obligations and responsibilities towards Health & Safety Practices.

## Location:

NLT Training or employers premises if suitable

## Duration:

2 Days

## Designed For

Contractors/Self employed/Employees who need a basic awareness of Health & Safety Practices and those who work on client company sites including petro/chem, power stations and Corus sites.

## Course Content

- Safe Behaviour at Work
- Safe Place of Work
- Confined Space Entry
- Excavations
- Permit to Work Systems
- Safe Use of Access Equipment and Working at Heights
- Site Transport
- Protecting the Environment
- Safe Lifting and Manual Handling
- Safe Systems of Work
- Asbestos
- Hazardous Substances
- LOLER
- PUWER
- Electricity
- Isolation
- Hand-Arm Vibration
- Noise

**1 day renewal course is also available**