

HEALTH AND SAFETY

IOSH Managing Safely – Code HST1

- **Duration:** 4 Days
- **Target audience:** Any Manager requiring an understanding of essential health and safety management and their responsibilities.
- **Learning Objectives:**
 - Give delegates the knowledge and skills necessary to manage the health & safety of others.
 - Understand how good safety management can affect costs.
 - Familiarisation with the principle Health and Safety legislation.
 - Understand the principles of Risk Assessment.

IOSH Supervising Safely – Code HST2

- **Duration:** 2 Days
- **Target audience:** Foremen, supervisors and trainee supervisors.
- **Learning Objectives:**
 - Understand how good supervision is essential to Health and Safety.
 - Know what is expected of them as individuals and supervisors.
 - Be able to identify what issues need to be supervised.
 - Understand the principles of Risk Assessment.

IOSH Working Safely – Code HST3

- **Duration:** 1 Day
- **Target audience:** All employees.
- **Learning Objectives:**
 - The importance of working safely.
 - Defining hazards and risks.
 - Safety management systems.

CIEH Health and Safety in the Workplace – Level 2 – Code HST4

- **Duration:** 1 Day
- **Target audience:** Any employees
- **Learning Objectives:**
 - How to work in a safe manner and contribute to improving health and safety.
 - The importance of health and safety rules and working procedures.
 - Health and Safety principles to be applied in the workplace.
 - Key hazards likely to effect them.
 - The responsibilities of an employee for their own actions.
 - The importance of reporting potential safety problems.

These courses may be subject to change always check www.trackss.co.uk for the latest version

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Introduction to Health & Safety Management Systems – Code HST5

- **Duration:** 1 Day
- **Target audience:** Managers or owners of small organisations who need to implement a H&S system.
- **Learning Objectives:**
 - Understand the legislative Health & Safety requirements for small businesses.
 - How to implement a simple effective and pragmatic safety management system.
 - Health & Safety template manual compliant with current requirements
 - Statutory records and procedures.

Guide to Risk Assessment and Permit to Work – Code HST6

- **Duration:** 1 Day
- **Target audience:** Personnel responsible for completing risk assessments or issuing permits to work.
- **Learning Objectives:**
 - Understand the legal requirements for Risk Assessment.
 - Understand hazards, risks and risk control.
 - Be able to carry out Risk Assessment.
 - Understand the importance of a Permit to Work.
 - Be able to complete a Permit to Work.

CIEH - Principles of COSHH – Code HST7

- **Duration:** 4 Hours
- **Target audience:** All personnel dealing with harmful substances.
- **Learning Objectives:**
 - COSHH assessments and regulations.
 - Packaging and labelling regulations.
 - Emergency procedures, where appropriate.
 - An awareness of the use of controls including the correct use of personal protective equipment.

CIEH - Principles of Manual Handling – Code HST8

- **Duration:** 4 Hours
- **Target audience:** All personnel involved in manual handling.
- **Learning Objectives:**
 - Hazards involved when lifting.
 - Responsibilities under HASAWA 1974.
 - Manual handling techniques and practices.

Managing Work at Height – Code HST9

- **Duration:** 1/2 Day
- **Target audience:** Employees who may have to work at height.
- **Learning Objectives:**
 - Understand the special hazards and risks associated with working at height.
 - Understanding the legal requirements.
 - Understand the principles of prevention and protection.

HEALTH AND SAFETY

Managing Office Safety – Code HST 10

- **Duration:** 1 Day
- **Target audience:** Office managers or administrators.
- **Learning Objectives:**
 - Gain a working knowledge of the relevant legislation.
 - Be able to identify workplace hazards.
 - Apply risk control measures.
 - Understand and create emergency procedures.

TRACKSS also run courses in Environmental Management and Personal Development