



# **Health & Safety Training for The Demolition and Construction Industry**

**Construction Plant Training  
& Assessments**

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# Safety Awareness Training

## **NFDC Demolition Safety Awareness**

- Duration: 1/2 day
- Maximum delegates – 15

## **NFDC Asbestos Awareness Course**

- Duration: 1/2 day
- Maximum Delegates – 15

*This course is part of the Demolition Operatives Training Scheme up to the Prometric Touch Screen test. The course covers good demolition safe work procedures.*

## **Plant Operatives Safety Awareness**

- Duration: 7 hrs
- Maximum delegates – 20

*This course is essential for all plant operators especially those who are registered for the Plant NVQ Level 2 as this forms part of the compulsory units and is a good grounding for the Touch Screen Test.*

## **Mobile Aluminium Scaffold Towers**

- Duration: 1/2 day
- Maximum delegates - 10

This course is designed to teach operatives to erect a mobile scaffold tower using a safe system of work

## **Hoists**

- Passenger
- Goods
- Passenger/Goods
- Crusher
- Screener

## **EQUIPMENT & HAND HELD TOOLS**

### **Abrasive Wheels**

- Duration: 1/2 day
- Maximum delegates – 10

*This course is designed to train the operatives to understand the makeup of an abrasive wheel, the fitting and use of the tool using good working practices.*

### **Chain Saw – Maintenance & Crosscutting**

*Candidates: Mature operatives*

- Duration: 2 days
- Maximum delegates – 4

*This course is the foundation for using chainsaws and covers the maintenance of chains, sharpening and crosscutting timber.*

### **Cable Avoidance Tool (CAT)**

- Candidate: Foreman/Supervisor
- Duration: 1/2 day

*This course is to enable foremen/supervisors to use and understand the CAT and Genny system for finding buried services and safe system of digging.*

### **Hand Held Power Tools**

- Candidates: Operatives
- Duration: 1/2 day
- Maximum delegates – 10

*This course is designed to teach operatives to use and maintain power tools used within their trade/scope safely.*

### **Safety Harness/Working at Height Regulations**

- Candidates: Operatives
- Duration: 1/2 day
- Maximum delegates – 10

*This course is designed to teach operatives to inspect and wear the harness safely. To be able to use correct anchorages whilst working (will cover Working at Height Regulations 2004).*

### **CPCS/NVQ Route – needed to work on MCG sites**

#### **Requirements:**

*Touch screen test*

Proof of previous experience **minimum 2 years / 3 years in industry** i.e training certificates (in-company training or outside training providers) or a letter of confirmation on company headed paper and signed by a director.

If only experienced through work a 6 hour refresher course must be carried out prior to the CPCS achievement test.

*When notifying the CPCS at least 7 days prior to the assessments, we require the candidate's names and full address including post code of site where the assessments are taking place.*

On most categories of plant a maximum of 4 assessments per day

## Construction Plant Courses

All construction plant courses available are carried out under the rules laid down by the Construction Plant Competency Scheme (CPCS).

### This training can be carried out in two ways:-

- Foundation Training i.e.for persons who have no experience of plant equipment.
- Operatives with previous experience – this is whereby operatives with experience can gain entry into the CPCS Scheme by being assessed.

*The assessment will be carried out as per CSCS and the Specialist Plant and Machine Operatives (SPMO) criteria. Operatives going down this route will be required to register for the SPMO NVQ level 2 which must be obtained within 3 years to apply for a full blue card from the CPCS.*

### Categories of Plant

- Excavators – tracked 360 < & > 10 tonne
- Excavators - wheeled 360 < & > 10 tonne
- Excavators wheeled 180 < & > 10 tonne
- Dump Truck – articulated
- Dump Truck – ridged
- Forward Tipping Dumper
- Loading Shovels wheeled
- Loading Shovels tracked
- Skidsteer Loader wheeled & tracked
- Ride on Rollers
- Industrial Overhead Cranes
- Slinger/Signaller
- Mobile Elevated Work Platform – Boom & Scissor
- \*Fork Lift Truck
- \*Industrial Counterbalance Truck
- \*Rough Terrain Forklift Truck
- \*Telescopic Material Handler

### Hoists

- |                   |            |
|-------------------|------------|
| • Passenger       | • Crusher  |
| • Goods           | • Screener |
| • Passenger/Goods |            |

### \* Note: skilled worker assessments only 3 per day

All skilled worker assessments except the fork lift trucks only 4 assessments per day on one site.

Booking assessments must be confirmed with the CPCS 7 days prior to the assessment taking place.

## National Plant Operators Registration Scheme Route (NPORS)

Requirements:

7 hour duration Safety Awareness Certificate/Touch Screen test

- Excavators – tracked 360 < & > 10 tonne
- Excavators - wheeled 360 < & > 10 tonne
- Excavators wheeled 180 < & > 10 tonne
- Dump Truck – articulated
- Dump Truck – ridged
- Forward Tipping Dumper
- Loading Shovels wheeled
- Loading Shovels tracked
- Skidsteer Loader wheeled & tracked
- Ride on Rollers
- Industrial Overhead Cranes
- Slinger/Signaller
- Mobile Elevated Work Platform – Boom & Scissor
- \*Fork Lift Truck
- \*Industrial Counterbalance Truck
- \*Rough Terrain Forklift Truck
- \*Telescopic Material Handler

### Hoists

- Passenger
- Goods
- Passenger/Goods
- Crusher
- Screener

All the above except \* maximum 6 assessments per day

\* 3 assessments per day

# CIWM Waste Awareness Certificate

## Aims, Objectives & Learning Outcomes

### TARGET AUDIENCE

Those people whose work practices produce waste or those people who need a greater understanding of waste principles.

### AIMS

- To provide an introduction to wastes management
- To provide knowledge, understanding and skills to improve the management of wastes

### OBJECTIVES

1. To provide a new way of looking at the management of wastes by:
  - Explaining what wastes are
  - Providing an understanding of how and where wastes are produced in the workplace
2. To provide an understanding of different types, natures and quantities of waste.
3. To raise an awareness of the current waste management practices and disposal routes through the explanation of the wastes hierarchy
4. To demonstrate the need to improve waste management practices by:
  - Explaining the impact of wastes on the environment
  - Explaining what are sustainable practices in wastes management
5. To demonstrate how legislation, in particular the Duty of Care, helps to promote best practices in the management of wastes.
6. To raise awareness of the health and safety issues in the handling, movement and storage of wastes by:
  - Providing an overview of the employers responsibilities
  - Providing fundamental knowledge of the individuals responsibilities

7. To enable participants to conduct basic waste audits.
8. To guide participants to the key sources of further information and help

### **LEARNING OUTCOMES**

On successful completion of the course, participants will be able to:

- Describe their responsibilities in dealing with waste.
- Describe what wastes are.
- Provide examples of how, where and when wastes are produced in their work.
- Distinguish between different types and natures of wastes.
- Understand the order of magnitude of the volumes of the different types of wastes nationally.
- Explain the waste hierarchy.
- Demonstrate awareness of the principal current wastes management practices.
- Identify the main impacts of wastes on the environment
- Describe the differences between sustainable and non sustainable wastes management practices.
- Explain the importance of legislation in promoting best practice in wastes management.
- Explain the basic principles underpinning Duty of Care and how their actions are important.
- Demonstrate an awareness of their employers responsibility with regard to Health & Safety issues in the handling, moving and storage of wastes.
- Demonstrate how they fulfil their personal responsibilities with regard to Health & Safety issues in the handling, moving and storage of wastes.
- Describe the key stages in conducting a waste audit.
- List sources of further information and help.

## First Aid at Work (FAW)

A full Health and Safety Executive (HSE) approved First Aid at Work course, in accordance with the Health and Safety (First Aid) Regulations 1981.

Once qualified, holders of this First Aid at Work certificate can be used as First Aiders in the workplace in accordance with the Health and Safety at Work Act 1974. This course can be adapted to suit a particular audience, for example, clerical or engineering staff. The First Aid at Work course is run over four days and includes both theory and practical sessions. By arrangement the course can be run on non-consecutive days, for example - one day a week over four weeks or two days on two different weeks.

### **The First Aid at Work Syllabus Includes:**

- First Aid Priorities
- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Control of Bleeding
- Fractures
- Burns and Scalds
- Common Illnesses
- Heart Attacks
- Eye Injuries
- Dressings
- Recording and Reporting
- Regulations
- First Aid Kits

Students are independently examined on the final afternoon of the course. Upon successful completion certification is valid for three years.

# First Aid at Work Re Qualification Course

This course is run over two-days and allows for re-certification of First Aid at Work qualified staff. By arrangement the course can be run on non-consecutive days, for example - one day a week over two weeks.

The criteria are the same as for the initial four-day course.

## **The First Aid at Work Syllabus Includes:**

- First Aid Priorities
- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Control of Bleeding
- Fractures
- Burns and Scalds
- Common Illnesses
- Heart Attacks
- Eye Injuries
- Dressings
- Recording and Reporting
- Regulations
- First Aid Kits