

Construction Health and Safety Training



Safecon

A Training and Consultancy company
for all your Health and Safety needs.

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Construction
Health and Safety
Training

Welcome to Safecon Training and Consultancy

Safecon's client base expands across Ireland's leading private sector organisations, including numerous public and Government departments to small firms with a handful of employees. We make no distinction in terms of quality of service provided to our cliental.

With offices in Dublin, Limerick, Galway and further resources through out the country, our Training & Consultancy Division is well positioned and ready to meet any requirement our clients may have. We offer a wealth of experience and provide bespoke and cost effective solutions for all your health & safety needs.

As an innovative and forward thinking company we continually dedicate time & resources toward product & services research & development.

Did you know?

The Safety Health & Welfare at Work Act 2007, places "General Duties" on every employer to provide:

- Information for employees.
- Instruction, training & supervision of employees.
- Provisions for handling emergencies & serious & imminent dangers.
- Protective & preventative measures such as – Hazard Identification & Risk Assessment, Safety Statement, Health Surveillance,
- Medical Fitness to Work, Joint Safety & Health Agreements.
- The "General Duties" must cover persons other than their employees.
- Obtaining where necessary the services of a "Competent" person (whether under contract of employment or otherwise) for the purpose of ensuring so far as reasonably & practicable the safety health & welfare at work of his or her employees.

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1.0 Safe Pass

Course Details:

This course is for all construction site and local authority workers (including apprentices and trainees) to ensure that they have a fundamental knowledge of health and safety.

Participants can attend the Safecon Safe Pass course at one of our centres in Dublin, Limerick, Cork and Galway. This programme can also be conducted on an in-company basis at clients' premises or other venue. As Safecon must register participants with FAS two weeks prior to attending the course it is advisable to book early.

Objective:

- Increase safety awareness within the construction industry
- Ensure that all site personnel undergo basic health and safety awareness training
- Supply all participants with a FAS Safe Pass Registration card, indicating that the holder has attended a formal course in health and safety awareness

Programme:

- Promoting a Safety Culture
- Duties & Responsibilities at work
- Accident Reporting & Prevention
- Working at Heights
- Evacuations & Confined Spaces
- Working with Electricity and overhead services
- Personal Protective Equipment
- Use of hand held equipment, tools and machinery
- Safe use of vehicles
- Noise & Vibration
- Manual Handling
- Health & Hygiene

Who Should Attend:

Benefits to Employees:

- Enhanced Safety and Health Awareness
- Acknowledgment of Safety Training
- Supply participants with a Safe Pass scheme registration card
- Increased Employment Prospects

Benefits to Employers:

- Enhanced safety environment
- Decline in on-site accidents
- Develop employee morale
- Reduction in lost time due to accidents

Pre-Course Requirements

Participants must have a good working knowledge of the English language. Courses can be delivered in languages other than English through prior arrangement with Safecon, and where all participants on the same course speak the same language

Assessment / Certification

Participants complete a written exam.

On successful completion of the exam participants will be issued with a letter of completion as they await the result of their FAS Safe Pass card.

Duration:

1 Day

Participation:

Maximum of 20

Minimum of 8

1.1 Confined Space with Escape and BA

Course Details:

This course, which meets the requirements of the HSA Code of Practice for Working in Confined Spaces, 2001, to identify and understand the nature, hazards and risks associated with working in confined spaces.

Objective:

To provide the participant with the knowledge and skills to meet the requirements of confined space rescue including the wearing of Compressed Air Breathing Apparatus (CABA).

Programme:

- Acts, Standards and Regulations
- Procedures for entry into confined spaces
- Dangers of entrapment and / or engulfment
- Isolation and de-energisation, lockout / tagout
- Rescue techniques lowering and raising stretchers
- ERT responsibilities and Management's position
- Site requirements and Emergency Plans
- First response actions and considerations
- Rescue priorities
- Safety considerations and risk identification
- Atmospheric monitoring
- Equipment theory and safety checks
- Breathing apparatus
- Expanded practical drills
- Patient handling techniques
- Rescue hauling systems

Who Should Attend:

Those who will be required work in Confined Spaces or participate in Emergency & Rescue Teams and those working where hazardous confined spaces occur but who need to avoid such places/situations.

Pre-Course Requirements

None.

Assessment / Certification

Certificate of Attendance

Duration:

1 Day

Participation:

Maximum of 10

1.2 Confined Space with Escape and Full BA

Course Details:

This training, which meets the requirements of the HSA Code of Practice for Working in Confined Spaces, 2001, to identify and understand the nature, hazards and risks associated with working in confined spaces.

Objective:

To provide delegates with a thorough understanding of confined spaces, the associated legislation, approved code of practice (ACOP), dangers associated with confined spaces and the ability to enter, work and leave them safely by horizontal and/or vertical entry

Programme:

- Acts, Standards and Regulations
- Procedures for entry into confined spaces
- Dangers of entrapment and / or engulfment
- Isolation and de-energisation, lockout / tagout
- Rescue techniques lowering and raising stretchers
- ERT responsibilities and Management's position
- Site requirements and Emergency Plans
- First response actions and considerations
- Rescue priorities
- Safety considerations and risk identification
- Atmospheric monitoring
- Equipment theory and safety checks
- Breathing apparatus
- Expanded practical drills
- Patient handling techniques
- Rescue hauling systems

Who Should Attend:

This programme is designed for Managers, Supervisors and Operatives who may need to enter a confined space with full working breathing apparatus to conduct a variety of work activities that include; maintenance and cleansing operations, building and refurbishment work, routine inspections, CCTV operations, flow monitoring and surveys..

Pre-Course Requirements

None.



Assessment / Certification

Certificate of Attendance

Duration:

2 Days

Participation:

Maximum of 10

1.3 Abrasive Wheels

Course Details:

This comprehensive one-day programme is designed to train participants how to operate abrasive wheels safely. It looks at the relevant legislation, wheel selection, wheel storage, wheel types and markings. This course also includes practical demonstrations on procedures to be followed when mounting abrasive wheels.

Objective:

On completion of the programme participants will be able to:

- Mount, operate, handle and store abrasive wheels correctly and safely
- Apply the principles of wheel selection
- Test and maintain wheels safely

Programme:

- Safety In Industry (Abrasive Wheels) Regulations, 1982
- Health and safety hazards
- Causes of accidents
- Malpractice
- Methods of storing and handling
- Methods of inspecting and testing
- Functions of components used including flanges, washers, bushes, nuts used in mounting, tool rests
- Assembling and balancing components
- Dressing abrasive wheels

Who Should Attend:

Fitters and operators who are expected to mount and maintain abrasive wheels.

Pre-Course Requirements

None.

Assessment / Certification

Successful completion of the course will require the presentation of a Certificate of Attendance

Duration:

6 Hours

Participation:

Maximum of 12

1.4 Asbestos Awareness

Course Details:

The aim of this course is provide participants with Asbestos Awareness information.

Objective:

On completion of this course participants will be able to:

- Provide attendees with broad understanding of the dangers associated with asbestos and measures required to protect their safety.
- Generally, any building constructed between 1950 to mid-1980 is likely to contain some form of ACM. Those at most risk of disturbing unidentified ACMs today include maintenance staff, building workers and trades personnel.
- Unnecessary exposure to known ACMs is also common due to poor management, lack of asbestos awareness and safe working procedures.

Programme:

- Health and Welfare at Work (Exposure to Asbestos) Regulations 2006.
- Investigation of the main types of asbestos used commercially;
- Chrysotile,
 - Amosite and
 - Crocidolite;
 - Properties of Asbestos
- Exposure to asbestos
- Risks associated with Asbestos
- Action to be taken
- Responsibility for health and safety in the workplace.
- Asbestos diseases

Who Should Attend:

Fitters, Supervisors & Managers.

Pre-Course Requirements

None.

Assessment / Certification

Certificate of Attendance

Duration:

4 Hours

Participation:

Maximum of 10

1.5 Working at Heights

Course Details:

To provide participants with the knowledge and practical skills to interpret the requirements of legislation and standards relevant to the prevention of falls in the workplace.

Objective:

On completion of the programme participants will be able to:

- Understand legislative requirements
- Understand fall prevention
- Understand and implement the use of fall protection
- Identify Health and Safety hazards
- List the hazards arising from work at heights
- Carry out a quick check on their own equipment
- Understand why checks are carried out on PPE

Programme:

- Introduction
- Safety, Health & Welfare at Work (Working at Height)
- Regulations, 2006
- Fall Prevention
- Permanent Work Platforms
- Temporary Work Platforms (Scaffolding)
- Mobile Elevating Work Platforms (M.E.W.P)
- Opening / Edge Protection
- Roof Work
- Fall Protection
- Safety Netting
- Use of Harness
- Lanyard
- Anchorage Points
- Ladder Safety
- Roof Work
- Lanyard & Anchorage Points
- Care & Storage of the Harness

Who Should Attend:

This training is suitable for clients who are required to work in at height. And will provide participants with the knowledge and skills to work safely and effectively at heights and basic rescue as required in accordance with legislative requirements.



Pre-Course Requirements

None.

Assessment / Certification

Certificate of Attendance

Duration:

4 Hours

Participation:

Maximum of 12

1.6 MEWP - Mobile Elevating Working Platform

Course Details:

MEWP's are widely used in the workplace and are replacing ladders and tower scaffolds as the preferred method of access. However operators are often asked to use these machines without being given any formal training, and as a result, they are not aware of the safety precautions required or of the individual capabilities of the MEWP itself.

Objective:

On completion of the programme participants will be able to:

- Operate an MEWP safely and correctly in accordance with the Manufacturer's handbook
- Clearly understand the causes of instability while operating an MEWP
- Be able to carry out correctly, a pre-use inspection of the MEWP
- Work safely at height
- Understand fully the procedures for the emergency lowering of the MEWP in the event of an emergency

Programme:

- Safety Law and the use of MEWP's
- Basic types and specification of MEWP's
- Hazards associated with MEWP's
- Daily pre-use checks and maintenance requirements
- Safety precautions while using MEWP's
- Outriggers and Stabilisers
- Barriers and Signs required
- Importance of continuous observation
- Positioning of the MEWP
- Re-fuelling and Battery charging procedures
- Raising and lowering the MEWP safely and correctly
- Mounting and Dismounting the MEWP
- Driving on inclines
- Emergency Lowering Procedures
- Theoretical Test
- Practical Assessment
- Ground Conditions
- Oscillating Axles
- Safe working at Height
- MEWP stability
- Safe Working Loads
- PPE
- Accidents

Who Should Attend:

This course is designed for participants to understand the engineering principles and safe operational practice of MEWP.

Pre-Course Requirements

None.

Assessment / Certification

Certificate of Attendance

Duration:

1 Day

Participation:

Maximum of 10

1.7 Scaffold Inspection

Course Details:

This training will benefit those who are responsible for carrying out weekly inspections of scaffolding under the relevant regulations and legislation.

Objective:

To develop in trainees an understanding of scaffolding components, forms of construction and inspection procedures of basic access scaffolds, to comply with current legislation and Codes of Practice.

Programme:

- Health and Safety Law
- Work at Height Regulations, duties of employer and employee
- Product standards
- Components
- Safe use of equipment
- Risk assessments
- Erect and dismantle
- Storage and maintenance
- PPE requirements
- Practical
- Test paper and review

Who Should Attend:

Site supervisors and managers who are responsible for inspecting and checking scaffolds for safe use, and for signing certificates and registers in accordance with statutory regulations.

Pre-Course Requirements

None.

Assessment / Certification

Successful completion of the course will require the presentation of a Certificate of Attendance.

Duration:

1 Day

Participation:

Maximum of 10

1.8 Health and Safety at Roadworks (CSCS)

Course Details:

This excellent course is intended for managers, supervisors and all employees who are required to be involved in the development, organisation and management of roadworks on all road types. Under the Safety, Health and Welfare at Work (Construction) Regulations 2006, this training will be mandatory from June 2009.

Objective:

On completion of this course, participants will be aware of :

- The main source of legislation relating to roadworks
- The general legal considerations governing Safety, Health and Welfare at work
- The duties of employers and employees ensuring a safe place of work.
- The concept of risk and the necessity for risk assessments
- The source of authority to stop and direct road traffic
- How to minimise the risk for site personal and general public
- The requirements for personal protective equipment at roadworks
- The order of signage at temporary roadworks
- Determining the correct control of traffic system for all roadwork conditions
- The legal requirements for safe operation of plant and equipment involved at roadworks
- The potential hazards involved in any excavation works
- Dealing with materials, delivery, storage and handling
- What constitutes an emergency. What to do and not to do.

Programme:

- Overview of relevant Legislation and Codes of Practice
- Understanding Signing, Lighting and Guarding
- Excavation Safety
- Plant and Equipment
- Materials
- Emergency Procedures

Who Should Attend:

This course is intended for managers, supervisors and all employees who are required to be involved in the development, organisation and management of roadworks on all road types. Under the Safety, Health and Welfare at Work (Construction) Regulations 2006, this training will be mandatory from June 2009.

Pre-Course Requirements

None.

Assessment / Certification

Successful course candidates will receive a FAS CSCS card for Health and Safety at Roadworks. The certificate is valid for 5 years.

Duration:

1 day

Participation:

Maximum of 20

1.9 Signing, Lighting and Guarding at Roadworks (CSCS)

Course Details:

This training covers the requirements you must meet when signing, lighting and guarding the work site. You must ensure that you act in accordance with all current specifications and procedures and that you follow safe working practices at all times when carrying out the activities covered in this unit.

Programme:

- Provide detailed plan for an intended site, showing all relevant distances, sizes and dimensions in accordance with the Safety at Streetworks and Road Works Code of Practice.
- Produce a list of equipment for the intended site.
- Produce a plan of intended site showing the position of signs, guarding and demonstrate the sequence of setting out the advance signing, safety zones and pedestrian walkways.
- Demonstrate the positioning, testing, adjusting, commissioning and decommissioning of temporary traffic signals.
- Answer a range of questions to demonstrate knowledge of the subject.
- Conduct the activities safely wearing the appropriate safety wear.
- To demonstrate sufficient knowledge by the way of oral or written questions.

Who Should Attend:

This programme is designed for managers, supervisors and operatives who are required to plan, organise, direct, control and manage the safe free flow of traffic through roadworks in rural and urban situations. This is in accordance with Chapter 8 Road Traffic Signs Manual, Department of the Environment.

Pre-Course Requirements

None.

Assessment / Certification

On successful completion of this three day course a CSCS card and certificate will be issued by FAS. Certificates are valid for a period of five years.

Duration:

3 Days

Participation:

Maximum of 8

1.10 FETAC - Location of Underground Services

Course Details:

The Course is designed to make candidates aware of the dangers involved in excavating on the public highway & private land. It will train delegates in the use of cable detection equipment and to detect and avoid most buried apparatus.

Objective:

To provide the participants with the required knowledge and skills to carry out the location and avoidance of underground services when involved with excavation works.

Programme:

- Legal & Occupational Responsibilities
- Liaison with others
- Risk Assessment
- Planning the work
- Safe Systems of Work
- Video Presentation
- Introduction to location & detection equipment – functional checks
- Practical on-site location of underground services (by each delegate)
- Practical techniques for locating various services – pipes, cables, street lighting, concrete reinforcing bars and locating tee connections.
- Further practical exercise – incorporating all associated equipment
- Maintenance & storage of equipment
- Safe digging techniques
- Ten Golden rules of locating
- Questions & Answers

Pre-Course Requirements

Have a valid Safe Pass Registration Card

Complete a CSCS Training/Assessment Programme

Assessment / Certification

On successful completion a CSCS card and certificate will be issued by FAS.

Certificates are valid for a period of five years.

Duration:

2 Days

Participation:

Maximum of 8

1.10 Safety In Excavations

Course Details:

This training meets provides participants with an in-depth understanding of excavation safety including signs and causes of cave-ins, soil mechanics, soil testing, dewatering, safety planning, and conducting inspections.

Objective:

A “competent person” should acquire knowledge to be on-site at all times with in trenches and other types of excavations.

Programme:

- Course introduction. Safety Regulations and Requirements
- Factors Effecting Ground Conditions. Methods of Trench Support.
- Removal of Supports and Backfilling. Summary of Safety Procedures.

Who Should Attend:

This course is designed for individuals who are required to work in excavations. It will give them training in the selection and use of proprietary trench support systems and equipment.

Pre-Course Requirements

None.

Assessment / Certification

Certificate of Attendance

Duration:

2 Days

Participation:

Maximum of 8

1.11 Chemical Handling Training

Course Details:

Chemical Safety Training - This course is designed to train participants how to handle chemicals safely. Non-specialist staff that need to recognise, assess and protect themselves from chemical hazards in the workplace.

Objective:

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

- List routes of entry of chemicals into the body
- Identify health effects of chemicals
- Identify warning symbols and read relevant product warning label
- Use an MSDS (Material Safety Data Sheet)
- Identify and use different types of available PPE (Personal Protective Equipment)

Programme:

- Legal Overview – Employer & Employee duties in current legislation
- Routes of Entry of Chemicals – how chemicals can adversely affect us depending on route of entry, dose and duration of exposure.
- Classification of Hazardous Substances – site-specific information in relation to particular chemicals can be addressed in this section.
- Use of Material Safety Data Sheets.
- Types and the use of different PPE (Personal Protective Equipment)
- Overview of Safe Systems of Work to include 'Permit to Work' & 'Hot Work' permits.
- Overview of Control Strategies in relation to the Handling of Chemicals

Who Should Attend:

This course is intended for workers who come into contact with chemicals in the workplace. The chemical handling course can be tailored to meet the needs of any company, whether it is a high or low risk industry.

Pre-Course Requirements

None.

Assessment / Certification

Full certification of attendance is provided on successful completion of the course. Each course is subject to course booking conditions. Please contact our office for further details.

Duration:

4 hours

Participation:

1.12 Managing Construction IOSH

Course Details:

The Institution of Occupational Safety and Health (IOSH) is the leading professional association of safety practitioners and are recognised internationally as the standard for the profession.

This IOSH Certified four-day course is similar to the IOSH Managing safely course, but it specifically tailored to reflect the requirements of managing safely in a construction environment.

Objective:

On completion of the course participants should be able to:

- Outline relevant health and safety legislation, codes of practise, and guidance notes and know where to source such information.
- Distinguish between the duties and responsibilities of the employer and employee, contractor and sub- contractor.
- Be able to verify the competence of the contractors.
- Understand the basis of risk assessment and risk control.
- Have a knowledge of risk rating systems
- Be able to implement workplace precautions, relative to the risks.
- Understand the basis of regular review of proposed systems.
- Know the statutory requirements for reporting and recording of accidents and near misses.
- Understand the principles of accident investigation.
- Know the importance of continuous active monitoring.
- Identifying Training needs in an organisation.
- Know the importance of consultation with employees and employee representatives.

Programme:

- Module 1: Accident /incident/ ill-health causation/ investigation and avoidance.
- Module 2: Legislation
- Module 3: Risk Assessment and Safety Management.
- Module 4: Reactive monitoring focusing on aspects on the construction environment
- Module 5: Active Monitoring
- Module 6: Controlling Common workplace hazards.
- Module 7: Human Factors
- Module 8: Safety Management System.

Who Should Attend:

Ideal for those of you that wishes to gain knowledge and build competency in construction safety including site foremen, Site Managers, Project Managers, Safety Officers, Contract Managers or those of you that just have an interest.

Pre-Course Requirements

None.

Assessment / Certification

Participants complete a written exam and project.

On successful completion of the exam participants will be awarded the IOSH Managing Safely Certificate.

Duration:

4 days

Participation:

Maximum of 10

1.13 Construction Health & Safety Legislation

Objective:

To inform participants of the current health and safety legislation in force in Ireland and how it is applied.

Programme:

- Introduction
- Introduction to the Irish Legal System
- Safety Health and Welfare at Work Act 2005
- Main points of the Act
- 2007 General Application Regulations
- Focus on Employer/Employee responsibility
- Criminal Law
- Civil Law
- Personal Injury Assessment Board (PIAB)
- What is PIAB
- How does PIAB work
- Other Relevant Legislation
- Safety Health and welfare at Work (Work at Height) Reg. 2006
- Safety Health and welfare at Work (Construction) Reg. 2006
- Safety Health and welfare at Work (Noise) Reg. 2006
- Safety Health and welfare at Work (Vibration) Reg. 2000

Who Should Attend:

This course is suitable for all employees but is particularly aimed at those responsible for implementing health and safety legislation in the workplace.

Pre-Course Requirements

None.

Assessment / Certification

Full certification of attendance will be provided on successful completion of the course.

Duration:

4 hours

Participation:

Maximum of 12

1.14 PSDP Training

Objective:

On completion of the course participants will understand:

- Legislation relating to PSDP (Safety Health and Welfare at Work Act 2005 and the Safety Health and Welfare at Work (Construction) Regulations 2006 (and 2001)
- Duties of PSDP
- Principles of Prevention
- Life Cycle of PSDP

Programme:

- Legal Overview
- Duties of Client, PSDP and Designers
- General Principles of Prevention
- Particular and Other Risks
- Preliminary Health & Safety Plan
- Workshop on Preliminary Plan
- Life Cycle
- Designer risk assessment workshop
- Construction plan - overview

Who Should Attend:

This course is intended for those who will be acting as a Project Supervisor Design Phase or anyone who needs to get an appreciation of the role and its function.

Pre-Course Requirements

None.

Assessment / Certification

Full certification of attendance is provided on successful completion of the course (on request).

Each course is subject to course booking conditions. Please contact our office for further details.

Duration:

1 day

Participation:

Maximum of 12

1.15 PSCS Training

Objective:

This course will provide attendees with the necessary information to perform their duties as Project Supervisor Construction Stage for construction projects.

Programme:

- Legal Overview – including the 2005 Safety Health & Welfare at Work Act and 2006 Construction Regulations.
- Duties of the PSCS including Contractor co-ordination and the construction Safety & Health Plan.
- The “General Principles of Prevention”.
- Notification of requirements to the HSA.
- The Project Safety File.
- Method Statement Workshop.

Who Should Attend:

This course is intended for those who will be involved at the Project Supervisor Construction Stage or anyone who needs to get an appreciation of the role and its function.

Pre-Course Requirements

None.

Assessment / Certification

Full certification of attendance is provided on successful completion of the course (on request).

Each course is subject to course booking conditions. Please contact our office for further details.

Duration:

1 day

Participation:

Maximum of 12

1.15 Accident Investigation

Objective:

On completion of the course participants will be able to:

- List the components of an accident investigation
- Explain the role of accident investigation in safety management systems
- Apply the correct steps in conducting an accident/incident investigation
- Describe the legal implications with respect to accidents in the workplace

Programme:

- Introduction
- Legislation
- Accident Investigation
- Preserving the Scene
- Taking Witness Statements
- Site Measurements, sketches and drawings.
- Root Cause Analysis
- Accident Report Writing & Recording

Who Should Attend:

This course is intended for senior and middle management. It is also intended for any employee tasked with investigation on accident and incident situations resulting in loss by way of injury, death and damage to equipment, raw material, product or place of work.

Pre-Course Requirements

None.

Assessment / Certification

Full certification of attendance is provided on successful completion of the course.

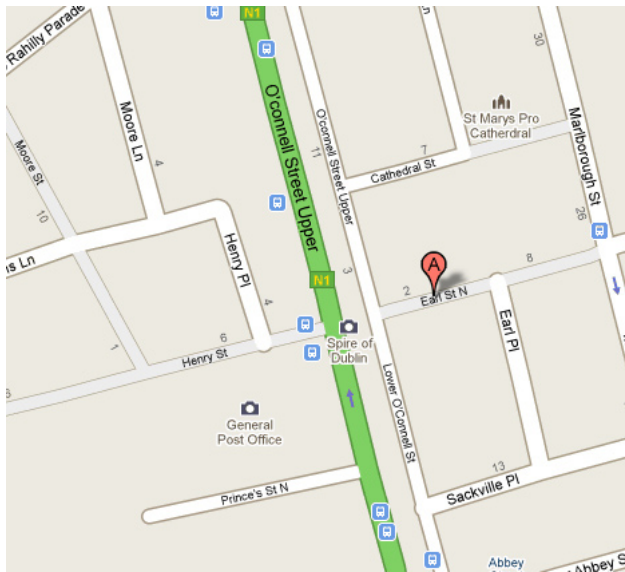
Duration:

1 day

Participation:

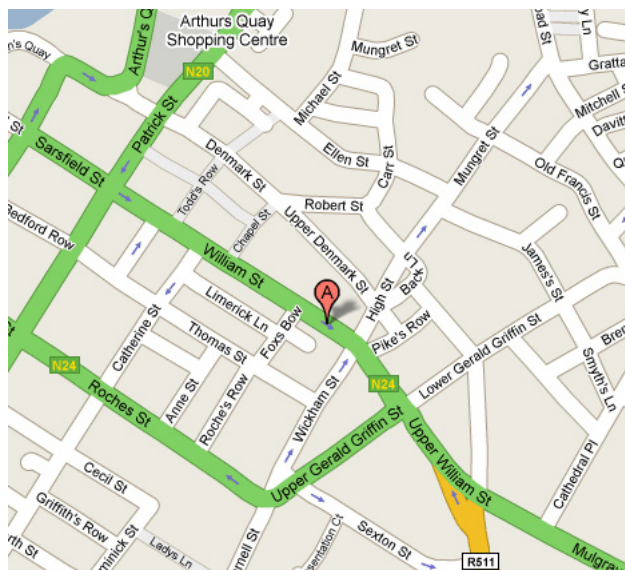
Maximum of 10

Safecon Offices:



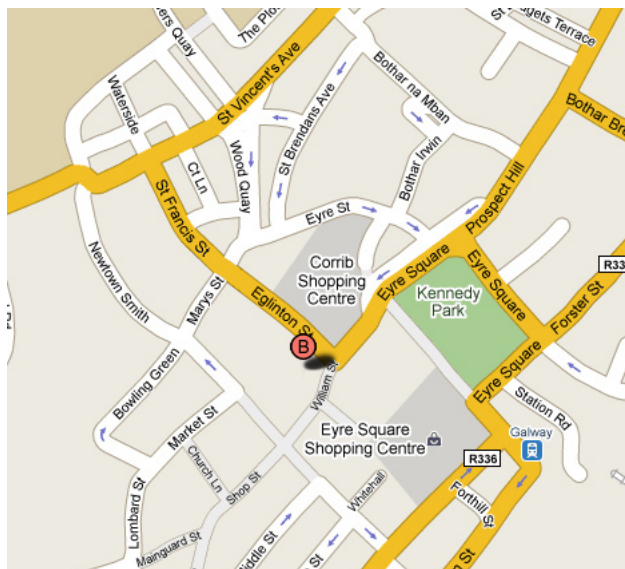
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