Health & Safety Training

Our knowledge is your business

2018/19 Edition
The Health and Safety Executive’s (HSE) primary purpose is

The prevention of death, injury and ill-health to those at work and those affected by work activities.

As Great Britain’s independent regulator, we support businesses with free guidance and advice, but also offer paid-for services such as training, consultancy and bespoke research to those who want to be exemplars in health and safety.

Our unrivalled combination of cutting edge science, over 40 years of hands-on experience and world class expertise help to make Great Britain one of the safest and best places in the world to work and do business.

HSE Training and Conferences is unlike any other training provider. Our courses are delivered by scientists and health and safety experts who work in research and investigations every day, for the benefit of industry and government. Our training is built around current real-world expertise and is fully aligned with the requirements of the regulator.

For information about our courses, to book a course, register your interest or discuss our in-company training visit us at www.hse.gov.uk/training, call 0203 028 3704 or email training@hse.gsi.gov.uk.
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Courses marked with the CPD logo are accredited CPD training courses.

What is accredited CPD Training?

Accredited CPD training means the learning activity has reached the required Continuing Professional Development standards and benchmarks. The learning value has been scrutinised to ensure integrity and quality. The CPD Certification Service provides recognised independent CPD accreditation compatible with global CPD requirements.

For further information on CPD certification visit www.cpduk.co.uk
Health
Asbestos - Managing Asbestos in Domestic* and Non-Domestic Premises

* ‘Domestic’ refers to landlords of domestic premises and not to people in their own homes.

Learn to manage asbestos to the standards required by Regulation 4 of the Control of Asbestos Regulations (CAR 2012)

This course gives you the knowledge to manage asbestos in non-domestic premises to the standards required by Regulation 4 of the Control of Asbestos Regulations (CAR 2012). The information is also applicable to the management of ‘domestic premises’, such as landlords’ duties for rented accommodation.

The course includes the use of case studies and the practical use of risk assessment and management tools.

Learning Outcomes

By the end of this course you will have an understanding of:
- the health effects of asbestos
- duty holders and their responsibilities
- asbestos legislation and guidance
- the extent of asbestos-containing materials in buildings
- commissioning asbestos surveys
- assessing risks and formulating a management plan
- managing minor work with asbestos
- commissioning and scrutinising asbestos removal firms
- communication plans for asbestos management

Who will benefit from attending?

Anyone with duties under Regulation 4 of CAR 2012 - Management of Asbestos in Non-Domestic Premises. People have duties if they are responsible for repair or maintenance of non-domestic premises or access to them. This can include employers, self-employed people and building owners. Also suitable for landlords with similar responsibilities for managing risks from asbestos in rented domestic premises.

Did you know?

> Asbestos can be found in any building built before 2000
> Asbestos still kills around 5500 workers each year - more than three times the number of people killed on the roads
> Around 20 tradesmen a week die from exposure related to past exposure to asbestos

“Informative and educational with learning points well-reinforced with practical examples of real life experiences.”

B Gibson, Mexichem UK Ltd
Health

Biosafety - Concepts and Working Practices at Containment Level 3

A comprehensive guide to working in a microbiological Containment Level 3 facility

This course will help you achieve a greater understanding of the work carried out within a Containment Level 3 facility. It will provide you with the skills and confidence to deal with accidents and incidents and to enforce your duty and the duty of others in maintaining and working in a safe environment.

You will learn about the equipment, concepts and philosophy of working with biological agents at this level of containment and practical sessions in a level 3 laboratory will provide you with a hands-on opportunity to understand the design and operation of such facilities.

Learning Outcomes
By the end of this course you will have an understanding of:

- human factors
- biocontainment facilities & equipment
- laboratory design
- laboratory working practices

Who will benefit from attending?
Anyone working at or intending to start work at Containment Level 3 also Safety Advisors, Biological Safety Officers who support Containment Level 3 facilities. Previous experience or knowledge of working at Containment Level 2 is essential.
PPE Essentials

Improve your understanding of how to select, use and maintain Personal Protective Equipment

This course will increase your knowledge and understanding of PPE and its limitations, so that you can use PPE as an effective workplace control measure. It will provide training in what a successful PPE programme is, what you need to consider, and what actions are required.

The course includes hands-on elements to enhance learning and provide practical skills. Our experts helped develop the British, European and International standards for PPE so you can be assured that you’re getting the most accurate and up to date PPE training available.

Learning Outcomes

By the end of this course you will have an understanding of:
- risk assessment and the hierarchy of controls
- achieving effective control
- relevant legislation on supply and use of PPE
- range, selection, use, limitations and maintenance of PPE
- using different PPE and equipment together at the same time - the PPE ensemble
- how to put on and take off PPE, including daily checks and avoiding contamination
- wearer training and what you need to develop competence
- the elements of an effective PPE management programme
- typical problems with PPE and PPE Programmes

Who will benefit from attending?

Anyone who has responsibility for, or is involved with, the selection, use and maintenance of PPE in the workplace.

Did you know?

Unsuitable, poorly maintained and incorrectly used PPE may give limited protection or none at all, and may even put the wearer at greater risk.
Biological Monitoring for Chemical Exposures at Work

An easy to understand guide on how biological monitoring can enhance the service that occupational hygiene and health professionals offer.

This course will show you how biological monitoring can enhance the service that occupational hygiene and health professionals offer. It is a practical and informative overview of biological monitoring using easily accessible information.

During the course you’ll be given an introduction to the fundamentals of biological monitoring and shown how it can be a useful tool for occupational hygiene and health professionals. There is also a practical, interactive learning element using relevant case studies.

Learning Outcomes

By the end of this course you will have an understanding of:

- the fundamentals of biological monitoring
- practicalities - how to establish a biological monitoring programme
- view from a practitioner - using biological monitoring to assess chemical exposures
- interpreting results - understanding and acting on the results received

Who will benefit from attending?

The workshop is designed for occupational hygiene and health providers who are interested in what biological monitoring can do for them, their clients and for company employees specifically responsible for worker health protection.

Half Day Course £345

Did you know...

- Biological monitoring is a cost-effective way of measuring the effectiveness of controls, especially with respect to skin exposures, use of PPE and human behaviours
- HSE data can benchmark your performance and show how you compare to current industry practice

“All speakers were very informative and pitched the information at the right level and were happy to take questions.”

Clair Atkinson, Bentley Motors Ltd
Hand-Arm Vibration Syndrome (FOM Accredited)

Improve your ability to recognise and manage Hand-Arm Vibration Syndrome (HAVS) in workers

A comprehensive and highly rated course that was developed with and is overseen by the Faculty of Occupational Medicine (FOM). The course sets out the key areas of HAVS assessment and provides you with guidance on how to examine and manage cases. You will learn what is required for health surveillance of a workforce exposed to hand-transmitted vibration as well as having the opportunity to improve your skills of examination, diagnosis and management of someone with HAVS.

Ample time is also set aside for questions and answers. At the end of the course there is an assessment and successful delegates will receive a certificate from FOM.

Learning Outcomes
By the end of this course you will have an understanding of:
- statutory and legal requirements
- calculation of cumulative vibration exposure
- risk assessment for HAVS
- pathophysiology
- control of vibration exposure
- clinical examination
- diagnosis
- standardised clinical and laboratory tests
- stockholm staging
- tier 1 to 5 health surveillance
- case management
- health record and medical report writing

Who will benefit from attending?
Occupational health nurses, occupational physicians, GPs with an interest in occupational health, hand surgeons and vascular surgeons.

“Faultless! The attention to detail and enthusiasm from all presenters gives me the confidence to undertake HAVs medicals with the depth of knowledge I was previously lacking.”

G Scott, MOH

Did you know?

There are 600 - 800 cases of HAVS reported under RIDDOR each year
Hand-Arm Vibration Syndrome Refresher

Maintain the knowledge and clinical skills required to assess workers exposed to hand-transmitted vibration

A professional development course that provides doctors and nurses with a chance to refresh their skills and knowledge to recognise and manage cases of Hand-Arm Vibration Syndrome (HAVS).

Learning Outcomes
By the end of this course you will have an understanding of:

- relevant parts of The Control of Vibration at Work Regulations
- risk assessment - how to recognise a good one
- how to calculate vibration exposure
- health surveillance - HSE’s tiered approach and the content of a health record
- clinical assessment to include a review of the clinical and laboratory standardised tests
- clinical management to include examination, diagnosis, staging and report writing
- case scenarios

Who will benefit from attending?
Occupational health nurses, occupational physicians, GPs and other doctors who have successfully completed the Faculty of Occupational Medicine (FOM) two-day HAVS course or are accredited specialists in occupational medicine.

1 Day Course £495

Did you know?

- Examination skills are difficult to maintain if they are not regularly practised
- Poor practice or misdiagnosis have significant implications for employers, employees and clinicians

“Well Informed, good location and very knowledgeable.”

K Evans, Caerphilly County Borough Council
Management of Hand-Arm Vibration in the Workplace - An Introduction

An introduction to the Control of Vibration at Work Regulations 2005 and practical guidance on how to control and manage hand-arm vibration risks in the workplace

1 Day Course £495

This course reviews the risks from hand-arm vibration exposure and introduces you to the requirements of the current regulations. It provides practical advice and examples of how to carry out assessments of vibration risks and how to develop vibration control action plans.

You will also learn how health surveillance contributes to the control action plan.

Learning Outcomes

By the end of this course you will have an understanding of:

- your duties under the Control of Vibration at Work regulations 2005
- the risks from hand-arm vibration
- how to carry out vibration risk assessments
- how to develop vibration control action plans
- how health surveillance contributes to the control action plan

Who will benefit from attending?

Anyone with responsibility for assessing, controlling and managing hand-arm vibration risks in the workplace.

Did you know?

> HAVS is serious and disabling, and nearly 2 million people are at risk
> HAVS is preventable, but once the damage is done it is permanent

“The course provides a solid understanding of HAV and implementing suitable controls. The practical demonstrations are particularly enlightening.”

C Wynn, NSK
This workshop demonstrates how most noise problems can be dealt with quickly and cheaply using simple engineering solutions, removing the reliance on ineffective hearing protection.

During the workshop you will learn about detailed, easily installed solutions to the top 10 most common noise problems that can actually enhance productivity and reduce your organisations’ operating costs.

Learning Outcomes
By the end of the one day course you will have an understanding of:

- HSE’s attitude to noise control and the regulatory requirements
- using conventional acoustic materials and control measures
- how to evaluate and cost the noise control options in your workplace
- applying low cost engineering noise control techniques on your site
- acquiring detailed solutions to the 10 most common noise problems
- details of free online noise control resources

Who will benefit from attending?
Health and safety professionals, factory managers and production managers, project, maintenance and sales engineers who are involved in all aspects of noise and noise management and who need to be able to evaluate, specify, cost and / or implement noise control measures in the workplace.

Why attend?
- HSE research has shown that hearing protection is very often ineffective
- The increasing burden of hearing damage on individuals and businesses through insurance claims shows that the current approach to noise management is failing
This course is a lively, innovative and practical guide to controlling workers’ exposure to airborne contaminants through the effective use of LEV. The first line of defence in preventing workers’ exposure to airborne dust and fumes is usually LEV controls but they are often poorly specified and designed and not well maintained rendering them ineffective.

This course was developed by one of the main authors of the HSE LEV guidance in conjunction with the British Occupational Hygiene Society (BOHS). It will provide you with the knowledge you need to make sure your LEV controls are protecting workers effectively and efficiently. Key learning points are put across using HSE’s award winning LEV Demonstration Model and specially recorded video footage.

**Learning Outcomes**

By the end of this course you will have an understanding of:
- how to assess work processes and apply LEV control
- the principles of effective LEV procurement
- managing LEV suppliers and contractors
- managing LEV checking and maintenance
- common techniques for assessing LEV control effectiveness

**Who will benefit from attending?**

Anyone that has responsibility for advising on LEV controls

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**Did you know?**

> 12,000 workers die each year from lung disease

> 18,000 new cases of lung disease each year caused or made worse by work

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“Very informative, good balance of practical & theory. Covers all aspects and requirements for proper LEV practice.”

M Campbell, Fluidic Ltd
Respirable Crystalline Silica (RCS) - Health Surveillance and Exposure

An up-to-date and informative guide to the role of health surveillance in Respirable Crystalline Silica exposure

This one-day course deals with background issues, current practice and how things are changing in relation to health surveillance, particularly in light of the new HSE guidance. It also provides information about controlling RCS exposures in the workplace.

Training is delivered by medical and scientific experts who have direct experience of workers with RCS-related health problems and workplaces where exposure carries a significant health risk.

Learning Outcomes
By the end of this course you will have an understanding of:

- the background to silica, silicosis and other related breathing problems
- periodic health surveillance for RCS exposed workers; what’s new
- use of questionnaires
- use of lung function testing
- use of chest X-Rays; and what to do if the chest X-Ray is found to be abnormal
- reducing RCS exposure in the workplace
- the role of exposure monitoring in protecting worker health
- selection, use and maintenance of exposure controls

Did you know?

> An estimated 500 deaths occur every year as a result of workplace exposure to RCS

> RCS exposure can cause Silicosis and Chronic Obstructive Pulmonary Disease (COPD)

“Very useful way of educating all levels of employees on associated hazards of RCS. Extremely understandable.”

R Jennings, Wienerberger UK
Respiratory Protective Equipment (RPE) Essentials

A practical guide on how to effectively select, use and maintain Respiratory Protective Equipment (RPE) in the workplace

This CPD Certified course will increase your knowledge and understanding of RPE and show you how it can be used effectively in the workplace as a control measure. It will provide you with the skills to correctly select adequate and suitable RPE (following the principles of HSG 53 and COSHH Essentials), and you will learn how it should be used and maintained.

The course will include practical elements to enhance learning and provide you with valuable practical skills - all delivered by our PPE experts whose research and investigation underpin HSE safety regulations and RPE guidance.

Learning Outcomes

By the end of this course you will have an understanding of:

- what RPE is and how it works
- RPE types - capabilities and limitations
- legal requirements
- correct selection
- wearer training
- correct use
- maintenance
- management - the ‘RPE Programme’

Who will benefit from attending?

Anyone with responsibility for RPE selection, use and maintenance in the workplace. Anyone whom users may rely upon for guidance on what equipment to obtain and use e.g. suppliers.

“Excellent facilities and presentation material. Instructors were very good and very knowledgeable. I enjoyed the learning process very much.”

A Jankowski, The Restoration Academy UK Ltd

Unsuitable, poorly maintained and incorrectly used RPE can lead to ill health - if the RPE is being used in conditions where there is an immediate danger to life, the situation could prove fatal.
Respiratory Protective Equipment (RPE) Fit Testing - An Introduction

Learn how to correctly select and fit RPE for effective wearer protection

1 Day Course £625

This is in an introductory course which will provide a good foundation on which to build your practical fit testing skills. You will learn about the importance of fit testing, the responsibilities of employers and you will be introduced to the various fit testing methods. Practical sessions in our specialist facility will provide you with the essential skills of pre-use checking and correct donning of facepieces.

You will have the opportunity to practice fit testing using the two methods which are extensively and almost exclusively in use in the UK. All course presenters are Fit2Fit accredited and some were actively involved in the development of the Fit2Fit scheme.

Learning Outcomes
By the end of this course you will have an understanding of:

- the importance of fit testing
- principles of fit testing methods
- essential pre-use checking and correct donning of facemasks
- responsibilities of employers and fit testers
- qualitative fit testing using Bitrex or Saccharin
- quantitative fit testing using the Portacount

Who will benefit from attending?
Anyone new to or relatively new to practical fit testing and those with responsibility for correct selection of respiratory protection.

“Excellent course. Covered all parts of the syllabus along with plenty of practical exercises. Good answering of all questions. Excellent facilities.”
R Watts, Johnson Matthey Technology Centre

Note: For RPE fit testing training courses, attendance will not lead to Fit2Fit accreditation.
RPE (Respiratory Protective Equipment) Fit Testing (Advanced)  
- Qualitative and Quantitative (Portacount) Fit Testing

Two advanced courses for experienced fit testers who are seeking additional training

These 2 courses will provide you with training covering the syllabus of the Fit2Fit scheme and they are suitable for those wishing to refine their skills in preparation for Fit2Fit accreditation. The one day course is also suitable for those fit testers who just wish to hone their skills and learn more on the general aspects of RPE and it covers qualitative fit testing. The two-day course covers qualitative and quantitative (Portacount) fit testing.

All course presenters are Fit2Fit accredited fit testers and some were actively involved in the development of the Fit2Fit scheme and are members of the Fit2Fit technical committee. Delegates will need to bring their own fit testing equipment for the practical sessions.

Learning Outcomes
By the end of the one day course you will have an understanding of:

- the role of fit testing
- principles of fit testing
- qualitative fit testing using either Bitrex or Saccharin - theory and practical
- troubleshooting fit testing

By the end of the two day course you will have an understanding of:

- all of the above
- quantitative fit testing using the Portacount both with and without the N95 Companion/Technology - theory and practical

Who will benefit from attending?
Experienced fit testers who are seeking additional training, including those aiming for Fit2Fit accreditation in qualitative or quantitative testing. Experience should cover the relevant range of tight-fitting facepieces. You should have a basic working knowledge and understanding of RPE and be familiar with HSG 53 and HSE 282/28.

Note: For RPE fit testing training courses, attendance will not lead to Fit2Fit accreditation.
Occupational Medicine Seminar for HSE Appointed Doctors, Occupational Health Professionals and GPs

An informative and interactive learning opportunity for practitioners to keep their practice up to date and evidence based

This FOM CPD approved seminar aligns with the HSE appointed doctor work requirements, but will be suitable for other occupational health professionals and GPs with an interest in occupational medicine. It has been designed for Appointed Doctors and those who would like to be appointed. There are opportunities to feedback to the session leaders and to take part in interactive case discussions.

A certificate of attendance and CPD credits are available, and these can be used to support both annual appraisal portfolios and evidence of personal development.

Learning Outcomes
By the end of this course you will have an understanding of:
- appointed Doctor work and the principles of health surveillance
- asbestos related lung disease and changes to the Control of Asbestos Regulations
- the Control of Lead at Work Regulations
- COSHH Schedule 6 and MS32 Guidance
- practical guidance on how to do spirometry, use the OASYS computer programme and diagnose occupational asthma.

Who will benefit from attending?
Anyone with a professional interest in the health effects of asbestos, lead, Schedule 6 of the COSHH Regulations, health surveillance and occupational asthma.

“This was focused, relevant, well presented, informative and interactive - each section was very well lead. I really enjoyed it. Thank you.”

Dr S Clugston, Newcastle Premier Health

1 Day Course £495
COSHH Training -
Practical Assessment and Control

A comprehensive and practical guide of how to put COSHH assessments into practice

A detailed and practical training course on carrying out COSHH assessments and, crucially, putting the assessment into practice to control substances hazardous to health. Day one covers assessing exposure and risk and includes case studies and the chance to work through examples.

Day two moves on to implementing exposure controls that are effective and reliable, and includes practical demonstrations. The focus for both days is on practicality and effectiveness.

Learning Outcomes
By the end of this course you will have an understanding of:
- hazardous substances and risks from over exposure
- COSHH regulations and what they mean in practice
- guidance and finding information
- assessments and action plans
- adequate control, understanding limits and the principles of good control practice
- hierarchy of control and reliability
- reducing exposure by process change and substitution
- choosing and using effective LEV
- choosing and using RPE and PPE
- skin and ingestion exposure

Who will benefit from attending?
Anyone tasked with completing COSHH assessments and/or implementing controls, whether for the first time or to improve skills. This will typically include managers and supervisors and safety officers. Health and safety professionals looking to refresh or update their skills may also benefit but please note that the course assumes no prior knowledge and therefore includes basic concepts and information.

“The knowledge gained from the trainer was exceptional.”
Sean Thackwell, BOC Group Limited
HSE In-company training

Train & Learn as a Team

Every organisation is different

That is why HSE In-company training can be tailored around your specific needs

To discuss your requirements

Please contact the Training Team on 020 3028 2183 or email training@hsl.gsi.gov.uk to discuss your specific training needs.
Human & Organisational Performance
Ergonomics - An Introduction

A comprehensive and thought provoking guide to the theory and techniques behind workplace ergonomics

This course is a thorough introduction to ergonomic principles, methods and techniques. You will learn how, with greater thought and better planning, many workplace accidents and ill-health could be prevented. The training covers how ergonomics theory and techniques are used to maximize the design of tools, tasks and workplaces for improved comfort, safety and performance of a workforce. The techniques cover both the physical and psychosocial aspects of workplace design and follow relevant HSE guidance and approaches to assess and reduce risks.

This course is recognised by the Chartered Institute of Ergonomics and Human Factors (CIEHF).

Learning Outcomes

By the end of this course you will have an understanding of:

- ergonomics principles, methods and techniques
- the physical and psychological factors of humans
- applied anthropometry (the study of human measurements)
- workplace design and DSE
- manual handling risks, assessments and controls
- upper limb disorders - risks, assessments and controls
- stress management
- influencing behaviour
- investigation methods, such as interviews, questionnaires and focus groups
- task analysis
- controls and displays
- environmental factors e.g. lighting, floors, footwear and noise

Who will benefit from attending?

Anyone who wants to perform effective ergonomic assessments of the workplace or has an interest in ergonomics. No previous experience/knowledge of ergonomics or musculoskeletal disorders is required as this is a comprehensive introduction to the discipline.

“Extremely informative course which was thought provoking and taught me more than my expectation. Very good presenter - made the course what it was.”

C Buchan, University of Southampton
Human & Organisational Performance

Display Screen Equipment (DSE) Risk Management

Become a DSE Assessor or update your knowledge after this thorough grounding in current DSE risk assessment and management

This course covers the key elements of office DSE risk assessment and management and will help you to develop the skills and knowledge needed to become a DSE assessor.

If you are already a DSE assessor then this course is a useful way of updating your knowledge as it also covers emerging issues such as hot desking and the use of dual screens and mobile technology.

Learning Outcomes
By the end of this course you will have an understanding of:
- the legal, moral and financial reasons for DSE assessments
- how injuries occur
- what good posture looks like and how to achieve it at a workstation
- practical assessments
- DSE break requirements
- mobile DSE risks and risk management

Who will benefit from attending?
Anyone wanting to become a DSE assessor as well as existing assessors who wish to update their knowledge.

1 Day Course £495

Did you know?
- Keyboard working is a significant contributor to lower back and upper limb disorders
- 3.9 million working days were lost due to upper limb disorders in 2016/17

“The course has been really informative and I found the course teacher very approachable and helpful with a positive attitude to our learning.”

D Shakey, MyFresh
Manual Handling for Assessors

A practical guide to assessing the risks associated with lifting, carrying, team handling and pushing or pulling

This course will help you prevent and control work-related musculoskeletal disorders associated with manual handling. Using two HSE risk assessment tools, MAC and RAPP, you will learn how to identify, assess and control risks associated with manual handling activities such as pushing, pulling and lifting.

You will also learn about the principles of good handling techniques through the use of relevant and interesting case studies.

Learning Outcomes

By the end of this course you will have an understanding of:

- the principles of manual handling
- the types of injuries poor manual handling can cause
- legal aspects of manual handling
- manual handling risk assessments using the MAC tool and L23
- pushing and pulling risk assessments using the RAPP tool
- the key principles of good handling techniques

Who will benefit from attending?

Anyone about to begin manual handling risk assessment and control as well as those already involved in manual handling risk education who want more in-depth knowledge and expertise.

“Very informative, will be of use in the work place. Quality training facilities.”

A Bevan, Carey Glass Chester Ltd

Did you know?

- Manual handling is a major cause of musculoskeletal disorders
- 507,000 workers suffering from work-related musculoskeletal disorders (new or longstanding) in 2016/17
Upper Limb Disorders - Risk Assessment of Repetitive Tasks

A practical guide to reducing upper limb disorders using HSE’s ART tool

A hands-on course where you will learn how to use the HSE developed Assessment of Repetitive Tasks (ART) tool. ART was developed by HSE’s musculoskeletal disorder experts to assess the frequent handling of light loads and other repetitive tasks that can contribute to upper limb disorders (ULD’s).

HSE data show that the prevalence of ULDs is as high as lower back pain, but these types of injuries are often overlooked so this course will help you to recognise, assess and reduce these disorders.

Learning Outcomes
By the end of this course you will have an understanding of:

- how to recognise ULDs
- the key risk factors for ULD development
- how to manage the risk (including legal requirements)
- how to use the ART tool
- risk assessment using the ART Tool

Who will benefit from attending?
Anyone wanting to improve ULD risk assessment and control. Health and safety or occupational health professionals wanting to learn how to use the HSE ART tool.

1 Day Course £495

Did you know?

> 3.9 million working days were lost due to upper limb disorders in 2016/17
> 229,000 self-reports of upper limb disorders in 2016/17
> upper limb disorders include repetitive strain trauma, hand-wrist tendon syndromes, carpal tunnel syndrome or epicondylitis

“The course was delivered at a very good pace whilst including all the details and information I was looking for. A very professional and informative day.”

M Lakin, Manchester Airport
Preventing Falls on Stairs
- Talk to the Experts

Learn what simple, cost-effective improvements can be made to stairs to significantly reduce the risk of a serious fall

This course will help you understand the design features of stairs which can give rise to a risk of falling, and identify simple remedial improvements to reduce the likelihood of a fall. You will gain the knowledge and skills to assess stairs in your own premises, and identify examples of good and bad practice.

So that you get the most of this course you will be encouraged to share a stair fall issue from your own workplace in advance, with photographs where possible, for discussion during the day. The day is focussed on group discussion of stair fall issues and includes a toolkit to take away for reference when assessing stairs.

Learning Outcomes
By the end of this course you will have an understanding of:
- common design issues that give rise to a risk of falls on stairs
- examples of HSE stair investigations and their findings
- how to undertake a stair fall assessment using a simple toolkit
- solutions to common stair design issues

Who will benefit from attending?
Anyone who is interested in understanding how to prevent falls on stairs or who has responsibility for managing health and safety.

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Did you know?

- There are approximately 100,000 accidents on stairs in leisure environments each year, and several thousand more in the workplace.
- Stair falls frequently result in serious injury and can often be prevented with very simple changes to stair design.
Preventing Slips and Trips - Talk to the Experts
Understand why slips, trips and falls happen in all environments and what you can do to prevent them

This course will help you understand the causes of slips, trips and falls, and highlight successful interventions that offer a great starting point for organisations looking to reduce falls. It is delivered by experts in accident investigation and has a practical focus on understanding the causes of slips, trips and falls and reducing the risk of future incidents.

Delegates will have the opportunity to see practical demonstrations of slip testing by HSE’s falls prevention experts and are welcome to bring their own examples along to discuss during the day.

Learning Outcomes
By the end of this course you will have an understanding of:
- the importance of monitoring near misses and being proactive
- why people slip - the slip potential model
- characterising flooring, which tests work, which don’t and why
- the role of contamination in slip accidents
- the effect that good and bad cleaning techniques can have on slips
- how footwear can help in reducing slip accidents
- preventing trips

Who will benefit from attending?
Anyone who is involved in managing slips and trips, particularly those responsible for selecting flooring or footwear in their business. Employees involved in critical operations such as cleaning.

Did you know?
Slips, trips and falls are the leading cause of major injuries in the workplace

1 Day Course £495
Health & Safety Training Brochure 2018/19

Behaviour Change: Achieving Health and Safety Culture Excellence

Learn what factors influence both workers’ and managers’ behaviour and how behaviour change, leadership and worker engagement help you achieve excellence in health and safety culture

This course, delivered by our psychologists, moves beyond traditional behaviour modification strategies by combining our knowledge and insights on behaviour, leadership and work engagement to help you adopt an integrated approach to health and safety management within your business.

You’ll learn strategies that will help you tackle both the immediate and underlying causes of risk-taking head on; strategies which apply as much to manager behaviour as they do to operational staff.

The course adopts a holistic approach to health and safety cultural improvement using behaviour change techniques (incorporating our ASCENT - Achieving Safety Culture Excellence Now and Tomorrow - programme) and concludes with strategies to help reduce the likelihood of risk taking behaviour for health and safety.

Learning Outcomes

By the end of this course you should have an understanding of:

- why people take risks and the consequences of such behaviour
- how people think
- how to implement a safety culture improvement programme
- how to prepare your organisation for a health and safety cultural improvement programme
- how to assess safety culture and climate using our Safety Climate Tool
- evidence-based strategies to encourage safer and healthier behaviour at the organisation and individual level

Who will benefit from attending?

The course is most appropriate for health and safety managers with limited knowledge / experience of behaviour change approaches. However, it will also be relevant to those who have established behaviour change initiatives but are interested in how the psychological principles of human behaviour can be mapped onto an integrated health and safety management system.

“Excellent course, professionally presented, that provided a range of ideas and approaches as to how we can modify behaviour.”

C Huckle, Rothamsted Research (North Wyke)
We’ve identified a distinct set of leadership competencies needed to drive a positive health and safety culture. This course helps you to reflect on your own leadership style as well as your organisation’s health and safety leadership function and understand the impact of leadership on your health and safety culture.

You will leave the event with the knowledge required to enhance your own leadership skills, influence those of others, and positively influence your organisation’s health and safety culture and therefore business performance.

This event also includes workshops that are run in-company. Every organisation is different and every organisation has specific training needs. That’s why HSE In-company health and safety training can be tailored around your organisation’s requirements allowing your workforce to train and learn as a team.

To discuss your requirements please contact us on: 020 3028 2183 or email training@hsl.gsi.gov.uk

Learning Outcomes
By the end of this event you will have an understanding of:
- what health and safety cultural excellence looks like and where you are on that journey
- the human element of health and safety
- the factors that can influence the development of a positive health and safety culture
- what a structured process for safety culture improvement looks like
- the key health and safety values and associated standards required for effective health and safety leadership
- how your own leadership style and competencies (knowledge, skills, attitudes and behaviours) can be developed to support a positive health and safety culture

Who will benefit from attending?
Those with responsibility at any level for leading and managing in the field of health and safety, for example, Chief Executives, H&S Directors, Operations Directors, HR managers, H&S managers and H&S professionals.

“Gives me some directions ideas to go back to the senior team with. Learned a lot from others in the room. Well-presented and kept me engaged.”

Mandy Studholme, Futamura Chemical Ltd
NEBOSH HSE Certificate in Health and Safety Leadership Excellence

Jointly developed by NEBOSH and HSE this course shows how leaders can influence health and safety performance and culture through their actions and behaviours

The interactive, thought provoking content highlights the moral, legal and financial reasons for good health and safety leadership and offers guidance on the key areas to focus on to make a difference.

The qualification shows leaders how they can become better advocates and influencers in relation to health and safety.

Learning Outcomes
By the end of this course you will have an understanding of how to:

- positively influence health and safety performance and culture in your workplace
- apply the Health and Safety Executive’s model for effective health and safety leadership
- reflect on your own health and safety leadership style and what can influence your decision making and subsequent behaviours
- understand the link between effective health and safety leadership and reaching cultural safety excellence

Who will benefit from attending?
This qualification is for senior business leaders or anyone who aspires to become one in the future.

“Organisations tend to do whatever their senior leaders highlight as their top priorities. So for health and safety to be effective, it has to be led from the top of the organisation as a core value. Good safety is good business. Leaders need to know how to have a bigger influence in order to drive the health and safety improvement agenda through the organisation.”

Nigel Clamp, HeidelbergCement AG
The Way Forward Series - Managing work-related stress to create a thriving culture

Learn practical strategies to help you spot signs of work-related stress, tackle stress within your organisation and create a high performing team

This event shows you how to take an active, strategic and tactical approach to managing work-related stress at all layers of management within your business.

Several factors are required to create a thriving health and safety culture and high performing teams.

These include the ability to share knowledge and manage conflict, effectively engage staff and competence development. Within this context, managing work-related stress within your team is essential.

This event also includes workshops that are run in-company. Every organisation is different and every organisation has specific training needs. That’s why HSE In-company health and safety training can be tailored around your organisation’s requirements allowing your workforce to train and learn as a team.

To discuss your requirements please contact us on: 020 3028 2183 or email training@hsl.gsi.gov.uk

Learning Outcomes

By the end of this event you will have an understanding of:

- how work-related stress can manifest itself in the individual and business
- how to spot signs of stress
- managing stress more effectively by creating a high performing team, considering organisational team and individual facilitators

Who will benefit from attending?

Those in a position of leading on stress management within the business, including human resources, occupational health, line managers and health and safety professionals.

Did you know?

> 12.5 million working days lost due to work-related stress, depression or anxiety in 2016/17

> Workload, lack of support, violence, threats or bullying and changes at work cause 79% of stress, depression or anxiety
“The course provided the information and guidance I required to continue with stress RAs and to plan to assess company/employees for stress. Trainers had excellent knowledge of the subject.”

C Chown, Colorcon
RM³ - Understanding and Using the Risk Management Maturity Model (RM³)

An ‘In-Company’ guide to improving health and safety risk management in your organisation using the RM³ Risk Management Maturity Model

This course is run ‘in-company’ which means that we tailor it to your organisation and present it at a venue convenient to your workforce.

RM³ (the Risk Management Maturity Model) was developed by the Office of Rail and Road to describe what excellent risk management looks like, and their inspectors use the model to assess duty holders’ risk management arrangements. This course takes you through the model and helps you consider how you can best apply it within your organisation. Whilst RM³ was originally developed for the rail industry, the principles of risk management are applicable across all sectors, and we draw on our experience of working across different industries in our presentations and group exercises to ensure the course is comprehensive and relevant to all.

Learning Outcomes

By the end of this course you will have an understanding of:

- the key elements of a good health and safety management system
- how to use and apply RM³ within your organisation
- key challenges that organisations face, including setting safety performance indicators and developing competent health and safety leaders
- consideration of the human element of health and safety management systems

Who will benefit from attending?

Those who are responsible for health and safety risk management who have little or no knowledge of RM³ and its application, but are keen to learn from other industries to improve how they manage risk.

Why attend?

Discover how other industries approach health and safety management and learn lessons to improve your organisation’s risk management systems.

Did you know?

RM³ defines what excellent health and safety management looks like, but also helps you identify areas for improvement and provides you with a benchmark for year on year comparison.
Human Factors in Accident and Incident Investigation

Develop a comprehensive understanding of some of the techniques available for investigating the human element of accidents and incidents

This CPD certified course takes full advantage of the extensive experience and knowledge that HSE has in accident and incident investigation.

During the course you’ll have the opportunity to learn from a simulated incident scene out on our 500 acre site as well as take part in practical exercises to help you undertake effective investigations within your organisation.

Learning Outcomes

By the end of this course you will have an understanding of:

- the contribution of human factors to accidents and incidents
- the key principles and steps to take to investigate human factors effectively
- techniques to determine the root causes of incidents and accidents
- how to develop effective improvements that prevent reoccurrence and improve human performance

Who will benefit from attending?

Anyone new to accident and incident investigation and human factors.
Safety managers, operations managers, quality assurance professionals, equipment and design specialists, safety advisors, hazards analysts, regulators, inspectors and human factors advisers.

“One of the most useful, enjoyable and well structured courses that I have taken part in. Visiting a simulated incident scene was particularly useful.”

Richard Harrison, BBSRC
Site & Transport Safety

A comprehensive overview of the risks associated with vehicle movements and the loading and unloading of vehicles

This course will help you understand the legal requirements of road traffic law and workplace safety law. With the use of case studies you’ll learn how and why things go wrong, and how you can take practicable steps to reduce site and transport risk in your business.

Learning Outcomes
By the end of this course you will have an understanding of:
- safe load securing
- legal principles and UK and European requirement
- the use of the vehicle structure for load securing
- lashing loads for safe road transport
- responsibility and communication in the transport chain
- working at height and fall prevention
- vehicle/pedestrian separation and preventing incidents
- risk assessment and systems of work for loading and transport

Who will benefit from attending?
Site managers and transport managers working in general haulage, retail, warehousing and distribution.

1 Day Course £495

Did you know?
Unsafe loads on vehicles injure more than 1200 people a year and cost businesses millions of pounds in damaged goods.
Hazard & Risk
COMAH regulations ensure that businesses take all necessary measures to prevent major accidents involving dangerous substances and limit the consequence to people and the environment of any major accidents which do occur. The purpose of a safety report is to show that you have put these arrangements in place.

Presented by HSE Safety Report assessors, this course describes the assessment process and the technical demonstration criteria, covering the following technical topics: process safety; mechanical engineering; electrical control and instrumentation; human factors.

Learning Outcomes
By the end of this course you will have an understanding of:
- the technical section of a COMAH Safety Report
- the link between the technical and predictive sections of the Safety Report
- how Human Factors is integral to a Safety Report
- the assessment process and the technical demonstration criteria

Who will benefit from attending?
Those involved in writing the technical sections of COMAH safety reports. They could work for companies with COMAH sites or for their consultants.

Why Attend?
Understand what the regulator requires in terms of Safety Report content and level of evidence.

“Covered everything required in depth with good examples and further discussion. Knowledge and discussion from presenters really helped with making the understanding of the application clear.”

Jamie-Ross Landeg, Tata Steel
COMAH Compliance for Lower Tier Establishments

Understand the COMAH duties for Lower Tier establishments and how to comply with them.

The Control of Major Accident Hazards Regulations 2015 (COMAH) impose duties on establishments holding in storage or process quantities of hazardous materials above thresholds defined for each substance. Those establishments where the quantities exceed the lower of the thresholds are known as Lower Tier Establishments. This course identifies the COMAH duties for Lower Tier establishments and what needs to be done to comply with them.

It also explains the duties that fall to the Competent Authority (CA) and Local Government.

Learning Outcomes
By the end of this course you will have an understanding of:
- the major hazards regulatory regime
- COMAH application, including the aggregation rules, duties and notification to the CA
- the Major Accident Prevention Policy: what it should and should not contain
- your risk profile and controlling your risks
- roles and responsibilities for compliance
- how to deliver the safety management system
- appropriate mitigatory actions

Who will benefit from attending?
Managers/supervisors of new lower tier COMAH establishments, those moving into managerial roles at existing LT establishments and those wanting to refresh their understanding of COMAH.

Why Attend?
To ensure you know what your duties are for your Lower Tier COMAH Establishment and how to comply with them.

1 Day Course £625
COMAH Onshore Major Hazards: Predictive Aspects of COMAH

An overview of the requirements for the predictive (risk assessment) aspects of a safety report from experienced safety report assessors

This course provides you with an overview of the requirements for the predictive (risk assessment) aspects of a safety report under the Control of Major Accident Hazard Regulations (COMAH) from the point of view of safety. Information assessed, during both the early predictive assessment and the full assessment, is explained and common pitfalls and ways to avoid them are identified.

The course also gives an overview of different risk assessment approaches, and explains how the approach needs to be selected to be proportionate to the risk.

Learning Outcomes

By the end of this course you will have an understanding of:

- the purposes of a COMAH risk assessment
- proportionality
- key information to include (Schedule 4 Part 2 of COMAH)
- the structure of the risk assessment
- risk matrix and QRA approaches
- input data and uncertainty
- ALARP demonstration

Who will benefit from attending?

This course is intended for risk assessment specialists and ‘intelligent customers’ who buy in risk assessment services. If you’re a safety professional or manager who is involved in the co-ordination, writing or updating of COMAH safety reports, or a consultant who provides assistance with safety reports, this course will be of interest.

Why attend?

- To ensure you understand how to fulfil your requirements under COMAH
- Learn from trainers who are experienced safety report assessors and provide the point of view of the requirements of the regulator

“I really valued the course and shall be recommending it to colleagues involved in this activity.”

Richard Homan, Esso Petroleum Company UK Ltd
This course deals with important flammable risks at Major Hazards sites for which new knowledge or guidance has become available recently. It complements the general course ‘COMAH Onshore Major Hazards: Predictive Aspects of COMAH’.

The specific risks dealt with include:
- assessment of vapour cloud accumulation at very low wind speeds (overfill and spray releases). These conditions account for a very high proportion of major incidents involving flammables
- explosion modelling for large low-lying vapour clouds
- assessment of risks for packaged chemical storage: drum and IBC stores and warehouses

Learning Outcomes
- carry out vapour cloud dispersion modelling in very low or nil wind conditions. They will use methods described in FABIG Technical Note 12 and learn how to extend the scope of this guidance to sites with slopes
- carry out explosion analyses for large low-lying clouds
- carry out simple assessments of the potential effects of chemical warehouse fires
- advise on controlling the risks from IBC fires

Who will benefit from attending?
Safety professionals and managers who are involved in the co-ordination, writing or updating of COMAH safety reports. Consultants who provide assistance with safety reports.
DSEAR - Compliance for Managers and Supervisors

Learn about the duties that DSEAR places on employers and the actions needed to comply with them

HSE Training runs three different courses to help employers comply with the Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR): DSEAR – Compliance for Managers and Supervisors; DSEAR – Controlling Dust Explosion Risks, and Hazardous Area Classification.

DSEAR place duties on employers and the self-employed to protect employees, contractors and others from the risks from fires and explosions related to dangerous substances stored and used in the workplace. This course explains the duties that DSEAR places on employers and the actions needed to comply with them. It focuses particularly on the assessment of risks and the application of controls to both minimise and mitigate those risks.

This course focuses on gases, vapours and liquids, with some discussion of dusts. Those interested solely in dusts hazards should attend the DSEAR - Controlling Dust Explosion Risks course.

Learning Outcomes

By the end of this course you will have an understanding of:

- your legal duties
- assessing the risks from dangerous substances
- controlling and mitigating the risks
- hazardous area classification
- equipment for use in explosive atmospheres

Who will benefit from attending?

Managers and supervisors of process plant and operations, where dangerous substances are used or stored, who need to understand how to manage the risks from dangerous substances within the framework of the DSEAR duties.

“Expert knowledge. Well put together and highly informative.”

Richard Purchin, Apollo Chemicals Ltd
HSE Training runs three different courses to help employers comply with the Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR): DSEAR – Compliance for Managers and Supervisors; DSEAR – Controlling Dust Explosion Risks, and Hazardous Area Classification.

DSEAR place duties on employers and the self-employed to protect employees, contractors and others from the risks from fires and explosions related to dangerous substances stored and used in the workplace. The list of potential dangerous substances includes gases, liquids and flammable solids in the form of a finely divided dust which, if dispersed in the air, could lead to a serious fire or an explosion.

However, flammable dusts pose their own unique risks that differ from those posed by flammable gases and liquids. This course provides advice on how to understand these hazards and how the risks from storing and using the dusts can be managed so as to comply with DSEAR.

Learning Outcomes
By the end of this course you will have an understanding of:
- the Dangerous Substances and Explosive Atmospheres Regulations 2002
- how to identify and understand the hazards
- how to assess and control the risks
- hazardous area classification
- equipment for use in explosive atmospheres

Who will benefit from attending?
Managers, health and safety specialists and other supervisory staff responsible for ensuring compliance with the DSEAR Regulations.

“Covered everything we needed it to cover and well presented with examples. Knowledgeable team able to field questions well.”

M Walters, Bisley
Hazardous Area Classification

Learn how to carry out straightforward Hazardous Area Classification or act as an intelligent customer when contracting others to deliver this role

HSE Training runs three different courses to help employers comply with the Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR): DSEAR – Compliance for Managers and Supervisors; DSEAR – Controlling Dust Explosion Risks, and Hazardous Area Classification.

DSEAR require that areas where accidental releases of dangerous substances could occur are identified and classified according to the likelihood of the formation of a flammable atmosphere. Within classified areas sources of ignition should be controlled. This course is designed to provide delegates with the knowledge to carry out straightforward Hazardous Area Classification in accordance with commonly used standards or to act as an intelligent customer when contracting others to deliver this role.

Primarily this course covers gases, vapours and liquids, with some discussion of dusts. Those interested solely in dusts hazards should attend the DSEAR - Controlling Dust Explosion Risks course.

Learning Outcomes

By the end of this course you will have an understanding of:

- your legal duties
- the classification of hazardous substances
- the relevance of the physical/chemical properties of gases, liquids, dusts and mists to area classification
- the classification of hazardous areas by zone, including the concept of a zone of negligible extent (NE)
- how ventilation is taken into account when determining the hazardous zone and the concept of Vz
- a recently developed scientific approach to area classification
- the national and international standards and guidance commonly used in area classification including practical examples of their use
- equipment for use in explosive atmospheres

Who will benefit from attending?

This course is suitable for all those who may be asked to carry out Hazardous Area Classification as part of a DSEAR assessment including process safety and electrical engineers and health and safety practitioners.

“Presenters clearly very knowledgeable on topics with lots of expertise.”

D Marron, Essar Oil
Layers of Protection Analysis (LOPA) - Practical Applications and Pitfalls

Develop an understanding of the LOPA risk assessment method

Layers of Protection Analysis (LOPA) is a risk assessment method. It is used to determine and demonstrate the ability of existing and proposed safeguards to protect against identified hazard scenarios and to meet predetermined risk based criteria.

The Process Safety Leadership Group (PSLG) prepared specific guidance for the applications of LOPA to determine the required safety integrity level for overfill protection of highly flammable fuel storage tanks at sites similar to Buncefield. The course presenter was a member of the PSLG LOPA working group that developed the LOPA guidance. This course will draw on that guidance, its relevance to LOPA assessment in general, and pitfalls identified during the assessment of a large number of LOPA studies from the petrochemical industry.

Learning Outcomes
By the end of this course you will have an understanding of:
- LOPA, uses and complexity
- when to use LOPA and when to consider QRA
- LOPA study prerequisites and preparation
- LOPA target frequencies
- human Factors
- input data sources and uncertainty

- how to perform LOPA; LOPA rules and IEC 61511 requirements, scenarios, conditional modifiers, enabling events, independent protection/mitigation layers
- LOPA outcomes; regulator expectations, ALARP considerations
- example pitfalls associated with LOPA
- case study examples

Who will benefit from attending?
The course is aimed at engineers, managers and safety professionals who have a basic knowledge of risk assessment possibly gained through HAZOP studies and PHA studies, who would like to have an understanding of the LOPA method and how to apply LOPA and the pitfalls commonly associated with this type of analysis.
Machinery Risk Assessment

A comprehensive and practical introduction to the machinery risk assessment process

1 Day Course £495

This training course will give you practical hands-on experience of conducting a machinery risk assessment using structured techniques which demystify the process given in BS EN ISO 12100: 2010.

The ability to carry out a detailed machinery risk assessment has, for some time, been a key skill required under the Management of Health and Safety at Work Regulations. Machinery risk assessment is also now explicitly required by the Supply of Machinery (Safety) Regulations 2008. However, many people still struggle to know what is suitable and sufficient to satisfy these Regulations, so this course will equip you with the relevant knowledge.

Learning Outcomes

By the end of this course you will have an understanding of:

- what the difference is between hazards, hazardous situations, hazardous events and risk
- hazard identification process and techniques
- risk estimation process and techniques
- risk evaluation and what "as low as reasonably practicable" mean in practice
- assessment, handling and control of hazardous substances
- noise and vibration hazards
- reasonably foreseeable misuse
- practical experience of using a structured approach to assessing risks

Who will benefit from attending?

This course assumes a basic level of understanding of machinery safety such as that given in the PUWER course that takes place on the previous day. Anyone who also needs a thorough understanding of the Provision and Use of Work Equipment Regulations should take this course in combination with the PUWER course. Anyone who needs a thorough understanding of the Supply of Machinery (Safety) Regulations, should take this course in combination with the Supply of Machinery (Safety) Regulations course held on the following day.

“Well presented, very informative. Again a great introduction to a new area of learning.”

T Fossick, Home Office
The design and supply of machines and assemblies of machines are governed by “The Supply of Machinery (Safety) Regulations 2008” which implement the Machinery Directive 2006/42/EC in the United Kingdom. This course gives delegates a thorough understanding of this legislation, as well as the key current European and International safety standards that support the Regulations.

You will learn when and how the legislation applies to machines, partially complete machines and assemblies of machines, understand the importance of the essential health and safety requirements and learn how to build a technical file. The course includes an opportunity to carry out a practical conformity assessment of a machine. The role and process of risk assessment are explained and there is an introduction to control safety system. However, if you need a more detailed understanding of either area you should also attend the other relevant courses in the Machinery Safety Series.

Learning Outcomes
By the end of this course you will have an understanding of:

- machinery Directive 2006/42/EC
- the Supply of Machinery (Safety) regulations 2008
- equipment covered by the legislation
- compliance routes
- essential health and safety requirements

- building a technical file
- relevant standards and their use
- the difference between a Declaration of Conformity and a Declaration of Incorporation
- hands-on practice of the evaluation and conformity assessment of machinery

Who will benefit from attending?
Anyone who designs and supplies machines and creates assemblies of machines. Also people who specify and install new machines or assemblies of machines or who make significant modifications to existing machines. Anyone who is interested in a detailed understanding of the safety of machinery and the supply of machinery safety regulations.

“Well-structured course, clearly delivered at a good pace.”
R Ellinor, Domino UK Ltd
Machinery Series - Designing and Specifying Safety-Related Control Systems

Understand how to specify and design safety related control circuits which comply with the requirements of both the Supply of Machinery (Safety) Regulations 2008 (Machinery Directive 2006/42/EC) and the Provision and Use of Work Equipment Regulations.

Learning Outcomes

- Safety integrity levels, performance levels, categories, what they are, what they aren’t and the difference between them
- Circuit design
- Demonstration of interlocking and other safety devices
- Potential user interference and misuse of safety devices

Who will benefit from attending?

Electrical, control and project engineers, whether they be original equipment manufacturers or users involved in specifying control systems on customised machinery / assemblies or significantly modifying control systems on existing machinery / assemblies.

1 Day Course £495
Machinery Safety Basics - PUWER

Practical advice on how to evaluate the safety of existing machines in the workplace

This course covers those activities regulated by the Provision and Use of Work Equipment Regulations (PUWER) and provides delegates with a thorough knowledge of this legislation. The course also gives practical, hands-on advice on how to evaluate the safety of existing machines and suitability of guards as well as how to measure and evaluate noise and vibration risks.

This course can be taken in combination with the Machinery Risk Assessment Essentials course that takes place on the following day.

Who will benefit from attending?

This course is aimed primarily at machinery users, maintenance engineers, safety officers and project engineers who are responsible for purchasing machinery or needing to make minor modifications to improve the efficiency or change the use of existing machinery. This course would also benefit anyone who needs a thorough understanding of the Provision and Use of Work Equipment Regulations.

Learning Outcomes

By the end of this course you will have an understanding of:

- provision and use of work equipment regulations
- choice of guards and guard dimensions
- machinery safety standards
- machine modifications allowable under PUWER
- use of control systems and impact of failures
- measurement, evaluation and control of noise risks and hand-arm vibration risks

“Very well structured and insightful course. It opened up a lot of discussion and areas to improve upon within the business.”

L. Griffiths, Roger Bullivant Ltd
NEBOSH HSE Certificate in Process Safety Management

This course focuses on the prevention of catastrophic accidents and near misses associated with loss of containment of energy or dangerous substances such as chemicals and hydrocarbons.

It has been developed by HSE in conjunction with NEBOSH specifically for process industries. The qualification is the result of a unique collaboration which combines the advanced technical ‘high hazard’ expertise of HSE with NEBOSH’s ability to deliver strong vocational OSH qualifications. Candidates are assessed during a 90 minute multiple choice examination.

Learning Outcomes
By the end of this course you will have an understanding of:

- establishment of process management systems
- asset management and maintenance strategies
- start-up and shutdown of process plant
- performance standards for safety critical systems and equipment
- hazards and controls for:
  - chemical reactions
  - bulk storage of dangerous substances
  - fire and explosion
- purpose and features of emergency plans

Who will benefit from attending?
Managers, supervisors and safety professionals in the process industries such as oil and gas, chemicals, plastics and pharmaceuticals. Ideally delegates should already have an underpinning knowledge of health and safety issues, and many will have gained another NEBOSH qualification.

Did you know?
Process Safety Management is of vital importance in hazardous process industries such as oil and gas, chemicals, plastics and pharmaceuticals. Holding a qualification designed and assessed by NEBOSH and the HSE can help you stand out.

“It’s certainly a worthwhile new qualification and there’s no doubt it has two very strong names attached to it in NEBOSH and HSE.”

Robert Williams, Wales and West Utilities
Process and Fire Incidents
A fascinating insight into the lessons learned from some significant workplace incidents

This two-day course is designed to introduce you to the lessons learned from a number of significant or high profile incidents involving fires or chemical processes. Drawing on HSE’s wealth of investigation experience it provides you with detailed histories of incidents, key outcomes of the investigations and examples of how investigation and follow up research has led to improvements in safety.

The course involves a unique programme of practical demonstrations where you will witness live experiments in and around HSE’s specialist scientific research facility.

Learning Outcomes
By the end of this course you will have an understanding of:
- chemical reaction hazards and incidents
- fire & explosion incidents - history & principles
- risk reduction strategies

Who will benefit from attending?
Senior managers, safety professionals, health and safety managers, insurers, trade union representatives.

“Several topics covered in detail to address majority of industrial/manufacturing process & fire incidents. Different presenters made it more valuable, coupled with practical examples. Course kept simple & valuable for people from different backgrounds/skills. Well Presented.”

Dr Bill White, Sigma Adrich
Pressure Systems Awareness

An informative and experiential course aimed at raising awareness of the hazards associated with pressure systems as well as the relevant regulatory framework

This course offers you the unique opportunity to learn from real life, credible case studies and forensic investigations into pressure systems failures, providing a first-hand perspective of what can go wrong and why.

You will also benefit from a unique afternoon session with the HSE Inspector responsible for the current revision of the Safety of Pressure Systems Regulations, during which you will be able to discuss both general and specific issues directly with the regulator in an open forum setting.

Learning Outcomes
By the end of this course you will have an understanding of:
- pressure, the basics
- what constitutes a pressure system
- what the relevant regulations are
- what your regulatory obligations are
- common hazards associated with pressure systems
- common methods of risk mitigation

Who will benefit from attending?
This entry level open course is aimed at employers and employees from all sectors of industry that would like to develop an improved understanding of pressure systems and their associated risks and regulatory responsibilities.

1 Day Course £495
Carrying out a Hazardous Area Classification assessment (HAC) can often be perceived to be a difficult and time consuming task. It is clearly very important that the conclusions from the assessment are appropriate to avoid the accidental ignition of flammable substances.

The **Quadvent software tool** helps make this task easier however, by providing output quickly that can be used directly in your HAC assessments, managing your workplace risks and meeting the needs of the safety regulations.

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<td>Quick and easy-to-use</td>
<td>Saves you time</td>
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<tr>
<td>Produces realistic $V_z$ estimates</td>
<td>Saves you money, for example, the capital and maintenance costs of unnecessarily protecting electrical and non-electrical equipment for use in hazardous areas</td>
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<tr>
<td>Uniquely calculates $V_z$, both for ventilated enclosed areas and for outdoors</td>
<td>Saves you time and money – one software tool can be used for a variety of areas</td>
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<td>Rigorously tested and validated</td>
<td>Provides you with assurance and peace of mind: you can trust the output of the tool</td>
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<tr>
<td>Provides realistic estimates of the natural ventilation rate of a building and covers a variety of gas and liquid release scenarios</td>
<td>Saves you time and money by providing comprehensive information in one software tool</td>
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contact us at [quadvent@hsl.gsi.gov.uk](mailto:quadvent@hsl.gsi.gov.uk) to find out how we can help you and your organisation.
HSE Inspectors’ Guide to Risk Assessment

Understand the world of risk assessment through the eyes of an HSE Inspector

A rare opportunity to understand the regulator and see the world of risk assessment through the eyes of a senior HSE inspector with more than 25 years of experience.

During the course you will learn how HSE examines and uses employers’ risk assessments and the common errors that HSE finds in the risk assessment process. You will also discover how to use this information to manage risks more effectively in your workplace and avoid enforcement action.

Learning Outcomes

By the end of this course you will have an understanding of:

- the different types of risk assessments required under health and safety legislation
- how HSE inspectors use risk assessments during inspections and investigations, and how they form judgements about whether risks are being adequately controlled
- the common errors that inspectors find in risk assessments and in how businesses use them to manage risks
- the circumstances where an inadequate risk assessment may cause an Inspector to take enforcement action, and what form that action is likely to take

Who will benefit from attending?

Health and safety professionals responsible for managing or advising on the interface between businesses and HSE.

Business owners or managers responsible for managing and controlling risks.

Why Attend?

A risk assessment is not about creating huge amounts of paperwork, but rather about identifying sensible measures to control the risks in your workplace. Find out, directly from the regulator, how we examine and use employers’ risk assessments and ultimately improve your risk assessment process.
HSE Inspectors’ Guide to Electrical Safety

A highly practical course that will help you to understand what HSE Inspectors look for in the control of electrical safety risks

This workshop will give you a practical understanding of what HSE inspectors are looking for in the control of general electrical safety risks, including the risk and appropriate controls. You will review known high-risk electrical safety issues together with the appropriate controls based on HSE’s investigation experiences and understand the practical application of HSE’s Enforcement Management Model.

The workshop is delivered by current and former HSE Specialist Electrical Inspectors with extensive industry experience including giving guidance to duty holders, experience with serious incident investigations and enforcement action.

Learning Outcomes

By the end of this course you will have an understanding of:

- relevant legislation, guidance and industry best practice
- high-risk and priority issues an HSE inspector will focus on in general electrical safety
- managing electrical distribution networks and controlling risks to third parties; legislation, guidance
- how to reflect on and plan for any necessary improvements in the control of risks associated with electricity before an HSE inspector calls
- your electrical network responsibilities
- a basic introduction to electrical control and instrumentation hazards
- electrical safety issues which are likely to trigger enforcement action
- what happens when things go wrong – and what you might be expected to do (an insight into forensic investigation)
- systems – such as policies, procedures and people issues that will help you better manage electrical safety

Who will benefit from attending?
Health and safety professionals responsible for managing or advising on the interface between businesses and HSE. Business owners, senior managers and technical specialists responsible for managing and controlling general electrical safety risks. Owners and operators of both public (licenced) and private (unlicenced) electrical distribution networks.

Why attend?
In GB, roughly 2 in every 50 electrical accidents at work results in a fatality, compared with 1 in 500 from other causes. As well as electric shock, other electrically-related injuries arise from burns, arcing and fires. Many of the injuries can take a long while to heal and often result in life-changing conditions.
HSE Inspectors’ Guide to Improvement and Prohibition Notices

A guide to understanding Improvement and Prohibition notices from the perspective of an HSE Inspector

Delivered by a senior HSE inspector this course is an opportunity to see the world through an HSE inspector’s eyes.

You will learn why, when and how HSE takes formal enforcement action, how to influence HSE enforcement decisions and how to respond to receipt of a notice.

Learning Outcomes
By the end of this course you will have an understanding of:
- the legal basis for HSE taking formal enforcement action
- how HSE inspectors form their judgement about whether to serve formal notices
- how you can help your business avoid formal enforcement action being taken against it
- how businesses can legitimately influence an inspector in their enforcement decision
- options for both the formal and informal actions available to a business receiving a notice

Who will benefit from attending?
Health and safety professionals responsible for managing or advising on the interface between businesses and HSE. Business owners or senior managers responsible for managing and controlling risks. Anyone who might have a formal notice put in their hands by an HSE inspector.

Why attend?
Get on the front-foot in response or in anticipation of potentially receiving a notice – actively manage your business risks.

1 Day Course £495

“Knowledgeable speaker, useful information provided and insight into HSE Inspectors’ mindset.”

H Winterbottom, Park Cakes
All HSE publications, all in one place

The new HSE Books website offers free delivery and information to ensure that you have everything you need for compliance.
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