

Essentials of Health and Safety in Construction

3 Day Course



This course is designed to provide Clients, Designers, CDM Co-ordinators, Principal Contractors and Contractors with the necessary knowledge of health and safety legislation and practice relevant to the construction industry for effective management of their duties. The Construction (Design and Management) Regulations 2007 are provided as a briefing and are discussed as relevant to the subjects of this course, but are covered in greater detail within other courses.

Day One

Session 1 Introduction and Setting Course Objectives

Session 2 Injuries and Ill-Health in Construction

An overview of the types of accidents and occupational ill-health in the construction industry. Major hazards from which the incidents arise.

Session 3 Health and Safety at Work Etc. Act 1974

Background to safety legislation. Powers of enforcement officers. Offences and penalties. General duties under the Act, with particular reference to managerial responsibilities, protection of the public and client/contractor relationship.

Session 4 Understanding the Construction (Design & Management) Regulations 2007

The objectives of CDM2007. Overview of the Regulations. Responsibilities of the key duty holders and their relationships with one another.

Session 5 Accident Prevention

Understanding accidents. Accident causes and accident prevention techniques.

Session 6 Managing Health & Safety in Construction

Management of Health and Safety at Work Regulations 1999. Assessment of the risks to the health and safety of employees and others. Levels of professional competence of personnel giving advice on matters of health and safety. Information, capabilities and training.

Day Two

Session 1 Control of Substances Hazardous to Health Regulations 2002 (amended 2004)

Background to the regulations and their prime objectives. Duties of employers, employees and suppliers of substances hazardous to health. Health hazards and assessment of health risks. Monitoring personnel exposure to hazards to health. Sources of information; Labelling of hazardous substances; Hazard data sheets. Engineering control measures. Medical surveillance and record keeping. Preparing a strategy for handling substances hazardous to health.

- Session 2 Manual Handling**
Manual Handling Operations Regulations 1992. Assessment of handling task. Avoidance of manual handling. Recommended maximum weights.
- Session 3 Exposure to Noise at Work**
Hazardous noise levels. Understanding noise-induced hearing loss. Noise assessments. Techniques for noise suppression.
- Session 4 Hand-Arm Vibration Syndrome**
Exposure levels, understanding the health symptoms. Vibration assessments.
- Session 5 Miscellaneous Health Hazards in Construction**
Exposure to asbestos and lead. Entry into confined spaces.
- Session 6 Protective Clothing and Equipment**
Personal Protective Equipment at Work Regulations 2002. Assessment of the need for personal protective equipment. Standards of equipment. Inspection and maintenance. Enforcement of the use of personal protective equipment.

Day Three

- Session 1 Synopsis of Part 4 of the CDM Regulations 2007**
A briefing on the content of the regulations.
- Session 2 Elevated Working Places**
Work at Height Regulations overview including discussion on: Access and egress, provision and use of ladders, safe working at heights, independent tied scaffolds, system scaffolds and scaffold towers.
- Session 3 Temporary Works Procedures**
Organising for the design, supervision and co-ordination of temporary works, in particular, earthworks and falsework.
- Session 4 Safety in Earthworks**
Understanding risks in excavation work. Types of excavation support. Introduction to CIRIA Report - Trenching Practice. Use of system support methods. General safety in earthworks.
- Session 5 Construction Plant Safety**
Provision and Use of Work Equipment Regulations 1998. An outline of the requirements with regard to plant and equipment used at work. Suitability of the work equipment. Maintenance requirements. Information and training for users of work equipment. Requirements of the Electricity at Work Regulations 1989.
- Session 6 Lifting Appliances and Lifting Equipment**
Lifting Operations and Lifting Equipment Regulations 1998. Testing and thorough examination of cranes and lifting equipment. Safe use of cranes and excavators.
- Session 7 Course Review and Discussion**

Objectives

Upon completion of the course, delegates should:

- understand the key legislation relating to the management of health and safety;
- be aware of individual and corporate responsibilities for health, safety and welfare;
- understand the assessment of risk;
- be aware of the key health protection regulations relating to material, operational and environmental hazards; and
- appreciate the application of key regulations in the construction cycle.

Maximum number of delegates: 16