



For all your Health & Safety Training Needs

Why Choose Rose Health and Safety Training Ltd.

10 Reasons

- 1) We offer flexible, blended accredited and non-accredited training courses to suit our customer needs.
- 2) We are a BSEN ISO 9001:2015 Quality accredited training company rated as excellent.
- 3) We believe firmly that learners who enjoy our training courses will learn more and retain more knowledge which will assist the employer with their statutory duties and the learner with their personal competences.
- 4) Our experience of providing quality learning to our clients to include NHS, local authorities, facilities management companies, charities, doctors surgeries, children's services, care facilities, factories and many more individual clients.
- 5) Highly motivated and experienced professional tutors who are competent.
- 6) We are a family company established in 2003.
- 7) Cost effectiveness – compare our prices and training to other training companies.
- 8) We offer our clients a quality customer service.
- 9) We provide an equal opportunities policy for all learners, and assist learners during training to achieve their potential.
- 10) We are here to help our clients throughout our professional caring relationship.

Gordon Rose

Gordon Rose

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Director – Rose Health & Safety Training Ltd



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“If the learners enjoy the learning process they will retain more knowledge and skills.”

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Level 3 Manual Handling (Objects) Instructor's Certificate Accredited



Course Brief

The Manual Handling Instructor's Course has been designed for any business which has a proactive view to reduce the risks and accidents / long-term injuries which may occur from manual handling activities which require any transportation or supporting of a load, including the lifting, lowering, putting down, pulling, pushing or moving thereof by hand or bodily force.

The course is focused on persons with responsibility for health and safety, i.e. supervisors, management and safety representatives, and contains manual handling ergonomic assessments and a short delivery of course material.

Course Aims

The course aims are to ensure that the candidate can deliver an effective short training session on manual handling of objects using kinetic lifting practices to reduce the overall risk from incorrect manual handling in the workplace, and for the instructor to understand the importance of ergonomic assessments.

Course Objectives

At the end of the session the candidate will be able to:

- 1) Explain the spine and its functions / anatomy and physiology.
- 2) The candidate will explain the importance of legal requirements with regards to being an instructor and compliance with health and safety law.
- 3) Understand the importance of maintaining the correct posture and facilitating postural change.
- 4) Explain the relationship between manual handling and risk assessment.
- 5) Describe the hierarchy of control for manual handling.
- 6) Deliver a 20-minute training session on manual handling of objects to other candidates.
- 7) Identify injuries and ill-health conditions caused by incorrect manual handling.
- 8) Develop a training programme to be delivered within their own company.



Course Price

2 x Days – £550.00 + VAT Per Person – Max 8 Candidates

Each candidate will receive a comprehensive CD containing course notes, questionnaires and power point presentation, which can be personalised with company identification.



Course Brief

The Manual Handling (Objects) Course has been designed for any worker within any industry who is involved in duties which require any transportation or supporting of a load, including: lifting, putting down, pulling, pushing, or moving thereof by hand or bodily force.

The individual tasks performed by operatives are considered during the session.

Course Aims

The course aims are to raise awareness of correct manual handling techniques, using kinetic lifting practices to reduce the risk of injury whilst carrying out manual handling tasks within the workplace.

Course Objectives

At the end of the session the learner will be able to:

- 1) Identify their legal responsibilities whilst carrying out manual handling tasks.
- 2) State the importance of maintaining the correct posture.
- 3) List the main parts of the spine.
- 4) Identify the Anatomy / Physiology of the spine and its functions.
- 5) Explain how the body can be injured from incorrect manual handling activities.
- 6) Demonstrate a safe kinetic lifting technique to the course tutor.

Course Price

Half Day Course – Group Price £325.00 + VAT – Max 12 Candidates

Level 2 Accredited course certificate cost £15.00



Incident Controller (1.5 days)

Course Brief

An incident controller is a key figure in emergency management, responsible for overseeing incident activities and implementing strategic decisions. This role is crucial in various contexts, including firefighting, disaster response, and IT incident management. The incident controller ensures that all operations are coordinated effectively and that resources are utilised efficiently.

Course Aims

The course aims are to provide the incident controller with the key skills and understanding to manage a major incident on site including liaison with responsible support staff and emergency services in accordance with the MAPP.

Course Objectives

Identify and **understand** role and responsibilities of an incident controller

Describe the principles of incident management

Appreciate incident stressors and act to reduce their effect

Identify the responses to crisis management

Discuss the role of key staff with responsibilities for assisting the incident controller

Explore previous major accidents and their consequences.

Implementation of MAPP / Responsibilities / actions when a major incident occurs

Plan essential actions such as emergency plant shutdown, isolation or making processes safe

State the importance of emergency preparedness.

Course Cost - £1000.00 + VAT (12 candidates)



Course Brief

The Fire Warden Course is designed to meet the requirements of any business that has a legal responsibility under The Regulatory Reform (Fire Safety) Order 2005 and other legislation to ensure that fire risks are identified and the correct fire precautions are utilised to identify and prevent the spread of fire. The role of the Fire Warden is a very comprehensive responsible role and this course will help develop the competencies required to perform the role within the workplace.

Course Aims

The aims of the course are to ensure that the learner is trained and is competent to carry out the role of the Fire Warden, which will enable the learner to facilitate the very important role of the Fire Warden in the working environment.

Course Objectives

At the end of the session the learner will be able to:

- 1) Identify principal workplace fire hazards.
- 2) Explain the theory of combustion / fire triangle.
- 3) Understand the principles of fire and fire spread.
- 4) State the importance of Fire Wardens and their roles within the working environment.
- 5) Understand the company-specific fire action plan.
- 6) Understand the importance of fire-safety law.
- 7) Demonstrate how to use the correct fire extinguisher using the correct extinguishing agent.

Course Price

Half Day – Group Price £395.00 + VAT Max 12 Candidates

Level 2 Accredited course certificate cost £15.00



Evacuation Chair Training Course

Course Brief

Under current legislation it is the responsibility of the employer and other building operators to provide an adequate means of escape for all occupants of the premises. The Evacuation Chair is the ideal solution for the evacuation of mobility impaired persons who may not be able to use stairs on a daily basis. The inclusion of the evacuation chair means that all occupants have an equal opportunity to escape from a building in the event of emergency. Current legislation includes:

- Regulatory Reform (Fire Safety) Order 2005 – Means of escape
- Building Regulations Parts B and M – Building use and access
- BS5588-8:1999 – Providing disabled people with measures to be assisted in an emergency
- Equality Act 2010 – Ensuring that disabled people are not at a disadvantage compared to those that are not disabled

Course Aims

The course aims are to train the user in the safe operation and use of the evacuation chair.

The Evacuation Chair Training Course provides the necessary information and training so that you and your organisation can comply with the above legislation and guidance.

Course Objectives

At the end of the session the learner will be able to:-

- 1) Use the evacuation chair safely in the event of an emergency situation following manufacturer's instructions.
- 2) List the key parts of the evacuation chair.
- 3) Demonstrate safe use of the evacuation chair.

Course Price

£325.00 (Maximum 08 staff)



Course Brief

The fire risk assessment course is designed to enable the candidates to carry out a suitable and sufficient fire risk assessment as required by The Management of Health and Safety at Work Regulations 1999 and The Regulatory Reform (Fire Safety) Order 2005.

Course Aims

The course is designed to teach candidates how to prepare a suitable and sufficient fire risk assessment, which can be used in practical application within the working environment to eliminate/control the fire hazards which may be present in the working environment and reduce the overall level of risk to the workforce and others who may be affected.

Course Objectives

At the end of the session the learner will be able to:

- 1) Identify principal workplace hazards.
- 2) Understand the legal requirements for fire risk assessment.
- 3) Advise employers on the corrective actions required.
- 4) Explain the importance of Fire Wardens.
- 5) Complete a fire risk assessment.
- 6) State the importance of fire precautions.
- 7) Understand the principles of fire and fire spread.

Course Price

1 Day – Group Price £550.00 + VAT Max 12 Candidates

Level 2 Accredited course certificate cost £15.00



Fire Awareness

Course Brief

The fire awareness course is designed to meet the needs of any business by providing the employee with an understanding of the importance of fire safety; the course encompasses the legal requirements imposed by health and safety law and the individual responsibilities of persons at work.

Course Aims

The course aims are to raise the learner's awareness of fire safety within their area of work and to enable the learner to realize the importance of good housekeeping and also the importance of fire precautions and their purpose. Following the course the learners will understand their company-specific fire action plan.

Course Objectives

At the end of the session the learner will be able to:

- 1) Identify principal workplace hazards.
- 2) Understand the principles of fire and fire spread.
- 3) State the importance of fire precautions.
- 4) Explain the theory of combustion / fire triangle.
- 5) Understand the importance of fire safety.
- 6) State how fire spreads.
- 7) Recognise different types of fire extinguishers.
- 8) Discuss the correct storage of materials.

Course Price

Half Day – Group Price £325.00 + VAT Max 15 Candidates

Level 2 Accredited course certificate cost £15.00



Course Brief

The DSE Assessors course is designed for any company where employees are working at display screens and workstations for prolonged periods and need to be assessed for compliance with health and safety law, and to reduce the risks to employees from musculo-skeletal disorders and work-related upper limb disorders.

Course Aims

The course aims are to enable the learner to carry out a suitable and sufficient display screen assessment as required by The Health and Safety (Display Screen Equipment) Regulations 1992 as amended 2002 and The Management of Health and Safety at Work Regulations 1999 to improve display screen and workstation conditions by providing ergonomic solutions.

Course Objectives

At the end of the session the learner will be able to:

- 1) Understand the importance of good posture.
- 2) Explain the term ergonomics.
- 3) List the main requirements of the DSE Regulations 1992.
- 4) State the ill-health effects and injuries which arise from the incorrect / over-use of DSE Equipment.
- 5) Carry out a suitable and sufficient risk assessment as required by The Health and Safety (Display Screen Equipment) Regulations 1992 amended 2002.

Course Price

Half Day – Course Price £325.00 + VAT Max 12 Candidates

Level 2 Accredited course certificate cost £15.00



Control of Substances Hazardous to Health Awareness Course

Course Brief

The COSHH awareness course is designed to meet any company's individual requirements in a bespoke manner. Awareness of correct substance handling is imperative to ensure accidents and ill-health effects do not arise in the workplace and compliance with health and safety law is adhered to.

Course Aims

The course aims are to raise awareness of hazardous substances used within the workplace to assist employees to work safely and to understand the importance of reading the manufacturer's instructions when using a hazardous substance. The candidate will also understand the importance of following safe systems of work and wearing the correct personal protective equipment.

Course Objectives

At the end of the session the learner will be able to:

- 1) Explain what is meant by COSHH Regulations.
- 2) Identify different labels of hazardous substances.
- 3) Identify possible health effects from using hazardous substances.
- 4) State what type of reaction can occur from mixing hazardous substances which are not compatible.
- 5) Describe why good personal hygiene is important in the workplace.

Course Price

Half Day Course – Group Price £325.00 + VAT Max 15 Candidates

Level 2 Accredited course certificate cost £15.00



Course Brief

This course has been designed to address the role of the appointed person in first aid, the course is developed with up-to-date changes in first aid training and the requirements of The Health and Safety (First Aid) Regulation 1981 and specific guidance from the British Resuscitation Council. The course is facilitated and enhanced with information and practical assessment which can include bespoke elements, which are essential for different cases and personnel with different medical conditions.

Course Aims

The lesson aims are to ensure the learner is competent to carry out the role of the appointed person and to facilitate their role within the working environment.

Course Objectives

At the end of the session the learner will be able to:

- 1) Describe the action to be taken in an emergency.
- 2) Demonstrate cardio pulmonary resuscitation.
- 3) Explain first aid procedures for the unconscious casualty.
- 4) Demonstrate first aid procedure for bleeding.
- 5) State the main causes of unconsciousness.
- 6) Describe the role of an appointed person.

Full syllabus details on request.

Course Price

1 Day – Group Price £425.00 + VAT for a Maximum 12 candidates, all learners receive a comprehensive handbook, certificate and Emergency first aid card.

Half Day update course £325.00 + VAT for a Maximum 12 candidates

2 x trainers available for clients who require more than 12 learners to be trained at an additional cost.

FAIB centre number 051/07/133



Asbestos Awareness Course

Course Brief

This course has been designed especially for workers who may come into contact with asbestos as part of their work. The course highlights the importance of early recognition and assessment / survey of this substance, the legal requirements for employers, employees and controllers of premises.

Course aims

The lesson aims are to raise awareness with regards to identification, surveying, and legal requirements, safe working procedures within the working environment to reduce the risk of exposure.

Course Objectives

At the end of the session the learner will be able to:

- 1) Identify the key differences between certain ACM's Asbestos Containing Materials.
- 2) State the occupational health hazards from exposure to asbestos.
- 3) List the main control measures required to reduce risk when working with or near asbestos.
- 4) Explain the legal requirements for identification, control and management of asbestos. (Employer and employee).
- 5) List 5 areas where asbestos may be discovered.
- 6) Identify the importance of personal hygiene within the workplace.
- 7) Discuss the licensing requirements for removal of asbestos.

Course Price

Half Day Course – Group Price £350.00 + VAT

Level 2 Accredited course certificate cost £15.00



Course Brief

This course has been designed for companies who are preparing to adopt a health and safety committee and appoint health and safety representatives to assist employers and employees to reduce overall risks and develop a positive health and safety culture.

Course Aims

The lesson aims are to assist the employer / employees to set up a health and safety committee and to provide advice and guidance on the legal framework for health and safety committees and representatives, whether unionised or non-unionised.

Course Objectives

At the end of the session the learner will be able to:

- 1) Identify the key legislative requirements for appointment of health and safety committees and representative unionised and non-unionised.
- 2) Explain the importance of health and safety committees and their representatives and their vital role in risk reduction.
- 3) Describe the role of risk assessment in reducing accidents, incidents, and ill-health.
- 4) List the roles and responsibilities of health and safety representatives.
- 5) Carry out an active monitoring task, i.e. inspection of the workplace.
- 6) Carry out a reactive monitoring task i.e. accident investigation.
- 7) Explain the tools available to the health and safety committee to enable risk reduction.

Course Price

2 Day Course – Group Price £950.00 + VAT Maximum 12 persons

Level 2 Accredited course certificate cost £15.00



Accident / Incident Investigation Course



Course Brief

This course has been designed to address the needs of anyone who has a responsibility for investigating accidents / incidents within their workplace, i.e. Health and Safety Officers, Company Managers, Supervisors, and Health and Safety Representatives. The course focuses on the cause and control elements of accidents/incidents, as well as following health and safety legal reporting requirements.

Course Aims

The course aims are to ensure that following the session the candidate will be competent to carry out a suitable accident investigation in order to collect all of the evidence required to identify the immediate and possible underlying causes of workplace accidents, which will help to ensure that the accidents / incidents do not reoccur again in future.

Course Objectives

At the end of the session the candidate will be able to:

- 1) Define an accident / incident.
- 2) Explain the costs, control and causation of accidents.
- 3) Understand the legal requirement for reporting of accidents and incidents.
- 4) Undertake a mock practical accident / incident investigation.
- 5) Explain how human factors can contribute to accidents / incidents.
- 6) Collect information to be used in effective accident / incident investigation.
- 7) State which tools need to be used when investigating accidents / incidents.

Course Price

1-Day Course – Group Price £425.00 + VAT Maximum 12 Candidates

Level 2 Accredited course certificate cost £15.00



Course Brief

The risk assessment course has been designed for anyone who is responsible for carrying out risk assessments within their workplace. The course has been well received by managers, supervisors and health and safety representatives. The risk assessment course contains all of the tools needed to carry out suitable and sufficient risk assessments in the workplace and can be made bespoke for any business.

Course Aims

The lesson aims are to ensure that all of the learners can prepare and revise a suitable and sufficient risk assessment as required by The Management of Health and Safety at Work Regulations 1999.

The risk assessment process will enable the learner to eliminate or reduce/control workplace hazards effectively.

Course Objectives

At the end of the session the learner will be able to:

- 1) Prepare a suitable and sufficient risk assessment.
- 2) Understand the health and safety law relating to risk assessment.
- 3) Define hazard and risk.
- 4) Explain the Health and Safety Executive's 5 Steps to risk assessment.
- 5) Evaluate workplace risks correctly.
- 6) Explain when a risk assessment should be reviewed.
- 7) Discuss the role of risk assessment and its important role in health and safety.
- 8) State persons who are especially at risk.
- 9) Understand Perception.

Course Price

£395.00 + VAT Maximum 15 Candidates

Level 2 Accredited course certificate cost £15.00

Level 3 Accredited Training £15.00 per certificate



Height Safety Awareness Course

Ladders and Step Ladders



Course Brief

This course has been designed especially for any employees who work at height and can be designed as a bespoke course for your organisation.

Course Aims

The lesson aims are to raise awareness with regards to correct working at height techniques and to facilitate safe working procedures within the working environment to reduce the risk of falls from height.

Course Objectives

At the end of the session the learner will be able to:

- 1) Identify the key legislation which applies to working at height.
- 2) State the importance of risk assessment and its importance in risk reduction.
- 3) List the main reasons why people fall from height.
- 4) Develop a safe procedure for working at height.
- 5) Identify the risk control measures which can be used to reduce risk from falls from height.
- 6) Explain the importance of activity planning and pre-use operational safety checks.
- 7) Discuss employer and employee duties in relation to working at height.
- 8) List safer alternative work equipment for designated tasks.

Course Price

1 Day Course – Group Price £395.00 + VAT Maximum 12 Candidates

Half Day – Group Price £295.00 + VAT Maximum 12 Candidates

Level 2 Accredited course certificate cost £15.00



Course Brief

The course is designed for supervisors, managers & health and safety personnel to assist in the development of safe systems of work as required by Section 2.2(a) of The Health and Safety at Work Act 1974 and CDM Regulations.

Course Aims

The course aims are to assist supervisors, managers & health and safety personnel to prepare safe systems of work and method statements in accordance with risk assessment findings to protect staff from tasks, activities and operations.

Course Objectives

At the end of the session the learner will be able to:

- 1) Explain the importance of safe systems of work / method statements.
- 2) Discuss the requirements of Section 2, 7, 3 & 8 of The Health and Safety at Work Act.
- 3) Discuss the importance of risk assessment and their role in the development of safe systems of work / method statements.
- 4) State the importance of the SREDIM Principle and Job Safety Analysis techniques in developing safe systems of work / method statements
- 5) Develop a safe systems of work / method statement to be used in the workplace.
- 6) Describe how to implement and monitor systems of work / method statements in the workplace for effectiveness.
- 7) Discuss the employer's duty of care in relation to ensuring people are trained/ competent in the use of systems of work / method statements.

Course Price

1 Day Course – Group Price £395.00 + VAT – Max 12 Candidates

Level 2 Accredited course certificate cost £12.00

Stress Management Awareness Course



Course Brief

This course has been designed especially for managers, supervisory staff and operatives working in any industry to highlight this psychological response which has been identified by the HSE and requires identification, assessment and control.

Course Aims

The lesson aims are to raise awareness with regards to stress, causes, consequences and actions required for persons identified as suffering from stress. The course will highlight test cases which have been decided in civil courts.

Course Objectives

At the end of the session the learner will be able to:

- 1) Define stress / and causes for stress in the workplace.
- 2) Discuss issues which may cause stress.
- 3) Explain the action to be taken when an employee has reported stress to the employer.
- 4) State the ill-health effects caused by stress.
- 5) Participate in role play to identify corrective action for stress sufferers.
- 6) Examine relevant data on stress.

Course Price

Half Day Course – Group Price £325.00 + VAT Maximum 12 Candidates

Level 2 Accredited course certificate cost £15.00



Course Brief

Personal safety is an integral role of lone workers whether working in an isolated facility or working in offices, workers require a heightened awareness of personal safety and a heightened awareness of the measures which can be taken to reduce risks to their personal safety.

Course Aims

The aims of the course are to ensure that the learner gains a heightened awareness of personal safety and the importance of the role in protection of lone workers and workers who work unsociable hours to the dangers present to their personal safety.

Course Objectives

At the end of the session the learner will be able to:

- 1) Explain the importance of personal safety.
- 2) Discuss the requirements of sections 2, 7, and 8 of The Health and Safety at Work Act 1974.
- 3) Define violence and aggression.
- 4) List control measures to reduce risks to personal safety.
- 5) Discuss dynamic risk assessments in relation to personal safety.
- 6) State the legal requirements which relate to personal safety standards at work.

Course Price

Half Day – Group Price £325.00 (Non-Accredited)

Level 2 Accredited course certificate cost £15.00



Noise & Vibration Awareness Training



Course Brief

Exposure to loud noise and vibration can cause irreversible hearing and physical damage to health. This can impact on both a person's work and social lives. This course focuses on the hazards to workers and the measures which can be taken to reduce risk.

Course Aims

To raise awareness of the risks associated with exposure to loud noise and exposure to vibration and how individuals can protect their health in the workplace in accordance with The Control of Noise at Work Regulations 2005 and The Control of Vibration at Work Regulations 2005.

Course Objectives

At the end of the session the learner will be able to:

- 1) The health effects and symptoms of exposure to loud noise and the use of vibrating tools.
- 2) Recognise how exposure occurs to noise and vibration hazards.
- 3) Discuss a range of control measures to reduce risks from exposure to noise and vibration hazards.
- 4) Identify the legal responsibilities of employer and employee in accordance with noise and vibration regulations.
- 5) State the correct way to use personal protective equipment.

Course Price

Half day course £325.00 + VAT Per Group

Level 2 Accredited course certificate cost £15.00



Qualsafe Level 2 Award in Environmental Principles and Best Practice

This qualification has been created to provide an awareness of key environmental concepts and an introduction to environmental management systems.

Who needs this qualification?

All members of staff whose activities could have a significant impact on the environment or supervisors and managers who are being introduced to environmental issues for the first time.

Why is this training important?

Environmental issues impact on every organisation. The rising costs of energy and raw materials, growing awareness of stakeholders and increasing environmental legislation are forcing organisations to address their own environmental performance.

Many organisations have identified that tackling environmental issues can bring benefits to their business including reduced waste and utility costs, reduced liabilities and access to new markets and investors.

Learning outcomes

- Identify primary local and global environmental impacts of their organisation
- Understand key terms and definitions of pollution
- Learn basic principles, key concepts and importance of environmental law
- Identify the link between their jobs and a range of environmental impacts
- Understand business benefits of adopting an environmental management system
- Identify key issues related to energy use and carbon management, waste minimisation, water use, pollution and emergency planning

Duration

One-day programme

Assessment

Multiple choice examination

Ofqual Accredited

Yes

Course Price

£395.00 + VAT per group

Level 2 Accredited Course certificate cost £25.00 per candidate

Qualsafe Level 2 Awards in Food Safety – Fundamental food hygiene training for all food handlers

Food Hygiene Certificates Include:

- Level 2 Award in Food Safety in Catering
- Level 2 Award in Food Safety for Manufacturing
- Level 2 Award in Food Safety for Retail

Overview

Food hygiene and safety training providers have identified a growing need to make food safety learning more relevant to specific business environments to increase effectiveness. Reflecting sector-specific needs these food safety qualifications are required to address new National Occupational Standards. In line with this demand, the Qualsafe Level 2 Awards in Food Safety have been designed to address the food safety and hygiene needs of the catering, manufacturing and retail sectors.

Outline Food Hygiene Training Programme

The qualifications cover the following topics:

- Legislation
- Food safety and hygiene hazards
- Temperature control
- Refrigeration, chilling and cold holding
- Cooking, hot holding and reheating
- Food handling
- Principles of safe food storage
- Cleaning
- Food premises and equipment

Qualification Information

Designed for anyone working in a catering, manufacturing or retail setting where food is prepared, cooked and handled.

Course Duration

One day programme

Assessment Method

Multiple choice examination

Course Price

£395.00 + VAT maximum 20 candidates Level 2 Accredited course certificate cost £15.00

For those working in all food businesses at a supervisory level

- Level 3 Award in Supervising Food Safety in Catering
- Level 3 Award in Food Safety Supervision for Manufacturing
- Level 3 Award in Food Safety Supervision for Retail

Overview

Changes in legislation effective from January 2006 have placed greater onus and accountability on anyone in the food business with supervisory responsibility. It is therefore vital they are equipped with both the knowledge and confidence to do their job effectively.

Outline Programme

The qualification covers the following topics:

- Legislation
- Supervisory management
- Temperature control (chilling, cooking)
- Cleaning
- Contamination control
- Applying and monitoring good hygiene practices
- Implementing good food safety procedures
- Contributing to the safety training of others

Qualification Information

Designed for managers and supervisors in medium and large manufacturing or catering businesses.

Course Duration

Three day programme

Assessment Method

Multiple choice examination

QCA Accredited

Yes

Course Price

£375.00 + VAT per candidate

Qualsafe Level 4 Awards in Food Safety



From food business owners to trainers, from production managers to hygiene auditors, these sector specific qualifications meet industry's need for a high level practical qualification with external accreditation.

- Level 4 Award in Managing Food Safety in Catering
- Level 4 Award in Food Safety Management for Manufacturing

Outline Programme

The qualifications cover the following topics:

- Bacteriology
- Food-borne illnesses
- Physical contamination of food
- Food storage, temperature control and preservation
- Design and construction of food premises and equipment
- Cleaning and disinfection
- Pest control
- Personal hygiene
- Training strategies
- Legislation
- Management control techniques

Qualification Information

Designed for managers and supervisors and senior hygiene personnel.

Course Duration

Five day programme

Assessment Method

Two assignments and an examination

QCA Accredited

Yes

Course Price

£495.00 + VAT per candidate



Provides business owners, managers and supervisors of small, medium-sized and large catering operations with a thorough understanding of how HACCP-based procedures are applied in catering.

Why is this training important?

EU legislation requires food businesses to have a documented food safety management system in place, based on HACCP principles.

HACCP has, however, been particularly difficult to establish in catering businesses, because of the sheer number and variety of processes involved in preparing and serving food. This practical, accessible and user-friendly qualification has been created to help caterers comply with EU legislation and provides a thorough understanding of how HACCP-based procedures can be applied in a catering context. It also provides the flexibility to suit different types of businesses.

Outline programme

- Policies, controls and standards
- Codex principles of HACCP
- Food safety management tools

Duration

One-day programme

Assessment

Assignment

Ofqual Accredited

No

Prerequisite

Recommended understanding and knowledge of basic food hygiene – ideally a Qualsafe Level 2 Award in Food Safety in Catering

Suggested progression

Qualsafe Level 3 Award in Supervising Food Safety in Catering

Successful candidates will gain exemption from attending part of the Qualsafe Level 3 Award in Supervising Food Safety in Catering qualification.

Course Price

£225.00 + VAT per candidate

Qualsafe Level 2 Award in Health and Safety in the Workplace



Course Brief

This training programme has been designed to provide essential knowledge and understanding of health and safety for employees working in any business sector. The Level 2 Certificate in Health and Safety in the Workplace represents a foundation of knowledge required by everyone.

Course Aims

The course aims are to raise the candidate's awareness to health and safety, which will assist employers and employees to work safely and to contribute to the safety of their organisation more effectively.

Course Objectives

At the end of the session the learner will be able to:

- 1) Define what is meant by health and safety at work.
- 2) Discuss the requirements of sections 2, 7, and 8 of The Health and Safety at Work Act 1974.
- 3) Explain the roles / powers of HSE Inspectors.
- 4) Identify workplace hazards and their associated risks.
- 5) Understand the importance of risk assessment.
- 6) State the reasons for maintaining good health and safety standards at work.

Course Price

1 Day – £395.00 + VAT per group + £15.00 pp Certification from Qualsafe

Max 15 Candidates



Qualsafe Level 3 Award in Health and Safety in the Workplace

Course Brief

The requirements for good health and safety practices in the workplace are enshrined in health and safety law. Business owners and managers must ensure that policies and procedures are in place to protect not only workers but also visitors to the premises. This qualification is aimed at supervisors, owners of small businesses, team leaders, senior carers and anyone else who has a responsibility for health and safety for others in the workplace.

Course Aims

- To provide understanding of the main concepts of health and safety.
- To promote the benefits of health and safety culture.
- To clarify the roles and responsibilities of individuals, supervisors and management in health and safety.
- To provide an understanding of health and safety control and improvement strategies available to supervisors.

Course Objectives

At the end of the session the learner will be able to:

- 1) Explain the concepts of health and safety.
- 2) State how accidents happen and how to prevent a reoccurrence.
- 3) Understand how illness and disease can arise from work activities, and routes of entry from agents.
- 4) Understand the law relating to everyone within the workplace and the health and safety powers and action from the Health and Safety Executive.
- 5) Describe how risk assessment can be used as a tool to prevent accidents from occurring and the importance of active monitoring within the workplace.
- 6) Explain the role of the supervisor and the duties to be carried out to achieve effective supervision.

Course Price

3 Day Course – £375.00 + VAT per candidate including course registration



Qualsafe Level 4 Award in Health and Safety in the Workplace



Course Brief

This course has been designed to provide those with managerial and supervisory positions with appropriate knowledge and understanding of health and safety issues. Rigorous enforcement of health and safety legislation is important but it is not, in itself, sufficient to prevent work-related accidents and illness.

Course Aims

The course aims are to ensure that the successful candidate can manage health and safety within their business, by developing an auditing and monitoring programme and designing safe practices and procedures, liaising with enforcement officers, staff training, interpreting legal requirements and establishing risk assessment projects (subject to further training where applicable).

Course Objectives

At the end of the session the learner will be able to:

- 1) Understand the health and safety law relating to everyone within the workplace and the powers and actions from the Health and Safety Executive Inspectors.
- 2) State how accidents happen and how to prevent a reoccurrence using accident investigation techniques.
- 3) Describe how risk assessment can be used as a tool to prevent accidents from occurring, and the importance of active monitoring within the workplace.
- 4) Explain the role of health and safety management and the duties and procedures to be carried out in order to achieve successful health and safety management.
- 5) Understand how illness and disease can arise from work activities, and routes of entry from agents.
- 6) Recognize the importance of electrical safety with regards to electrical installations and appliances.
- 7) Describe the importance of legal requirements for safe systems of work.
- 8) Describe the importance of legal requirements for effective training and evaluation of training.

Course Price

5 Day – £495.00 + VAT per candidate including registration

(NEW) IOSH Managing Safely (3 day programme)

Course Brief

This course accredited by the Institution of Occupational Safety & Health (IOSH) and is a well-recognised and respected programme of training and is ideal for Managers / Supervisors who have operational responsibility for safety, but perhaps do not wish to progress through a structured safety programme for professional development.

Part time Health & Safety staff, Safety Reps and Graduates have all found this course to be invaluable in providing essential skills for turning theory into practice.

The course content includes:

- Safety Management
- Reactive Monitoring
- Risk assessment and risk control
- Active monitoring
- Review and audit
- Health and safety legislation
- Hazards – general

This is an intensive program, which concludes on day 4 with a written assessment and a work based project.

An IOSH **Managing Safely** certificate will be awarded to all those who attend and successfully complete both the written and work based assessment.

Course Price

3 Day course £395.00 + VAT Per Person

Open Courses available



IOSH Managing Safely (Re-Certification)



Course Brief

This course accredited by the Institution of Occupational Safety & Health (IOSH) is the re-certification 1 day course for candidates who have attended an IOSH Managing Safely Course within the last three years.

The course content includes:

Review and Evaluation of:

- Safety Management
- Reactive Monitoring
- Risk assessment and risk control
- Active monitoring
- Review and audit
- Health and safety legislation
- Hazards – general

An IOSH **Managing Safely** Re certification certificate will be awarded to all those who attend and successfully complete an assessment.

Course Price

1 day course £195.00 + VAT Per Person

Open Courses available



Course Brief

IOSH Working Safely is designed for people at any level where health and safety is critical to their role. Especially suitable for new starters, this thorough one-day course will provide an essential introduction to the basics of safety in the workplace, from identifying potential issues to taking practical steps to limit them wherever possible.

IOSH's one-day Working safely course, has now been recognised by CSCS as an equivalent to a Level 1 Award in health and safety in a construction environment.

It means that delegates who successfully complete Working safely can apply for a CSCS green Labourer card once they have also passed the CITB Health, Safety and Environment Operatives Test.

Course Aims

The course aim is to provide candidates with an essential introduction to the basics of safety in the workplace, from identifying potential issues to taking practical steps to limit them wherever possible.

Four interactive modules:

1. Introducing working safely
2. Defining hazard and risk
3. Identifying common hazards
4. Improving safety performance

End of course assessments:

1. A 10 question, multiple-choice assessment paper (15 mins)
2. Three hazard spotting exercises (15 mins)

Course Price

£175.00 + VAT per candidate (Minimum 06 Candidates)

Open courses available



The Qualsafe Level 3 Award in Training



Course Brief

The Qualsafe Level 3 Award in Training – Principles and practice is a short, introductory, knowledge-based training qualification and has no minimum practice requirement – except to engage in a short microteaching session – so may be undertaken by individuals who are not in a training role or who have just started a training role. The Qualsafe Level 3 Award in Training – Principles and practice is based on one QCF unit from the Qualsafe Level 3 Award in Education and Training.

Course Aims

The Qualsafe Level 3 Award in Training – Principles and practice is suitable for individuals who have the potential to study at this level, which has the same level of demand as that of study for A-levels. The Qualsafe recommends that candidates should have a minimum of Level 2 in English or equivalent to undertake this qualification. This qualification is approved for delivery to candidates aged 19+.

Learning Outcomes

- 1) Understand inclusive teaching and learning approaches in education and training
- 2) Understand ways to create an inclusive teaching and learning environment
- 3) Be able to plan inclusive teaching and learning
- 4) Be able to deliver inclusive teaching and learning
- 5) Be able to evaluate the delivery of inclusive teaching and learning

Course Price

£350 + VAT per candidate



Course Brief

The course aims are to highlight the importance of behavioural safety and its impact on accident and incident reduction in the workplace. Evidence shows that these approaches can be successful in reducing unsafe behaviours in the workplace.

In justifying behavioural interventions, it is often claimed that 70-80% of incidents are caused by 'human error'.

Course Aims

The lesson aims are to raise awareness of behavioural safety techniques related to human factors and failings which will reduce risks in the workplace by changing attitudes and perceptions.

Course Objectives

1. Discuss commitment to improving safety
2. Improve the workforce and management talking to each other about safety
3. Increase profile of health and safety
4. Identify employee engagement in safety to identify and remove unsafe acts / unsafe conditions
5. Learn to act promptly on unsafe acts
6. Improve their safety leadership
7. Discuss aspects of Human / Job & Organisational factors which contribute to accidents

Course Price

1 Day Course – £395 + VAT

Maximum 12 Candidates



General Data Protection Regulation (GDPR) Awareness Course



Course aims

This course is suitable for anyone who handles personal information, either through manual or computer-held records. The EU General Data Protection Regulation (GDPR) applies to any business or individual that uses or holds personal data from May 2018.

Objectives

By the end of this course learners will be able to:

- Gain an overview of the key areas of change introduced by the Regulation
- Identify critical areas organisations need to be aware of when preparing for compliance
- Discuss the content of GDPR and have a good understanding of the fundamentals of the new regulation.
- Gain the confidence to interpret data protection regulation and understand the implications for you and your organisation
- Identify potential impacts of privacy

Key elements:

- The fundamentals of the EU GDPR, what is required and terminology
- Key differences between the Data Protection Acts of old and the EU GDPR
- Data subjects, subject access requests and their rights
- Dealing with subject access requests
- Marketing requirements and potential changes to targeting customers
- The implementation path to EU GDPR compliance:
Privacy by design, Data Protection Impact Assessments (DPIA), Data Audits, Training and Competence requirements, Incident Response and Breach Reporting, Updating policies and procedures
- International data transfers
- Replacing Safe Harbor, the Privacy Shield and the new requirements.

Maximum

12 candidates

Duration

3 hours

Course Price

£325 + VAT

The General Data Protection Regulations will apply from 25th May 2018 and will impact any business that stores and uses data. Failure to comply will result in a fine from ICO Information Commissioners Office.

Course Brief

The Qualsafe Level 3 Award in Education and Training is a short, introductory, knowledge-based teaching qualification and has no minimum teaching practice requirement – except to engage in a short microteaching session – so may be undertaken by individuals who are not in a teaching role or who have just started a teaching role.

Course Aims

The course aims are to introduce candidates to the knowledge and skills required by teachers to develop and deliver programmes, provide learning support and take responsibility in managing the learning process in post-16 education.

Learning Outcomes

- Unit 1 – Understanding roles, responsibilities and relationships in education and training
- Unit 2 – Understanding and using inclusive teaching and learning approaches in education and training
- Unit 3 – Understanding assessment in education and training

Course Price

£375 + VAT per candidate

Open courses available



Open Courses 2026

Course Name	Dates		Cost per Learner
Accredited - First Aid at Work course (3 days) (09.00 - 16.00) Monday - Wednesday's unless otherwise stated. QA Level 3 certificate also available. New - Blended QA L3 FA@W & Paediatric First Aid.	19th – 21st January 23rd – 25th February 23rd – 25th March 20th – 22nd April 18th – 20th May 22nd – 24th June 13th – 15th July	AUGUST No Training 21st – 23rd September 19th – 21st October 16th – 18th November 07th – 09th December	£225.00 + VAT L3 Cert + £15
Accredited - First Aid at Work Requalification (2 days) (09.00 - 16.00) Monday's & Tuesday's unless otherwise stated.	19th & 20th January 23rd & 24th February 23rd & 24th March 20th & 21st April 18th & 19th May 22nd & 23rd June 13th & 14th July	AUGUST No Training 21st & 22nd September 19th & 20th October 16th & 17th November 07th & 08th December	£175.00 + VAT
Accredited – Emergency First Aid Course (1 day) (09.00 - 16.00) Monday unless otherwise stated.	19th January 23rd February 23rd March 20th April 18th May 22nd June	13th July AUGUST No Training 21st September 19th October 16th November 07th December	£125.00 + VAT
OCN Level 3 First Aid Instructor Training (5 Days) 09.00 - 16.00. Includes Full QA Level 3 FA@W 3 Day Certificate.	On Request		£800.00 + VAT
IOSH Managing Safely Refresher (1 Day) (09.30 – 16.00).	19th February 10th April 18th June	August No Training 08th October 4th December	£195.00 + VAT
IOSH Managing Safely (3 Days) (09.30 - 16.00) Monday - Wednesday unless otherwise stated.	16th – 18th February 07th – 09th April 15th – 17th June	AUGUST No Training 05th – 07th October 01st – 03rd December	£395.00 + VAT
Fire Warden (Combined) Evac Chair & Evac Slides (09.30 - 12.30) Friday's unless otherwise stated.	27th February 24th April 19th June	AUGUST No Training 11th September 27th November	£125.00 + VAT

Dear Client,

Welcome to our suite of **New Online** training courses ready for your immediate use:

Health and Safety Courses

Asbestos Awareness	Fire Safety Awareness	Manual handling (Objects)
Concussion Awareness*	Food Safety Level 2 Awareness	Paediatric First Aid (Blended Course)
COSHH Awareness	HACCP Awareness	RIDDOR Awareness
DSE / VDU Awareness	Health and Safety Awareness	Slips, Trips and Falls Awareness*
Emergency First Aid Awareness	Lone Working Awareness	Working at Height Awareness

Compliance Courses

Age Verification Awareness	Cyber Security Awareness*	Internet Safety Awareness*
Bribery Act Awareness*	GDPR Awareness	Money Laundering Awareness
Consumer Rights Act*	Information Governance Awareness	Right to Work in the UK*

Soft Skills Courses

Bullying and Harassment	Effective Call Management	Preventing Radicalisation
Complaints Handling	Interview Skills	Safer Recruitment
Conflict Management	Managing People	Staff Appraisal Skills
Customer Service Awareness	Managing Your Digital Profile	Stress Awareness

Hospitality Courses

Award Licence Premises Staff	Award in Under sales Prevention*	Cellar Management*
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Coming soon*

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