

TRAINING COURSES

- > HEALTH AND SAFETY
- > ENVIRONMENTAL MANAGEMENT
- > WORLDWIDE TRAINING AND CONSULTANCY
- > CLASSROOM
- > E-LEARNING
- > DISTANCE LEARNING
- > PUBLICATIONS
- > IN-COMPANY TRAINING

A photograph of the Dubai skyline at sunset, featuring the Burj Khalifa and other skyscrapers reflected in the water. The sky is a mix of purple, pink, and blue. The word "CONTENTS" is overlaid in white, bold, sans-serif font, with a white horizontal line underneath it.

CONTENTS



Training All Over the World	2
Why RRC?	4
Training for Individuals	6
Training Venues	8
Corporate Services	10
NEBOSH Awards	14
NEBOSH Certificates	17
NEBOSH Diplomas	23
IEMA Environmental Management Courses	27
IOSH Health and Safety Awareness Courses	31
NVQ's in Health and Safety	34
CIEH Health and Safety Courses	36
CITB Cskills Construction Safety Courses	41
OSHAcademy Health and Safety Courses	44
RRC Short Courses	47
RRC Leadership Courses	48
RRC Partners	50

The background of the page is a satellite-style view of Earth, showing the Americas. Overlaid on the Earth are several glowing blue lines that represent orbital paths or data trajectories, creating a sense of global connectivity and technology. A solid white horizontal line is positioned below the main text.

TRAINING ALL OVER THE WORLD

Training Centres

UNITED KINGDOM
Birmingham
Glasgow
Leeds
London
Manchester
Newcastle
UNITED ARAB EMIRATES
Dubai
GEORGIA
Tbilisi
TUNISIA
Tunis

Partners

AUSTRALIA
Perth
CHINA
Shenzhen
EGYPT
Cairo
GHANA
Accra
KENYA
Nairobi
MALAYSIA
Kuala Lumpur

NIGERIA
Lagos
MALAYSIA
Kuala Lumpur
PAKISTAN
Karachi
POLAND
Krakow
SAUDI ARABIA
Ras Tanura

SPAIN
Asturias
SUDAN
Khartoum
TRINIDAD AND TOBAGO
Macoya
TURKEY
Istanbul

Exam Centres

AFGHANISTAN Kabul	CHILE Santiago	IRAQ Baghdad	MOROCCO Casablanca	ROMANIA Bucharest	TURKEY Ankara
ALBANIA Tirana	CHINA Beijing	Erbil	Rabat	RUSSIAN FEDERATION Moscow	Istanbul
ALGERIA Algiers	Chongqing	IRELAND Dublin	MOZAMBIQUE Maputo	SAINT HELENA Jamestown	Izmir
ANTIGUA St Johns	Guangzhou	ISRAEL Tel Aviv	MYANMAR Yangon	SAINT LUCIA Castries	UGANDA Kampala
ARGENTINA Buenos Aires	Hong Kong	ITALY Milan	NAMIBIA Windhoek	SAUDI ARABIA Al Khobar	UKRAINE Izmail
ARMENIA Yerevan	Shanghai	Rome	NEPAL Kathmandu	Jeddah	Kiev
AUSTRALIA Adelaide	Shen Zhen	JAPAN Tokyo	NETHERLANDS Rotterdam	Riyadh	UNITED ARAB EMIRATES Abu Dhabi
Melbourne	COLOMBIA Bogota	JORDAN Amman	NEW ZEALAND Auckland	SERBIA Belgrade	UNITED STATES Anchorage
Perth	CROATIA Zagreb	KAZAKHSTAN Almaty	New Plymouth	SIERRA LEONE Freetown	Bay Minette
Queensland	CUBA Havana	KENYA Nairobi	Oamaru	SINGAPORE Singapore	Bellevue
Sydney	CYPRUS Nicosia	REPUBLIC OF KOREA Seoul	Timaru	SLOVAKIA Bratislava	Bellingham
AUSTRIA Vienna	CZECH REPUBLIC Prague	KOSOVO Prishtina	NIGERIA Abuja	SLOVENIA Ljubljana	Brooklyn
AZERBAIJAN Baku	DENMARK Copenhagen	KUWAIT Safat	Lagos	SOUTH AFRICA Bloemfontein	College Station
BAHAMAS Grand Bahama	ECUADOR Quito	LATVIA Riga	Port Harcourt	Cape Town	Fayetteville
BAHRAIN Manama	EGYPT Alexandria	LEBANON Beirut	NORWAY Oslo	Johannesburg	Los Angeles
BANGLADESH Chittagong	ERITREA Asmara	LIBYAN ARAB JAMAHIRIYA Tripoli	OMAN Muscat	SPAIN Barcelona	Mankato
Dhaka	ESTONIA Tallinn	LITHUANIA Vilnius	PAKISTAN Islamabad	Bilbao	Morehead
BARBADOS Saint Michael	ETHIOPIA Addis Ababa	MACEDONIA Skopje	Karachi	Madrid	Murfreesboro
BOSNIA AND HERZEGOVINA Sarajevo	FINLAND Helsinki	MALAWI Blantyre	Lahore	Valencia	North Las Vegas
BOTSWANA Gaborone	FRANCE Paris	MALAYSIA Kuala Lumpur	PALESTINIAN TERRITORY Gaza	SRI LANKA Colombo	Tampa
BRAZIL Belo Horizonte	GERMANY Hanover	Penang	RAMALLAH	Kandy	Wilmington
Sao Paulo	GIBRALTAR South Bastion	Sarawak	PAKISTAN Islamabad	SUDAN Khartoum	UZBEKISTAN Tashkent
BRUNEI DARUSSALAM Darussalam	GREECE Athens	MAURITIUS Rose Hill	Karachi	SWITZERLAND Basel	VENEZUELA Caracas
BULGARIA Sofia	HUNGARY Budapest	MEXICO Mexico City	Lahore	TAIWAN Taipei	VIETNAM Hanoi
Varna	INDIA Calcutta		Lahore	TANZANIA Dar Es Salaam	Ho Chi Minh City
CAMEROON Yaoundé	Chennai		Lahore	THAILAND Bangkok	YEMEN Sana'a
CANADA British Columbia	Mumbai		Lahore	TRINIDAD AND TOBAGO Port of Spain	ZAMBIA Lusaka
Calgary	New Delhi		Lahore		ZIMBABWE Harare
Newfoundland			Lahore		
Ottawa			Lahore		
Vancouver			Lahore		

RRC's global network of training centres partners and exam venues.



WHY RRC?

RRC design and deliver occupational health and safety, environmental management and quality management training throughout the world. Over our 85 year history, over a million students and thousands of businesses have chosen RRC as their preferred training provider. RRC's expert trainers and friendly support teams inspire total confidence in the individuals and companies they train and advise.

Quality Training from the Experts

Training is all about quality and this starts with our trainers. It has taken many years to build RRC's team of expert trainers and we are proud that we have the best international team of HSE trainers there is. This team is integral to everything we do; developing and updating our course content, delivering and assessing our courses, supporting our students, consulting and always making sure we are firmly focused on our customers' needs.

The team is a highly effective mix of academics, practitioners and consultants with a wide range of experience across all sectors. The team is led by Hasan Alaradi, RRC Director and HSE Practitioner.



Hasan Alaradi MSc RMST DipSM
CMIOSH MIIRSM – Managing
Director RRC Middle East
Operations

Excellence in Customer Service

Providing a good service is essential to us. Whether you are enquiring about a course, registering for your exam or visiting any one of our training centres, you can be confident that you will receive the best customer service from our excellent team of dedicated advisors.

Commitment to Quality

RRC's reputation has been built on quality and over our 85 year history, many hundreds of thousands of happy customers have enjoyed success in their qualifications and careers through studying with RRC.

We work closely with the awarding and industry bodies to ensure our courses are fully up-to-date and aligned with the latest syllabus revisions, legislation changes and exam procedures.

Our ISO 9001 accreditation demonstrates our commitment to continual improvement.

Great Results

RRC have an exceptional track record. The clear, engaging and interactive courses we deliver guarantee our students receive the best possible training and ensure they get a full understanding of the subject matter and how the assessment works. This not only leads to exam success but also develops the understanding and competency they will need to apply their knowledge in the workplace.



TRAINING FOR INDIVIDUALS

RRC deliver high-quality training to individuals in a number of ways to offer the best flexibility in studying around other commitments.

Classroom

RRC's classroom training provides an excellent and effective place for you to learn. Our team of experienced HSE trainers are the best in the world, with expert knowledge, practical experience and a passion for teaching.

With this, we provide first class training facilities, and excellent Customer Service. Our internationally-respected course materials have been developed specifically by us to provide you with the best possible resources for your chosen course.

e-Learning

e-Learning with RRC gives you the ultimate in flexibility. You can start your course at any time, study at your own pace, and study anywhere in the world.

Everything you need to successfully complete your course is provided in your RRC Learning Centre, and you will also receive unlimited tutor support from our expert trainers here.

NEBOSH International General Certificate courses are available in Spanish and Turkish.

Distance Learning

Distance learning courses are available in Arabic, French and Spanish. RRC has returned to its roots to develop and re-invent Distance Learning for the 21st Century. We provide a flexible, cost-effective way to deliver courses in other languages as well as English.

You are able to learn from RRC's high quality, full-colour materials and will also receive the all important unlimited tutor support.

Blended Learning

Blended learning is both a time- and cost-effective way to study. It combines classroom study with e-learning/online study and is available for both the NEBOSH National and International Diploma courses, dramatically reducing the classroom study time.

Revision

RRC Revision Guides are highly-effective publications which summarise the key points in the course and provide examples of exam-style questions with guidance as to how to construct a successful answer for each one.

RRC Revision Workshops focus on key topics that feature regularly in the exams, as well as providing guidance on how to tackle the exam itself.

Publications

RRC Study Materials are available in full colour and cover the full course content for your chosen course. RRC Materials are available for all NEBOSH, IOSH and IEMA courses.

RRC Reference Publications are designed to support students in their studies, and also act as an on-going reference guide for practitioners. Publications include RRC Law Guides, Step Notes and ISO 14001 reference guides.



TRAINING VENUES

RRC classroom courses are run at a range of venues, chosen specifically for their state-of-the-art facilities and easy access from major road, rail and air links.

RRC Training Centres

All RRC's training centres provide ideal locations in which to learn, with top class facilities and equipment to ensure the perfect environment for our students and tutors.

UK

RRC's four UK training centres all provide excellent facilities and good access to local transport networks, hotels and guest houses.

London – RRC's main training centre is in Wimbledon, situated just a short walk from Wimbledon station and just 15 minutes from central London.

Birmingham, Glasgow, Leeds, Manchester, Newcastle – these venues are all high quality hotels or conference centres.

Dubai

RRC Middle East's Dubai training centre is situated in Oud Metha, with courses run at the centre and in local hotels. The airport is just 15 minutes away and there is a wide range of hotels and apartments close to all training venues.

Tunisia

RRC Tunisia is currently hosting its courses in hotels and conference centres in the centre of Tunis. 30 minutes from the airport and with a wide range of hotels close to the venues.

Bahrain

RRC Middle East's Bahrain Office is located in Manama, the capital city of Bahrain. This Office focuses on supporting our Consultancy and Corporate training throughout the Gulf States, along with providing a centre for our students to drop in and take their exams.

Georgia

RRC Georgia's training centre is in the centre of Tbilisi, 30 minutes from the airport and with a wide range of hotels nearby.



CORPORATE SERVICES

RRC travel the world delivering high quality training to our clients, whenever and wherever they need it. Our in-company training provides a cost-effective and convenient solution for organisations looking to train groups of employees.

In-Company Training

Any of the courses we offer can be delivered at your training facilities. If you would like the course structure to be changed, or would like to use blended learning, or group e-learning, we can work with you to find the best training solution to meet your requirements.

Our non-accredited short courses are extremely flexible and can be easily adapted to meet your specific organisational needs.

Courses can be delivered worldwide, and in a range of languages including English, Arabic, French, Spanish and Turkish.

Bespoke Training

If your organisation has a need for training, RRC can help you meet it. We are able to develop and deliver bespoke training that can be aligned to your internal training systems. We can also provide training in multiple languages to help you deliver your own internal training.

Consultancy

Our Consultancy services are tailored to meet the needs of our Customers. Throughout the project, RRC's professional consultants will be able to provide the advice and support you need to improve your health and safety and/or environmental performance effectively.

Our Consultancy Services are available in English, Arabic, French, Spanish and Turkish and include:

- > The development of HSE policy and procedures and implementation support
- > Management Support Systems
- > Gap Analysis
- > Risk Assessments
- > Office Safety Inspections
- > Emergency Management and Response Systems
- > Training Needs Analysis
- > Accident Investigation and Reports



COURSE GUIDE





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NEBOSH AWARDS

- > **AWARD IN HEALTH AND SAFETY AT WORK**
AVAILABLE IN ARABIC AND FRENCH
- > **AWARD IN HEALTH, SAFETY AND ENVIRONMENT FOR THE PROCESS INDUSTRIES**
- > **AWARD IN ENVIRONMENTAL AWARENESS AT WORK**

NEBOSH QUALIFICATIONS ARE RECOGNISED THROUGHOUT THE WORLD AS SETTING THE STANDARD FOR HSE MANAGEMENT.

KEY



Classroom



Distance Learning



e-Learning



In-Company



Publication



NEBOSH Award in Health and Safety at Work

AVAILABLE IN ARABIC AND FRENCH

The NEBOSH Award in Health and Safety at Work qualification is designed for workers in any sector who need a basic understanding of health and safety as part of their job. It also provides a perfect foundation for those looking towards a career in health and safety.

What you will study

UNIT HSW1 WORKPLACE SAFETY FOUNDATIONS

- > The Foundations of Health and Safety
- > The Responsibility for Health and Safety
- > Health and Safety Risk Assessment and Control
- > Transport Safety
- > Hazards and Controls Associated with Work Equipment
- > Hazards and Controls Associated with Working with Electricity
- > Fire Safety
- > Hazards and Controls Associated with Manual Handling and Repetitive Movement
- > Hazards and Controls Associated with Hazardous Substances
- > Hazards and Controls Associated with the Working Environment

UNIT HSW2 PRACTICAL APPLICATION

The completion of a short risk assessment activity.

Methods of study

- > Classroom – 3 days, plus exam (English, Arabic, French)
- > e-Learning – 24 hours of study (English)
- > Publications – Study Texts (English, Arabic, French)
- > In-Company – courses delivered worldwide

Assessment

The assessment consists of one multiple-choice examination and a short risk assessment activity.



NEBOSH Award in Health, Safety and Environment for the Process Industries

This NEBOSH Award is designed to provide process operators and technicians with an understanding of health, safety and environmental management within process industries, such as chemical, pharmaceutical, petrochemical and food processing. The Award covers a broad range of topics at an introductory level, as well as common safety and environmental issues specifically associated with process safety.

What you will study

UNIT HSE1 HEALTH, SAFETY AND ENVIRONMENT FOR THE PROCESS INDUSTRIES

- > The Foundations of Health and Safety
- > The Responsibility for Health and Safety
- > Health and Safety Risk Assessment and Control
- > Hazards and Controls Associated with Work Equipment
- > Transport Safety
- > Hazards and Controls Associated with Working with Electricity
- > Fire Safety
- > Hazards and Controls Associated with Manual Handling and Repetitive Movement
- > Hazards and Controls Associated with Hazardous Substances
- > Hazards and Controls Associated with the Working Environment
- > The Foundations of Process Safety
- > Systems to Prevent Loss of Containment
- > Common Hazards, Risks and Controls in the Chemical Industry
- > Plant Integrity
- > Planning for Emergencies
- > Foundations in Environmental Management
- > Control of Emissions
- > Environmental Risk Assessments (Impact Assessment)

Methods of study

- > Classroom – 5 days plus exam
- > e-Learning – 44 hours of study
- > Publications – Study Texts
- > In-Company – courses delivered worldwide

Assessment

The assessment consists of one multiple-choice examination.



NEBOSH Award in Environmental Awareness at Work

The NEBOSH Environmental Award provides an introduction to environmental issues within the workplace and is aimed at those needing a basic understanding of environmental issues or who are looking to introduce, or improve the performance of, an Environmental Management System.

What you will study

ELEMENT 1 - FOUNDATIONS OF ENVIRONMENTAL AWARENESS

- > Meaning of key environmental terms
- > Sustainability
- > Components and certification of an environmental management system

ELEMENT 2 – POLLUTION, IMPACT ASSESSMENT AND EMERGENCIES

- > Principles and practice of risk assessments
- > Air, water and land pollution
- > Environmental noise
- > Waste management
- > Environmental emergencies

Methods of study

- > Classroom – 1 day
- > In-Company – courses delivered worldwide

Assessment

The assessment consists of one 30-minute multiple-choice examination.



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NEBOSH CERTIFICATES

- › **INTERNATIONAL GENERAL CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY**
AVAILABLE IN ARABIC, FRENCH, SPANISH AND TURKISH
- › **INTERNATIONAL CERTIFICATE IN CONSTRUCTION HEALTH AND SAFETY**
- › **INTERNATIONAL CERTIFICATE IN FIRE SAFETY AND RISK MANAGEMENT**
- › **INTERNATIONAL TECHNICAL CERTIFICATE IN OIL AND GAS OPERATIONAL SAFETY**
- › **INTERNATIONAL CERTIFICATE IN ENVIRONMENTAL MANAGEMENT**
- › **NATIONAL GENERAL CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY**
- › **NATIONAL CERTIFICATE IN CONSTRUCTION HEALTH AND SAFETY**
- › **NATIONAL CERTIFICATE IN FIRE SAFETY AND RISK MANAGEMENT**
- › **NATIONAL CERTIFICATE IN THE MANAGEMENT OF HEALTH AND WELL-BEING AT WORK**

KEY



Classroom



Distance Learning



e-Learning



In-Company



Publication



NEBOSH International General Certificate in Occupational Health and Safety

AVAILABLE IN ARABIC, FRENCH, SPANISH AND TURKISH

The NEBOSH International General Certificate provides an excellent foundation in health and safety for managers, supervisors, employee representatives and people starting out on a career in health and safety. The certificate is relevant to all types of organisations and helps its holders manage risks effectively.

What you will study

UNIT IGC1: MANAGEMENT OF INTERNATIONAL HEALTH AND SAFETY

- > Foundations in Health and Safety
- > Health and Safety Management Systems – PLAN
- > Health and Safety Management Systems – DO
- > Health and Safety Management Systems – CHECK
- > Health and Safety Management Systems – ACT

UNIT GC2: CONTROLLING WORKPLACE HAZARDS

- > Workplace Hazards and Risk Control
- > Transport Hazards and Risk Control
- > Musculoskeletal Hazards and Risk Control
- > Work Equipment Hazards and Risk Control
- > Electrical Safety
- > Fire Safety
- > Chemical and Biological Health Hazards and Risk Control
- > Physical and Psychological Health Hazards and Risk Control

UNIT GC3: INTERNATIONAL HEALTH AND SAFETY PRACTICAL APPLICATION

The completion of a health and safety assessment of a workplace and report to management.

Methods of study

- > Classroom – 10 days plus exam (English, Arabic, French, Spanish, Turkish)
- > e-Learning – 130 hours of study (English, Spanish, Turkish)
- > Distance Learning – 130 hours of study (Arabic, French, Spanish)
- > Publications – Study Texts (English, Arabic, French, Spanish) and Revision Guides (English)
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a workplace.



NEBOSH International Certificate in Construction Health and Safety

The NEBOSH International Construction Certificate has been designed to provide those making day-to-day decisions in construction work with the knowledge they need to ensure that the health and safety implications of their decisions are properly taken into account. It is designed for supervisors and managers within the international construction industry.

What you will study

UNIT IGC1: MANAGEMENT OF INTERNATIONAL HEALTH AND SAFETY

(see NEBOSH International General Certificate)

UNIT ICC1: MANAGING AND CONTROLLING HAZARDS IN INTERNATIONAL CONSTRUCTION ACTIVITIES

- > Construction Management
- > Construction Site – Hazards and Risk Control
- > Vehicle and Plant Movement – Hazards and Risk Control
- > Musculoskeletal Hazards and Control
- > Work Equipment – Hazards and Risk Control
- > Electrical Safety
- > Fire Safety
- > Chemical and Biological Health – Hazards and Risk Control
- > Physical and Psychological Health – Hazards and Risk Control
- > Working at Height – Hazards and Risk Control
- > Excavation Work and Confined Spaces – Hazards and Risk Control
- > Demolition and Deconstruction – Hazards and Risk Control

UNIT ICC2: INTERNATIONAL CONSTRUCTION PRACTICAL APPLICATION

The completion of a health and safety assessment of a construction site and report to management.

Methods of study

- > Classroom – 13 days plus exam
- > e-Learning – 160 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a construction site.



NEBOSH International Certificate in Fire Safety and Risk Management

The NEBOSH International Fire Certificate provides the knowledge to carry out fire risk assessments and identify the range of protective and preventive measures you need to minimise the risk of fire. This course is designed for anyone with fire safety responsibilities in the workplace and is suitable for managers, supervisors and employee representatives.

What you will study

UNIT IGC1: MANAGEMENT OF INTERNATIONAL HEALTH AND SAFETY

(see NEBOSH International General Certificate)

UNIT IFC1: INTERNATIONAL FIRE SAFETY AND RISK MANAGEMENT

- > Managing Fire Safety
- > Principles of Fire and Explosion
- > Causes and Prevention of Fire and Explosions
- > Fire Protection in Buildings
- > Safety of People in the Event of Fire
- > Fire Safety Risk Assessment

UNIT IFC2: FIRE SAFETY PRACTICAL APPLICATION

The completion of a fire safety risk assessment of a workplace.

Methods of study

- > Classroom – 9 days plus exam
- > e-Learning – 120 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical fire risk assessment of a workplace.



NEBOSH International Technical Certificate in Oil and Gas Operational Safety

The NEBOSH International Oil and Gas Certificate is designed specifically for those with safety responsibilities in the oil and gas industry. It focuses on international standards and management systems, highlighting the importance of process safety management in the oil and gas industry, enabling holders of the certificate to discharge workplace safety responsibilities effectively both onshore and offshore.

Entry Requirement

A good understanding of safety issues gained from experience or from studying a NEBOSH Certificate-level qualification.

What you will study

UNIT IOG1: THE MANAGEMENT OF INTERNATIONAL OIL AND GAS OPERATIONAL SAFETY

- > Health, Safety and Environmental Management in Context
- > Hydrocarbon Process Safety
- > Fire Protection and Emergency Response
- > Logistics and Transport Operations

Methods of study

- > Classroom – 5 days plus exam
- > e-Learning – 55 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of one 2-hour examination.



NEBOSH Certificate in Environmental Management

The NEBOSH Environmental Certificate is aimed at managers, supervisors and staff from all types of organisations who need a broad understanding of environmental management issues. It provides a good overview of environmental management systems, including the relevant international standards and best practices for control of environmental hazards.

What you will study

UNIT EC1: MANAGEMENT AND CONTROL OF ENVIRONMENTAL HAZARDS

- > Foundations in Environmental Management
- > Environmental Management Systems
- > Environmental Impact Assessments
- > Control of Emissions to Air
- > Control of Contamination of Water Sources
- > Control of Waste and Land Use
- > Sources of Use of Energy and Energy Efficiency
- > Control of Environmental Noise
- > Planning For and Dealing With Environmental Emergencies

UNIT EC2: PRACTICAL APPLICATION

The completion of an environmental review of a workplace and report to management.

Methods of study

- > Classroom – 5 days plus exam
- > e-Learning – 70 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of one examination and a practical assessment.



NEBOSH National General Certificate in Occupational Health and Safety

The NEBOSH National General Certificate provides an excellent foundation in occupational safety and health for all types of organisations. It is suitable for managers, supervisors, employee representatives and those starting a career in health and safety. This qualification enables holders to manage risks effectively.

What you will study

UNIT NGC1: MANAGEMENT OF HEALTH AND SAFETY

- > Foundations in Health and Safety
- > Plan
- > Do
- > Check
- > Act

UNIT GC2: CONTROLLING WORKPLACE HAZARDS

- > Workplace Hazards and Risk Control
- > Transport Hazards and Risk Control
- > Musculoskeletal Hazards and Risk Control
- > Work Equipment Hazards and Risk Control
- > Electrical Safety
- > Fire Safety
- > Chemical and Biological Health Hazards and Risk Control
- > Physical and Psychological Health Hazards and Risk Control

UNIT GC3: HEALTH AND SAFETY PRACTICAL APPLICATION

The completion of a health and safety assessment of a workplace and report to management.

Methods of study

- > Classroom – 10 days plus exam
- > e-Learning – 130 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a workplace.



NEBOSH National Certificate in Construction Safety and Health

The NEBOSH National Construction Certificate has been designed to provide those making day-to-day decisions in construction work with the knowledge they need to ensure that the health and safety implications of their decisions are properly taken into account.

What you will study

UNIT NGC1: MANAGEMENT OF HEALTH AND SAFETY
(see NEBOSH National General Certificate)

UNIT NCC1: MANAGING AND CONTROLLING HAZARDS IN CONSTRUCTION ACTIVITIES

- > Construction Law and Management
- > Construction Site – Hazards and Risk Control
- > Vehicle and Plant Movement – Hazards and Risk Control
- > Musculoskeletal Hazards and Risk Control
- > Work Equipment – Hazards and Risk Control
- > Electrical Safety
- > Fire Safety
- > Chemical and Biological Health – Hazards and Risk Control
- > Physical and Psychological Health – Hazards and Risk Control
- > Working at Height – Hazards and Risk Control
- > Excavation Work and Confined Spaces – Hazards and Risk Control
- > Demolition and Deconstruction – Hazards and Risk Control

UNIT NCC2: CONSTRUCTION HEALTH AND SAFETY PRACTICAL APPLICATION

The completion of a health and safety assessment of a construction site and report to management.

Methods of study

- > Classroom – 13 days plus exam
- > e-Learning – 160 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a construction site.



NEBOSH National Certificate in Fire Safety and Risk Management

The NEBOSH National Certificate in Fire Safety and Risk Management is designed for those with fire-safety responsibilities in the workplace. It is ideal for managers and supervisory staff who need to ensure that their organisation meets its responsibilities under fire-safety legislation. This qualification equips holders to carry out fire risk assessments of most low-risk workplaces and to identify the range of fire protective and preventive measures required.

What you will study

UNIT NGC1: MANAGEMENT OF HEALTH AND SAFETY
(see NEBOSH National General Certificate)

UNIT FC1: FIRE SAFETY AND RISK MANAGEMENT

- > Managing Fire Safety
- > Principles of Fire and Explosion
- > Causes and Prevention of Fires and Explosions
- > Fire Protection in Buildings
- > Safety of People in the Event of Fire
- > Fire Safety Risk Assessment

UNIT FC2: FIRE SAFETY PRACTICAL APPLICATION

The completion of a workplace fire risk assessment.

Methods of study

- > Classroom – 9 days plus exam
- > e-Learning – 125 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

The assessment consists of two examinations and a practical health and safety assessment of a workplace.



NEBOSH National Certificate in the Management of Health and Well-Being at Work

The NEBOSH Health and Well-being Certificate is aimed at general managers, supervisors, health and safety and HR personnel who have responsibility for, or involvement in, the health and well-being of employees as part of their day-to-day duties. It will benefit companies in all sectors who are seeking to improve the efficiency and morale of their workforce.

What you will study

UNIT 1: MANAGING HEALTH AND WELL-BEING IN THE WORKPLACE

- > Introduction to Workplace Health
- > Effects of Health on Work
- > Effects of Work on Health
- > Management of Attendance
- > Mental Health at Work
- > Management of People with Musculoskeletal Disorders
- > Workplace Health Promotion
- > Workplace Health Support

UNIT 2: PRACTICAL APPLICATION

The completion of a health review at a workplace.

Methods of study

- > Classroom – 5 days plus exam
- > e-Learning – 55 hours of study
- > Publications – Study Texts
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a 2-hour examination and a practical assessment.





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NEBOSH DIPLOMAS

- › INTERNATIONAL DIPLOMA IN OCCUPATIONAL HEALTH AND SAFETY
- › NATIONAL DIPLOMA IN OCCUPATIONAL HEALTH AND SAFETY
- › NATIONAL DIPLOMA IN ENVIRONMENTAL MANAGEMENT

NEBOSH DIPLOMA – THE GLOBAL STANDARD FOR HSE MANAGERS

KEY



Blended Learning



Classroom



e-Learning



In-Company



Publication



NEBOSH International Diploma in Occupational Health and Safety

The NEBOSH International Diploma is a prestigious and demanding professional qualification for those wanting to advance their career in occupational health and safety. The NEBOSH Diploma is fast becoming recognised around the world as the global standard for health and safety professionals.

Entry Requirement

A good understanding of safety issues gained from experience or from studying a NEBOSH Certificate-level qualification.

What you will study

UNIT IA: INTERNATIONAL MANAGEMENT OF HEALTH AND SAFETY

- > Principles of Health and Safety Management
- > Regulating Health and Safety
- > Loss Causation and Incident Investigation
- > Measuring and Reviewing Health and Safety Performance
- > The Assessment and Evaluation of Risk
- > Risk Control
- > Organisational Factors
- > Human Factors
- > The Role of the Health and Safety Practitioner

UNIT IB: INTERNATIONAL CONTROL OF HAZARDOUS AGENTS IN THE WORKPLACE

- > Managing Occupational Health
- > Identification, Assessment and Evaluation of Hazardous Substances
- > The Control of Hazardous Substances
- > The Monitoring and Measuring of Hazardous Substances
- > Biological Agents
- > Noise and Vibration
- > Radiation
- > Mental Ill-Health and Dealing with Violence and Aggression at Work
- > Noise and Vibration
- > Radiation
- > Mental Ill-Health and Dealing with Violence and Aggression at Work
- > Musculoskeletal Risks and Controls
- > Work Environment Risks and Controls

UNIT IC: INTERNATIONAL WORKPLACE AND WORK EQUIPMENT SAFETY

- > Workplace Welfare Requirements and Specific Workplace Issues
- > Fire and Explosion
- > Workplace Fire Risk Assessment
- > The Storage, Handling and Processing of Dangerous Substances
- > Work Equipment
- > Workplace Machinery
- > Mechanical Handling
- > Mobile, Lifting, Access and Work at Height Equipment
- > Electrical Safety
- > Construction and Works of a Temporary Nature - Hazards and Controls
- > Workplace Transport and Managing Work-Related Road Risk

UNIT DNI: INTERNATIONAL APPLICATION OF HEALTH AND SAFETY THEORY AND PRACTICE

This unit comprises an 8,000-word assignment for submission after completion of units IA, IB and IC.

Methods of study

- > Blended – 300 hours of private study + 15 days classroom attendance plus exams
- > e-Learning – 475 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

Units IA, IB and IC are assessed by a three hour written assessment and Unit DNI is assessed by an 8,000 work workplace assignment. All four Units must be successfully completed to be awarded the NEBOSH International Diploma.



NEBOSH National Diploma in Occupational Health and Safety

The NEBOSH National Diploma is a prestigious and demanding qualification aimed at occupational health and safety practitioners. Firmly established as the UK's leading qualification for health and safety professionals, the NEBOSH Diploma is now rapidly setting the standard internationally.

Entry Requirement

A good understanding of safety issues gained from experience or from studying a NEBOSH Certificate-level qualification.

What you will study

UNIT A: MANAGING HEALTH AND SAFETY

- > Principles of Health and Safety Management
- > Principles of Health and Safety Law
- > Criminal Law
- > Civil Law
- > Loss Causation and Incident Investigation
- > Measuring and Reviewing Health and Safety Performance
- > The Assessment and Evaluation of Risk
- > Risk Control
- > Organisational Factors
- > Human Factors
- > The Role of the Health and Safety Practitioner

UNIT B: HAZARDOUS SUBSTANCES/AGENTS

- > Managing Occupational Health
- > Identification, Assessment and Evaluation of Hazardous Substances
- > The Control of Hazardous Substances
- > The Monitoring and Measuring of Hazardous Substances
- > Biological Agents
- > Noise and Vibration
- > Radiation
- > Mental Ill-Health and Dealing with Violence and Aggression at Work
- > Musculoskeletal Risks and Controls
- > Work Environment Risks and Controls

UNIT C: WORKPLACE AND WORK EQUIPMENT SAFETY

- > Workplace Welfare Requirements and Specific Workplace Issues
- > Fire and Explosion
- > Workplace Fire Risk Assessment
- > The Storage, Handling and Processing of Dangerous Substances
- > Work Equipment
- > Workplace Machinery
- > Mobile, Lifting, Access and Work at Height Equipment
- > Electrical Safety
- > Construction and Works of a Temporary Nature - Hazards and Controls
- > Workplace Transport and Managing Work-Related Road Risk

UNIT DNI: APPLICATION OF HEALTH AND SAFETY THEORY AND PRACTICE

This unit comprises an 8,000-word assignment for submission after completion of units A, B and C.

Methods of study

- > Classroom – 31 days plus exam
- > Blended – 300 hours of private study + 15 days classroom attendance plus exams
- > e-Learning – 468 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

Units A, B and C are assessed by written examination and Unit DNI by assignment. All four units must be successfully completed to be awarded the NEBOSH National Diploma.



NEBOSH Diploma in Environmental Management

The NEBOSH Diploma in Environmental Management has been designed for those with responsibilities for the management of environmental risk, or who are aiming to develop and implement effective environmental management systems within their organisations.

Entry Requirement

Knowledge of the English legal system is recommended.

What you will study

UNIT ED1 – MANAGEMENT OF ENVIRONMENTAL RISK

- > Principles of Environmental Risk Management
- > Environmental Risk Evaluation
- > Control Strategies for Environmental Risk
- > Monitoring, Review and Audit
- > Developments in Environmental Legislation
- > Environmental Legislative Framework and Methods of Enforcement
- > Public Access to Environmental Information
- > Civil Liability in Relation to Environmental Pollution
- > Solid and Liquid Wastes
- > Gaseous and Particulate Releases to Atmosphere
- > Water Resources Management
- > Control of Environmental Nuisance
- > Hazardous Substances
- > Environmental Implications of Development and Land Use
- > Energy Use and Efficiency

UNIT ED2 – WORKPLACE-BASED PRACTICAL APPLICATION

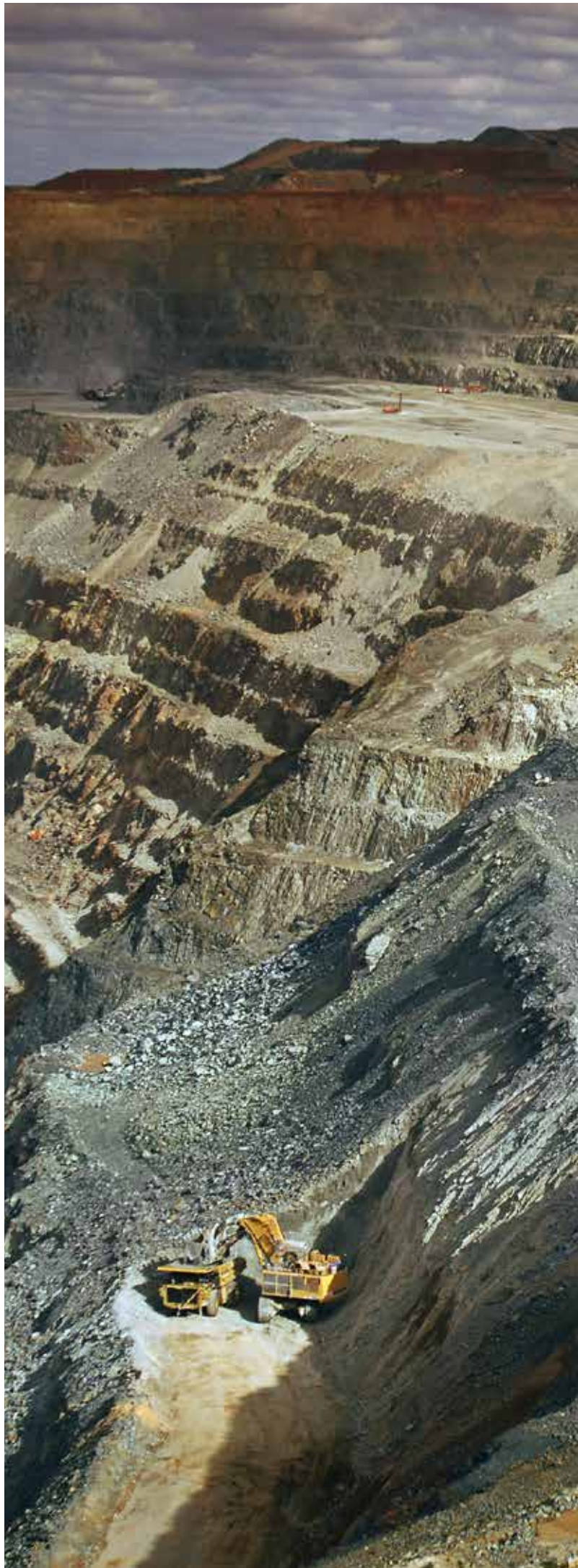
The completion of a work-based project.

Methods of study

- > Classroom – 15 days plus exam (10 days for Environmental Certificate holders)
- > e-Learning – 190 hours of study
- > Publications – Study Texts and Revision Guides
- > In-company – courses delivered worldwide

Assessment

Unit ED1 is assessed by a 3-hour examination and Unit ED2 a project consisting of an environmental audit.





IEMA COURSES

- › FOUNDATION CERTIFICATE IN ENVIRONMENTAL MANAGEMENT
- › CERTIFICATE IN ENVIRONMENTAL MANAGEMENT
- › LEAD ENVIRONMENTAL AUDITOR
- › WORKING WITH ENVIRONMENTAL SUSTAINABILITY
- › MANAGING WITH ENVIRONMENTAL SUSTAINABILITY
- › LEADING WITH ENVIRONMENTAL SUSTAINABILITY

INSTITUTE OF ENVIRONMENTAL MANAGEMENT AND ASSESSMENT (IEMA) IS A UK BASED MEMBERSHIP ORGANISATION ESTABLISHED TO PROMOTE BEST PRACTICE IN ENVIRONMENTAL MANAGEMENT, AUDITING AND ASSESSMENT.

KEY

C Classroom **E** e-Learning **I** In-Company **P** Publication



IEMA Certificate in Environmental Management

The IEMA Certificate in Environmental Management provides detailed knowledge of environment and sustainability principles, and will arm you with management tools and skills to deliver positive change. It is aimed at staff who already have a foundation level of environmental/sustainability knowledge (gained from work experience or through a course such as the IEMA Foundation Certificate).

What you will study

- > Implications of global trends for the environment, society, the economy and for organisations and the role of an environment/ sustainability professional in overcoming these challenges
- > Sustainable business/governance models and principles
- > Environmental principles
- > Major policy and legislation
- > Major tools, techniques, systems and practices to develop sustainable products and services and improve sustainability performance
- > The role of innovation in developing sustainable products, services and solutions
- > Data collection, critical analysis and information reporting to inform decision making
- > Problem identification and opportunity assessment for delivery of innovative and sustainable products and services
- > Effective communications
- > Stakeholder identification and engagement
- > Tools, techniques, systems and practices to identify opportunities and risks
- > Project and programme delivery to achieve performance improvements
- > Implementing change and transformation

Methods of study

- > Classroom – 15 days
- > e-Learning – 120 hours of study
- > In-company – courses delivered worldwide

Assessment

Assessed by assignments for each module and an assessment of competence (this forms Module 4 of the programme).



IEMA Foundation Certificate in Environmental Management

This IEMA Foundation Certificate in Environmental Management provides a solid foundation of environment and sustainability knowledge to build on. It is aimed at staff who have recently become involved in environmental management.

What you will study

- > Implications of global trends for the environment, society, the economy and for organisations
- > Sustainable business/governance principles
- > Environmental Principles
- > Major policy and legislation
- > Major tools, techniques, systems and practices to improve sustainability performance
- > The role of innovation in developing sustainable products, services and solutions
- > Data collection, analysis and evaluation
- > Research and planning for sustainable solutions
- > Effective communications and feedback
- > Stakeholder engagement
- > Tools and techniques to identify opportunities and risks
- > Environmental and sustainability performance improvement

Methods of study

- > Classroom – 5 days
- > e-Learning – 40 hours of study
- > In-company – courses delivered worldwide

Assessment

The assessment comprises a 1-hour multiple choice exam, which is completed on-line.



IEMA Lead Environmental Auditor

The IEMA Lead Environmental Auditor is designed for environmental practitioners conducting 1st, 2nd and 3rd-party EMS audits. It provides the knowledge and understanding required for competence in this field but must be combined with appropriate experience.

Entry Requirement

Participants must have a good understanding of ISO 14001 before attending this course; this can be gained through completing another of RRC's IEMA-approved training courses.

What you will study

- > Environmental Issues
- > Aspects and Impacts Identification
- > Evaluation and Explanation of the Significance of Environmental Impacts
- > Analysis and Validation of Objectives, Targets, Management and Monitoring Regimes
- > Audit Standards and Types
- > Environmental Legal and Other Requirements
- > Audit Roles and Responsibilities
- > The Audit Process
- > Audit Competencies

Methods of study

- > Classroom – 5 days
- > In-company – courses delivered worldwide

Assessment

The assessment comprises a multiple-choice exam and a coursework assignment.



IEMA Working with Environmental Sustainability

The IEMA Certified Working with Environmental Sustainability course is a practical introduction. It is designed to help you embed environmental sustainability in all areas of your company. It will aid compliance and inform discussions at grass roots level, allowing all workers to contribute to improvements in environmental sustainability in the organisation. Because it is not aimed at environmental specialists, it will suit any job role in any sector and can be tailored for individual company needs.

What you will study

- > Main Environmental Risks and Opportunities facing Organisations
- > Importance of Resource Efficiency
- > Impacts of Pollution, Prevention, Control and Legislation on the Organisation
- > Impact of Transport on the Environment and Organisation
- > How Employees can Practically Support Environmental Sustainability

Methods of study

In-company – 1 day (courses delivered worldwide)

Assessment

The assessment comprises a multiple-choice exam.



IEMA Managing with Environmental Sustainability

The IEMA Certified Managing with Environmental Sustainability course is aimed at managers, supervisors and other implementers. It is designed to give them a strategic and operational overview of environmental sustainability to help them translate strategy into plans and inform decisions. It can be tailored to individual organisations.

What you will study

- > Strategic Opportunities and Constraints Environmental Sustainability presents to the Organisation
- > Importance of Resource Efficiency
- > Impact of Environmental Sustainability across the Value Chain
- > Impacts of Pollution, Prevention, Control and Environmental Legislation in the Organisation
- > How you can Support Environmental Sustainability in the Workplace

Methods of study

- > In-company – 2 days (courses delivered worldwide)

Assessment

The assessment comprises a short written exam.



IEMA Leading with Environmental Sustainability

The IEMA Certified Leading with Environmental Sustainability course is a half-day workshop that will challenge leaders in your organisation to take account of sustainability in your strategic objectives. It will change the way you do business. It is designed for high level decision makers in any organisation, regardless of sector.

What you will study

- > What Environmental Sustainability means for the organisation
- > Is the Organisation's strategy fit for purpose?
- > Which organisations are leading with Environmental Sustainability and Why?
- > The Implications of complying with Environmental Law
- > What would a new strategy look like?

Methods of study

- > In-company – ½ day (courses delivered worldwide)

Assessment

The course is not assessed (no exam).



IOSH COURSES

- › SAFETY FOR EXECUTIVES AND DIRECTORS
- › MANAGING SAFELY
- › SUPERVISING SAFELY
- › WORKING SAFELY
- › LEADING SAFELY

THE INSTITUTION OF OCCUPATIONAL SAFETY AND HEALTH (IOSH) IS THE UK CHARTERED BODY FOR HEALTH AND SAFETY PROFESSIONALS AND THE WORLD'S BIGGEST PROFESSIONAL HEALTH AND SAFETY MEMBERSHIP ORGANISATION.

KEY



Classroom



e-Learning



In-Company



Publication



IOSH Safety for Executives and Directors

IOSH Safety for Executives and Directors aims to provide directors/owners of small and medium-sized enterprises with an understanding of the moral, legal and business cases for health and safety management, and to give guidance on effective risk management.

What you will study

- > The Moral, Legal and Financial Case for Safety
- > PLAN - Planning for Health and Safety
- > DO - Delivering Health and Safety
- > CHECK - Monitoring Health and Safety
- > ACT - Reviewing Health and Safety

Methods of study

- > Classroom – 1 day
- > Publications – Study Texts
- > In-company – courses delivered worldwide

Assessment

The assessments comprise a multiple-choice and short-answer exam and a short project.



IOSH Managing Safely

IOSH Managing Safely is designed for managers & supervisors across all industries. It provides essential knowledge and understanding of how to manage health & safety, and will ensure they understand their health & safety responsibilities and can perform their roles successfully.

What you will study

- > Introducing Managing Safely
- > Assessing Risk
- > Controlling Risks
- > Understanding Responsibilities
- > Understanding Hazards
- > Investigating Incidents
- > Measuring Performance

Methods of study

- > Classroom – 3 days
- > e-Learning – 25 hours of study
- > Publications – Study Texts
- > In-company – courses delivered worldwide

Assessment

The assessment comprises a 30 question mixed format exam and a short practical assessment.



IOSH Supervising Safely

IOSH Supervising Safely is designed for anyone with a supervisory function who needs the knowledge to comply with health and safety responsibilities associated with their role.

What you will study

- > An Introduction to Supervising Safely
- > The Supervisor's Role
- > Hazards, Risks and Control Measures
- > Improving Safety Performance
- > Communication
- > Environmental Awareness

Methods of study

- > Classroom – 3 days
- > Publications – Study Texts
- > In-company – courses delivered worldwide

Assessment

The assessments comprise a multiple-choice and short-answer exam and a short project.



IOSH Working Safely

IOSH Working Safely is aimed at all employees and is designed to improve the safety culture within an organisation. It focuses on how individual actions contribute to health and safety in the workplace.

What you will study

- > Introducing Working Safely
- > Defining Hazard and Risk
- > Identifying Common Hazards
- > Improving Safety Performance

Methods of study

- > Classroom – 1 day
- > e-Learning – 8 hours of study
- > Publications – Study Texts
- > In-company – courses delivered worldwide

Assessment

The assessments comprise a multiple-choice and short-answer exam and a short project.



IOSH Leading Safely

IOSH Leading Safely is designed for Directors, Senior Managers and anyone with leadership responsibilities. The course focuses on coaching you to become an effective leader for health and safety.

What you will study

- > Diagnosing your current behaviours (using a mobile app questionnaire before the course)
- > Understanding safety and health leadership, its importance and key behaviours
- > Looking at when things go wrong - case studies
- > Getting leadership right - case studies
- > Actions and commitment - reviewing your behaviours and making personal commitments for change

Methods of study

- > Classroom – 1 day
- > In-company – courses delivered worldwide

Assessment

IOSH Leading Safely is assessed by the quality of your personal action plan.

NVQ COURSES

> **NVQ CERTIFICATE (QCF LEVEL 3)**

NVQS ARE WORK-BASED AND ARE NOT A COURSE OF STUDY; THEY ARE A WAY OF PROVING YOUR COMPETENCE BY BUILDING A COLLECTION OF EVIDENCE (A 'PORTFOLIO') WHICH IS ASSESSED AGAINST SPECIFIC CRITERIA.

ENTRY REQUIREMENTS

- > **YOU NEED A GOOD LEVEL OF ENGLISH LANGUAGE.**
- > **YOU NEED TO BE WORKING IN A HEALTH AND SAFETY ROLE SO THAT YOU CAN GATHER THE EVIDENCE YOU NEED.**
- > **YOU SHOULD ORDINARILY BE RESIDENT AND WORKING IN ENGLAND, SCOTLAND OR WALES, AS IT MAY BE NECESSARY FOR AN ASSESSOR AND/OR VERIFIER TO DIRECTLY OBSERVE YOU IN YOUR OWN WORKPLACE.**



NVQ Level 3 Certificate in Occupational Health and Safety

The NVQ level 3 Certificate in Occupational Health and Safety is ideal if you do not have a health and safety qualification at this level but have some health and safety responsibility, authority and autonomy. The C&G NVQ Certificate is accepted by IOSH for TechIOSH membership.

Content

To achieve this qualification you need to achieve a minimum 31 credits from the 5 mandatory units (23 credits) plus a minimum of 8 credits from 2 optional units.

MANDATORY UNITS

- > Unit 1: Ensure Responsibility for Actions to Reduce Risks to Health and Safety (4 credits)
- > Unit 2: Develop Procedures to Safely Control Work Operations (4 credits)
- > Unit 3: Monitor Procedures to Safely Control Work Operations (5 credits)
- > Unit 4: Promote a Culture of Health and Safety in the Workplace (4 credits)
- > Unit 5: Conduct a Health and Safety Risk Assessment of the Workplace (6 credits)

OPTIONAL UNITS

- > Unit 6: Investigate and Evaluate Health and Safety Incidents and Complaints in the Workplace (5 credits)
- > Unit 7: Make sure Actions in the Workplace aim to Protect the Environment (4 credits)
- > Unit 8: Review Health and Safety Procedures in the Workplace (4 credits)
- > Unit 9: Supervise the Health, Safety and Welfare of a Learner in the Workplace (4 credits)

Assessment

Assessment is based upon the evidence that you provide demonstrating that you have met all of the assessment requirements. Evidence can include documents, videos, photographs and witness statements. All evidence is uploaded to RRC's e-Portfolio system where it will be assessed by your assessor.



Chartered
Institute of
Environmental
Health

CIEH COURSES

- › LEVEL 1 AWARD IN HEALTH AND SAFETY IN THE WORKPLACE
- › LEVEL 2 AWARD IN HEALTH AND SAFETY IN THE WORKPLACE
- › LEVEL 3 AWARD IN HEALTH AND SAFETY IN THE WORKPLACE
- › LEVEL 4 AWARD IN HEALTH AND SAFETY AT WORK
- › LEVEL 2 AWARD IN THE PRINCIPLES OF RISK ASSESSMENT
- › LEVEL 3 AWARD IN RISK ASSESSMENT PRINCIPLES AND PRACTICE
- › LEVEL 2 AWARD IN THE PRINCIPLES OF MANUAL HANDLING
- › LEVEL 2 AWARD IN THE PRINCIPLES OF COSHH
- › LEVEL 1 AWARD IN FOOD SAFETY AWARENESS IN CATERING
- › LEVEL 2 AWARD IN FOOD SAFETY IN CATERING

THE CHARTERED INSTITUTE OF ENVIRONMENTAL HEALTH IS A LEADING AWARDING BODY FOR VOCATIONAL QUALIFICATIONS IN ACCREDITED FOOD SAFETY, HEALTH AND SAFETY, AND ENVIRONMENTAL PROTECTION QUALIFICATIONS.

KEY



Classroom



In-Company



CIEH Level 1 Award in Health and Safety in The Workplace

This CIEH course provides an awareness of key health and safety issues and the part they should play in keeping people free from harm at work. It is aimed at anyone who wants a basic induction into health and safety, including those who are entering the workplace for the first time.

What you will study

- > An Introduction to Health and Safety
- > The Scope of Hazards and Risks in the Workplace
- > Workplace Conditions that can Affect Health and Safety
- > Workplace Procedures, including Requirements for Reporting, First Aid and Personal Protection

Methods of study

- > Classroom – ½ day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



CIEH Level 2 Award in Health and Safety in The Workplace

This CIEH course provides an understanding of health and safety that will enable participants to contribute to any risk assessment-based health and safety management system. It is aimed at anyone in a work environment.

What you will study

- > An Introduction to Health and Safety at Work
- > Health and Safety Law and Enforcement
- > Preventing Work-related Ill Health
- > The Principles of Accident Prevention
- > Risk Assessment Techniques
- > The Risks Associated with Poor Welfare, the Workplace and Work Equipment, Manual Handling, Hazardous Substances, Working at Height, Working with Vehicles and Exposure to Noise and Vibration

Methods of study

- > Classroom – 1 day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



CIEH Level 3 Award in Health and Safety in The Workplace

This CIEH course is ideal for anyone in a supervisory position. It provides a thorough understanding of health and safety, with specific emphasis on the importance of motivating staff and controls and key factors in the implementation of a health and safety policy.

What you will study

- > Introduction to Health and Safety
- > UK Health and Safety Legislation
- > Accidents in the Workplace – Investigation and Reporting
- > Ill Health in the Workplace
- > Health and Safety Organisation and Management
- > The Role of Supervisors in Implementing and Monitoring Health and Safety Policy

Methods of study

Classroom – 3 days
In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



CIEH Level 4 Award in Health and Safety at Work

This CIEH course provides those in managerial and supervisory positions with appropriate health and safety knowledge and understanding of the issues involved. It is essential for all those who monitor and audit health and safety management systems.

What you will study

- > Managing Health and Safety in the Most Common Types of Business
- > Developing Auditing and Monitoring Programmes
- > Designing Safe Practices and Procedures
- > Liaising with Enforcement Officers
- > Interpreting Legal Requirements
- > Training Staff and Establishing Risk Assessment Projects

Methods of study

> Classroom – 5 days
> In-company – courses delivered worldwide

Assessment

The assessment consists of a written exam and assignment.



CIEH Level 2 Award in The Principles of Risk Assessment

This CIEH course is designed to help improve the workplace culture for occupational health and safety by raising awareness of the concept of risk assessment and the basic principles involved. It is aimed at anyone in a work environment, especially those likely to be involved in conducting risk assessments as part of a team, or who want an understanding of the principles involved.

What you will study

- > The Main Causes of Accidents and Ill Health and the Implications for People in the Workplace
- > The Legal Requirements for Risk Assessment
- > The Principles of Risk Assessment

Methods of study

> Classroom – 1 day
> In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



CIEH Level 3 Award in Risk Assessment Principles and Practice

This CIEH course is ideal for anyone with responsibility for conducting risk assessments. It provides a thorough understanding of the main categories of accidents and ill health, their socio-economic costs and the benefits of good health and safety management.

What you will study

- > A General Introduction to Health and Safety; Main Categories of Accidents and Ill Health and their Socio- economic Costs; The Benefits of Good Health and Safety Management
- > The Reasons for Using Risk Assessment and the Principles Involved
- > The Legal Requirements for Risk Assessment
- > Risk Assessment in Practice
- > Wider Management Issues Related to the Implementation of a Risk Assessment Programme

Methods of study

- > Classroom – 3 days
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam and a self evaluation.



CIEH Level 2 Award in The Principles of Manual Handling

This CIEH qualification is aimed at those who carry out manual-handling activities at work and provides an introduction to the hazards of manual handling, the risks involved and controls available, as well as what to expect from a manual-handling assessment.

What you will study

- > The Process of Manual Handling in the Workplace
- > The Nature of Manual Handling Injuries and the Activities that Cause Them
- > The Need for Manual Handling Assessment and Control Options
- > The Responsibilities Imposed by the Manual Handling Operations Regulations

Methods of study

- > Classroom – ½ day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



CIEH Level 2 Award in The Principles of COSHH

This CIEH qualification is aimed at those who use substances hazardous to health at work, and provides an introduction to the hazards associated with those substances, the risks and controls available and what to expect from a COSHH assessment.

What you will study

- > The Types of Substances Hazardous to Health in the Workplace
- > The Health Effects of Hazardous Substances and their Causes
- > COSHH Assessments and Control Options
- > The Responsibilities Imposed by COSHH Regulations (as amended)

Methods of study

- > Classroom – ½ day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



CIEH Level 1 Award in Food Safety Awareness in Catering

This CIEH course provides an understanding of the importance of keeping individuals and work areas clean and hygienic, and the role individuals play in reducing contamination. It is aimed at anyone working where there is food.

What you will study

- > An Introduction to the Risks Associated with Handling Food
- > The Importance of Personal Hygiene
- > The Importance of Cleaning in Catering Premises
- > Keeping the Product Safe and Reducing Potential Contamination

Methods of study

- > Classroom – ½ day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



CIEH Level 2 Award in Food Safety in Catering

This CIEH course provides an understanding of the special responsibilities of those working with food for safeguarding the health of consumers and ensuring that the food they serve or sell is safe to eat. It is aimed at anyone working in catering where food is prepared, cooked and handled.

What you will study

- > An Introduction to the Terminology Used in Food Safety
- > The Laws that Apply to Food Businesses and Food Handlers
- > The Concept of Food Hazards and How the Risk of Food Poisoning can be Contained
- > Monitoring Product and Equipment Temperatures
- > Minimising Bacterial Multiplication by Reducing Temperature
- > The Importance of High Temperatures in the Supply of Safe Food
- > The Ability of Food Handlers to Impose a Risk to Food Safety
- > The Importance of Utilising Appropriate Storage Conditions for Different Types of Food
- > The Importance of Cleaning in Food Premises
- > The Need for High Standards to Promote Good Hygiene in Food Premises

Methods of study

- > Classroom – 1 day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



CITB COURSES

- CSKILLS SITE SAFETY PLUS**
- › **HEALTH AND SAFETY AWARENESS**
 - › **SITE SUPERVISORS' SAFETY TRAINING SCHEME (SSSTS)**
 - › **SITE MANAGEMENT SAFETY TRAINING SCHEME (SMSTS)**
 - › **SMSTS REFRESHER**
 - › **SITE ENVIRONMENTAL AWARENESS TRAINING SCHEME (SEATS)**

THE CITB SITE SAFETY PLUS SCHEME IS DESIGNED TO PROVIDE THE BUILDING, CIVIL ENGINEERING AND ALLIED INDUSTRIES WITH THE TRAINING THEY NEED TO KEEP SAFE.

KEY

C Classroom **I** In-Company



Health and Safety Awareness

This CITB course is ideal for employees who have just started work in the construction industry and need training that provides a good awareness of the main issues involved in construction safety, including compliance with health and safety law.

What you will study

- > The Need to Prevent Accidents
- > Understanding Health and Safety Law
- > Identifying How Each Worker's Role Fits into The Control and Management of The Site
- > Understanding the Need for Risk Assessments and Method Statements
- > Appreciating the Need to Work Safely and Ask for Advice
- > The Obligation to Report Unsafe Acts to Prevent an Accident

Methods of study

- > Classroom – 1 day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



Site Supervisors' Safety Training Scheme (SSSTS)

This CITB course is designed for those who have supervisory responsibilities within the construction industry and want to be confident that they understand the key health and safety issues relevant to their role. The course provides an understanding of the employer's legal duties to enable better contribution to the instruction, supervision and monitoring of tasks and activities to ensure safety on site.

What you will study

- > The Problems of the Construction Industry
- > How Health and Safety Law is Structured and How it Applies to Supervisors
- > How the Supervisory Role fits with the Management Structure in Controlling Site Safety
- > How to Carry out Risk Assessments and the Need for Method Statements
- > How to Carry out Effective Site Inductions, Toolbox Talks and Method Statement Briefings
- > How to Monitor Site Activities Effectively
- > The Importance of Timely Intervention when Bad Practice is Identified

Methods of study

- > Classroom – 2 days
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam and a tutor review.



Site Management Safety Training Scheme (SMSTS)

This CITB course is designed for those with management responsibilities within the construction industry who need to be confident that they understand the key health and safety issues that are relevant to their role.

What you will study

- > The Implementation of all Health, Safety, Welfare and Environmental Legislation that Affects Construction Managers During Their Daily Work
- > How to Implement New Guidance and Industry Best Practice
- > Managers' Duties and Responsibilities with Regard to Health, Safety, Welfare and the Environment

Methods of study

- > Classroom – 5 days
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam, three exercises, a case study and a tutor review.



Site Management Safety Training Scheme Refresher Course

This CITB course is designed for those who have previously passed the full five-day SMSTS course (or subsequent two-day refresher course) and can provide proof of attendance.

What you will study

- > Health and Safety Knowledge Update
- > Overview of Legislative Changes and Their Impact in the Workplace
- > Wide Range of Topics (building on those contained within the five-day course programme and introducing new subjects)

Methods of study

- > Classroom – 2 days
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam, three exercises, a case study and a tutor review.



Site Environmental Awareness Training (SEATS)

This CITB course is designed for site supervisors/managers, providing an introduction to environmental issues on construction sites.

What you will study

- > The environment and why it is important
- > An outline of Environmental Management Systems
- > Waste management
- > Pollution prevention and water management
- > Being a good neighbour – statutory nuisance, communication, archaeology and heritage
- > Energy and resources
- > Being a responsible contractor

Methods of study

- > Classroom – 1 day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam, three exercises, a case study and a tutor review.



OSHACADEMY

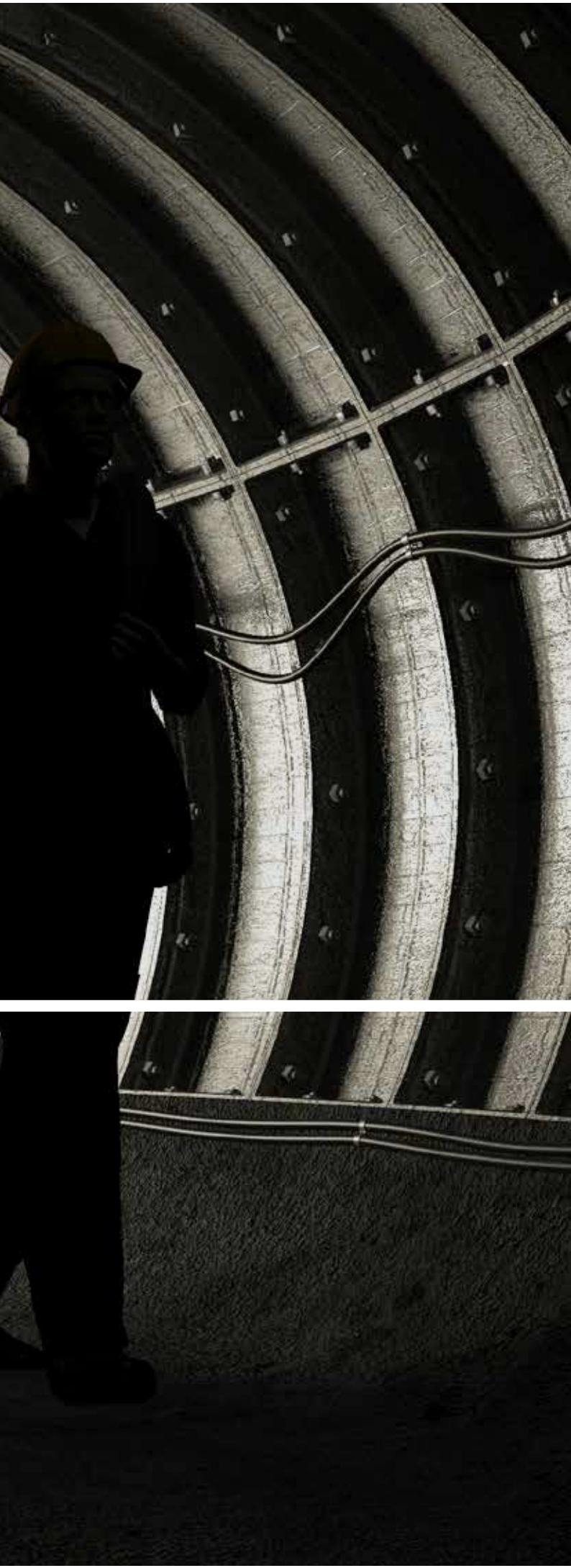
- › 30-HOUR OUTREACH TRAINING FOR GENERAL INDUSTRY
- › OCCUPATIONAL SAFETY AND HEALTH SPECIALIST
- › CONFINED SPACE ENTRY

RRC MIDDLE EAST IS AN AUTHORISED INDEPENDENT TRAINING PROVIDER OF THE OSHACADEMY, AUTHORISED TO USE OSHACADEMY TRAINING MATERIALS FOR THE DELIVERY OF SAFETY TRAINING.

OSHACADEMY SAFETY AND HEALTH TRAINING IS ENDORSED BY THE NATIONAL SAFETY MANAGEMENT SOCIETY AND APPROVED FOR THE ACCREDITED ASSOCIATE SAFETY HEALTH MANAGER (ASHM) CERTIFICATION THROUGH THE INSTITUTE FOR SAFETY AND HEALTH MANAGEMENT. TRAINING IS ALSO CONDUCTED THROUGHOUT THE WORLD BY INDEPENDENT AUTHORISED TRAINERS.

KEY

 Classroom  In-Company



Occupational Safety and Health Specialist

This program is designed for safety officers and others responsible for implementing safety and health programs. Emphasis is placed on gaining the knowledge and skills to assist in the deployment of effective safety programs. The course covers OSHA policies, standards and requirements and focuses on safety management, hazard communication, PPE, emergency control program, introduction to ergonomics, fall protection and electrical safety basics.

What you will study

The course comprises the following modules:

- > 700 Introduction to Safety Management
- > 705 Hazard Communication Program
- > 709 Personal Protective Equipment
- > 710 Emergency Control Program
- > 711 Introduction to Ergonomics
- > 714 Fall Protection Program
- > 715 Electrical Safety Basic

Methods of study

- > Classroom – 5 days
- > In-company – courses delivered worldwide

Assessment

The assessment consists of seven multiple-choice exams, one for each module.



30-Hour Outreach Training for General Industry

This course covers OSHA policies, standards and requirements, including safety and health principles for general industries and focuses on hazard identification, avoidance, control and prevention. The course is aimed at people with some safety responsibility.

What you will study

- > Introduction to OSHA and the OSH Act
- > Walking and Working Surfaces
- > Means of Egress and Fire Protection
- > Hazardous Materials
- > HAZWOPER
- > Personal Protective Equipment
- > Confined Spaces
- > Lockout/Tagout
- > Materials Handling
- > Machinery and Machine Guarding
- > Welding and Cutting
- > Electrical Safety
- > Hazard Communication
- > Industrial Hygiene
- > Blood-borne Pathogens
- > Record Keeping
- > Workplace Violence
- > Safety and Health Programs
- > Basic Safety Orientation
- > Lead Safety in the Workplace
- > Use of Explosives in the Workplace
- > Formaldehyde Awareness
- > Ionising and Non Ionising Radiation Safety
- > Hazards of Asbestos in the Workplace
- > Non Office Ergonomics

Methods of study

- > Classroom – 4 days
- > In-company – courses delivered worldwide

Assessment

- > The assessment consists of a multiple-choice exam.



Confined Space Entry

This course aims to provide knowledge regarding confined space activities. It provides guidance on how to establish safe systems of work in confined space areas.

What you will study

- > Basic Requirement of OSHA standard 29n CFR 1910.146
- > Confined Space Permits
- > Atmospheric Hazards
- > Ventilation Practices and Use /SCBA (self contained breathing apparatus)
- > Injuries and Fatalities Involving Gas Testing
- > Other Atmospheric Conditions
- > Physical Hazards and Other Types of Hazards
- > Controlling Hazards
- > Equipment and Emergency Retrieval
- > Duties and Responsibilities of the Confined Spaces Entry Team
- > Confined Space Rescue
- > Confined Space Training and Drill
- > Practical Application

Methods of study

- > Classroom – 1 day
- > In-company – courses delivered worldwide

Assessment

The assessment consists of a short multiple-choice exam.



RRC SHORT COURSES

RRC PROVIDES A WIDE RANGE OF SHORT HEALTH AND SAFETY AND ENVIRONMENTAL MANAGEMENT COURSES DESIGNED TO MEET THE NEEDS OF ORGANISATIONS SEEKING TO IMPROVE OR REFRESH THE SKILLS WITHIN THEIR ORGANISATION. ALL COURSES CAN BE SPECIFICALLY TAILORED FOR YOUR ORGANISATION.

Construction/Maintenance/Facilities Management

- > Construction Health & Safety
- > Managing Contractors / CDM
- > Scaffold Awareness / Safe Use
- > Work at Height
- > Safe Working with Steps and Ladders
- > Lifting & Rigging
- > Asbestos Awareness
- > Selection & Use of PPE

Chemical & Biological Hazards

- > COSHH /Working with Hazardous Chemicals
- > Dangerous Substances and Explosive Atmospheres (DSEAR)
- > Legionella Awareness

General Health and Safety

- > Health and Safety for Managers
- > Health and Safety for Supervisors
- > Health and Safety for Workers
- > Health & Safety In the Workplace
- > Health for Safety for Senior Managers
- > Office Safety
- > Work in Hot Environments
- > DSE Assessor/Risk Assessment
- > Electrical safety Awareness
- > Accident Investigation
- > Risk Assessment
- > Manual Handling – Operations, Risk Assessment
- > Stress Management
- > Workplace Noise Assessment
- > Machinery safety

Fire Safety

- > Fire Safety - Awareness, Warden/Marshal, Risk Assessment

Catering/Food Safety

- > Food Safety Awareness/Hygiene

Safety Management Systems

- > OHSAS 18001 or ISO 45001 Internal auditing
- > Safety Policies and Procedures
- > Effective Safety Committee / Consultation
- > Leadership in HSE
- > Developing a Positive Health and Safety Culture
- > Measuring Health and Safety Performance

Process Safety

- > Management of Change
- > Developing Safe System of Work
- > Auditing PSM Systems
- > Asset Integrity
- > Elements of Successful PSM system
- > Fault Tree Analysis
- > Event Tree Analysis
- > Lock-Out Tag-Out
- > Introduction to HAZOP
- > Emergency Planning for high hazard sites
- > Confined Spaces – Management, Working, Entry
- > Permit to Work
- > H2S Awareness
- > Human Factors in Safety

Train the Trainer

- > Train the Trainer

Environmental Courses

- > Environmental Aspects and Impacts
- > Environmental Awareness
- > ISO 14001




RRC LEADERSHIP COURSES

▶ LEARNING TO LEAD

THE RRC CERTIFIED LEADERSHIP COURSES ARE DESIGNED TO MEET THE RAPIDLY GROWING NEED FOR GOOD QUALITY LEADERSHIP TRAINING FOR HSE (AND OTHER) PROFESSIONALS.

THE RRC CERTIFIED LEADERSHIP COURSES HAVE BEEN DEVELOPED IN COLLABORATION WITH BELFRY TRAINING, BRINGING TOGETHER RRC'S EXPERTISE IN HSEQ TRAINING AND CONSULTANCY WITH BELFRY'S EXPERTISE IN LEADERSHIP, MANAGEMENT AND PROFESSIONAL DEVELOPMENT TRAINING.

KEY

 e-Learning



E

Learning to Lead

Learning to Lead aims to make you a better leader - giving you the essential skills to make a practical difference in the way you work and get the results you want.

Leadership is a transferable management skill at all levels and across all sectors (yes, even health and safety).

You may be in a leadership position - a first line manager or supervisor. You may not have anyone reporting directly to you, but, in reality, we all need to lead sometimes, whether it's championing a new idea or trying to convince higher management to implement change.

What you will study

The course is made up of 4 topics:

- > Introduction to Leadership
- > Leadership and teams
- > Leadership and motivation
- > Developing yourself as a leader

Methods of study

- > e-Learning – 10 hours of study

Assessment

You will be assessed throughout the course through a with a mixture of quizzes and activities.

An online certificate will be available to download, once you have successfully completed all the mandatory elements of the course.



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