



# General Health & Safety Training

## **Abrasive wheels** (on or off site available)

This course allows candidates to learn about various kinds of abrasive wheels. The course covers angle grinders, petrol disc cutters and bench grinders. The following elements are covered:

- PUWER Regulations 1998
- Standard and criteria for PPE
- Characteristics of abrasive wheels (Bonds, Grading etc)
- Types of machinery
- Safety in grinding operations (Speeds, handling, storage)
- Safety of machinery (Max RPM, Environment, Vibration, Guards)
- Safety checks on wheels (Speeds, lettering, sizing system standards)
- Fitting wheels practical assessment
- Diamond cutting wheels

*It is a contravention of the Health & Safety At Work Act 1974 (PUWER regulations 1998) for anyone who is not qualified to change a blade or disc on any machine*

**1 Day Course**

## **Working at height** (on or off site available)

This course is a must for anyone working at height whether it is above or below ground. The course covers the working at height regulations 2005 and contains the following units:

- Safe use of safety harnesses including inspection and safety suspension straps
- Lanyards and anchorage points
- Best safety practices when working at height
- Suspension trauma effect and treatment
- Dealing with spinal injuries

**1 Day Course**



Good example of  
someone needing  
training!

## Working at height rescue

This course is a must for anyone working at height whether it is above or below ground. The course covers the working at height regulations 2005 and contains the following units:

- The course covers the rescue of a casualty using rope rescue techniques
- Basic first aid
- Suspension trauma

**1 Day Course**

## Manual Handling *(on or off site available)*

This course covers correct lifting and movement of items within the workplace, correct posture and lifting positions, risk assessment, meets the requirement of the workplace and can be tailored to suit your requirements

**1 Day Course**

