



CITB Health and Safety Awareness

To obtain your green CSCS Labourer (Green) card you now need to attend **both** the **CITB 1 Day H&S Awareness course** and complete the touchscreen **CITB Health, Safety and Environmental Test**



Introduction

This one-day course is designed to help those who are about to or have just begun to work in the industry to understand the potential hazards they face on site.



Course Duration

This course takes place over one day.



Who Should Attend

This course is an ideal foundation for those wishing to obtain an industry accreditation card.



Course Programme

Completion of this course will enable delegates to:

- Understand the need to prevent accidents
- Have an understanding of health and safety law
- Identify how their role fits into the control and management of the site
- Understand the need for risk assessments and method statements
- Appreciate the need to perform safely, and to stop and ask for advice if unsure
- Report unsafe acts to prevent an accident

The course will cover the following modules:

Module 1

- Legal and general responsibilities



- Accident and ill health: prevention and recording

Module 2

- Health and welfare
- First aid emergency
- PPE
- Asbestos
- Respiratory hazards
- Noise and vibration
- Hazardous substances
- Manual handling

Module 3

- Safety signs
- Fire prevention and control
- Electrical safety, tools and equipment
- Site transport safety
- Lifting operations and equipment

Module 4

- Working at height
- Excavations
- Confined spaces

Module 5

- Environmental awareness
- Pollution
- Waste materials
- Nuisance

Please note: Delegates must be competent in English at operative level in order to complete this course.



Certification and Assessment

The method of assessment will be by multiple-choice questions at the end of the course, as well as being expected to be interactive during the course. Successful delegates will receive a CITB certificate, renewable every 5 years.



Suggested Follow on and Complementary Courses

- CITB Site Supervision Safety Training Scheme
- Emergency First Aid at Work
- First Aid at Work