



CITB Site Management Safety Training Scheme (SMSTS) Refresher



Introduction

This two-day course aims to bring health and safety knowledge up to date, as well as giving a thorough overview of the legislative changes and their impact in the workplace. The course includes a wide range of topics, many building on the previous five day course programme.



Course Duration

SSG offer this course over two days.



Who Should Attend

Candidates must take an SMSTS Refresher course before their existing certificate expires, otherwise the full [SMSTS](#) course will have to be taken again.



Course Programme

At the end of the training delegates will be aware of and be able to implement:

- All updated health, safety, welfare and environmental legislation which affects their role as a manager
- New guidance and industry best practice affected by changes
- Their duties and responsibilities with regard to health, safety, welfare and the environment

The course will cover the following modules:

Module 1

- Health and safety law
- The Health and Safety at Work Act
- Construction (Design and Management) Regulations
- Health and safety policies



- Risk assessments and method statements
- Induction and training
- Effective communication
- Leaderships and worker engagement
- Inspection and audit
- Statutory forms, notices and registers
- Accident prevention, control, reporting and investigation

Module 2

- Management of health
- Welfare facilities
- Stress and mental health at work
- Drugs and alcohol
- Control of substances hazardous to health
- Lead
- Asbestos
- Dust and fumes
- Noise
- Vibration
- Manual handling

Module 3

- Site organisation
- Fire prevention and control
- Electrical safety
- Temporary works
- Plant and work equipment
- Mobile plant and vehicles
- Lifting operations and equipment
- Mobile workforce and driver safety

Module 4

- Work at Height Regulations
- Safe working at height
- Common access equipment
- Scaffolding
- Fall arrest and suspension equipment
- Excavations



- Underground and overhead services
- Confined spaces

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



Certification and Assessment

The method of assessment will be by multiple-choice/written questions at the end of the course. Successful delegates will receive a CITB certificate valid for 5 years.



Suggested Follow on and Complementary Courses

- NEBOSH Certificate in Construction Health and Safety
- Scaffold Awareness and Inspection
- First Aid at Work